



### **How to cope when your emergency SNAP payments end**

Unfortunately, the end in emergency SNAP payments in March 2023 will translate to less money for many families and individuals. If you're worried about how to cope when the extra money stops, take these steps now:

- **Adjust your food budget:** If you're about to lose a chunk of your SNAP benefits, start by working out how much you're likely to lose. Let's say you need to find an extra \$50 a month to spend on groceries. How can you cut costs in other areas? Can you take on extra hours at work to bring in some extra money?
- **Look for ways to make your SNAP money go further:** You can get twice as much fruits and vegetables when you spend your SNAP dollars at participating farmers markets and stores. For information go here <https://vfm.leapforlocalfood.org/>.
- **Maximize discounts:** Offers come in many shapes and sizes - including in-store discounts, coupons, and coupon and cash back apps. Download the App of the stores where you shop the most.
- **Buy in bulk and save:** Larger sizes are often cheaper, so pay attention to unit prices (found on the label next to the purchase price). Instead of buying pre-packaged snacks, make your own by placing a few cookies or pretzels in a reusable bag.
- **Check out other assistance programs:** Make sure you're getting all the financial support you're entitled to. If you're pregnant or have young children, perhaps you can get additional help from the WIC ([www.vdh.virginia.gov](http://www.vdh.virginia.gov)) program. If you're over 60, Heathy Generations ([www.healthygenerations.org](http://www.healthygenerations.org)) might help. In addition to food support programs, you may also qualify for help paying your utility bills ([www.commonhelp.virginia.gov](http://www.commonhelp.virginia.gov)) or covering other living expenses ([www.rappahannockunitedway.org/get-help/individual/](http://www.rappahannockunitedway.org/get-help/individual/)).

### **Emergency help is available**

If you don't know how to put food on the table right now, you're not alone.

- Call 2-1-1 to find out about assistance where you live.
- Download the FredFoodVa pantry locator app on your Android or iPhone.

**If you would like to make a donation to support those impacted by this change, please consider supporting the Fredericksburg Regional Food Bank network through a donation at <https://fredfood.org/> to help strengthen local response through its network of partner feeding agencies.**