

# Fall 2017 SNAP Benefit Change



## Did You Know?

Each year the USDA Food and Nutrition Service updates SNAP:

- Income Eligibility Standards &
- Allowable Deductions

These changes are because of a cost of living adjustment (**COLA**) which may cause a client's monthly SNAP benefit to change.

The annual SNAP COLA will happen October 1<sup>st</sup>.

## SNAP COLA Adjustments

In October SNAP benefits will change by a small amount for many households due to the SNAP COLA.

SNAP households will get a notice in October about this change.

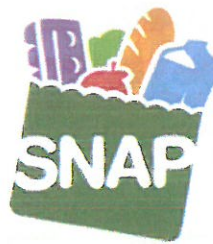
Clients who are not getting the maximum benefit amount should let DTA know about certain expenses listed on the back of this page. This may help households get more in SNAP benefits.



For more information on DTA programs  
Please visit <http://mass.gov/dta>  
Follow us on Twitter at @DTA\_Listens



# Maximize Your



# Benefits!

## Tell DTA About Your Expenses!

You may get credit for these expenses even if you are currently not paying for them in full. This may help to increase your SNAP benefits!



**Shelter Costs:** Rent, Mortgage (Principal, Interest, Taxes, & Insurance), Condo Fees, etc.



**Utility Costs:** Heating, Cooling, Electricity, Trash Collection, Water & Sewerage, Phone



**Dependent Care Costs:** Tell us about childcare or adult dependent care costs



**DOR Child Support Payments:** You may receive credit for paying court ordered child support



**Medical Costs:** Elderly or disabled clients may claim Co-pays, Prescriptions, Over-the-Counter Medications, Health Insurance, Transportation, etc.



## Do You Know About the Healthy Incentives Program (HIP)?

SNAP households can earn a dollar-for-dollar match, up to a monthly cap, when buying fruits and vegetables directly from participating farmers at farmers markets, mobile markets, farm stands, and CSAs. Go to [www.mass.gov/hip](http://www.mass.gov/hip) for more information on HIP, a list of retailers where SNAP clients can earn the incentive benefit, and a list of HIP eligible fruits and vegetables.

### Additional Client Resources



To find local employment & training providers please visit [www.snappathtowork.org](http://www.snappathtowork.org)



To find local food sources please call Project Bread's Food Source Hotline at 1-800-645-8333



To find essential health and human services programs in your area please call 2-1-1



To find nutritional advice please visit the Food & Nutrition Service website at [www.choosemyplate.gov](http://www.choosemyplate.gov)



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