



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**

ROY COOPER • Governor

KODY H. KINSLEY • Secretary

YVONNE COPELAND • Director, Division of Child and Family Well Being

Frequently Asked Questions – End of FNS Emergency Allotments

This document is intended to be a resource for county DSS staff receiving questions from FNS beneficiaries about the end of FNS emergency allotments.

Summary of Changes:

In North Carolina and nationally, extra Food and Nutrition Services (FNS) benefits for COVID-19 (“emergency allotments”) will end in March 2023. During the pandemic, all FNS beneficiaries received emergency allotments, bringing their monthly benefit to the maximum amount allowed for their household size. Households that were already receiving the maximum amount received a \$95 monthly supplement.

Beneficiaries will continue to receive their regular monthly benefit amounts in March 2023 based on a person’s or household’s current eligibility, income, household size and other federal eligibility requirements. FNS recipients can view their regular monthly FNS benefit amount and their emergency allotment amount online at www.ebtedge.com. NCDHHS encourages families to keep their FNS information up to date to help them get the greatest benefits they are eligible to receive.

North Carolinians in need of additional food assistance can learn more about additional food and nutrition resources at www.ncdhhs.gov/foodresources. Residents can apply for FNS benefits online with [ePass](#) or by filling out a [paper application](#) and mailing it to or dropping it off at their county [Department of Social Services](#).

End of FNS Emergency Allotments

Why are FNS emergency allotments ending?

The federal government has made the decision to end extra FNS benefits for COVID-19 (“emergency allotments”), with February 2023 being the final month for emergency allotments. As a result, your benefits will go back to pre-pandemic, regular monthly benefit amounts starting March 2023. Neither the North Carolina Department of Health and Human Services nor your local department of social services has control over this change.

How will my FNS benefits change? What will my new benefit amount be?

With the federal government ending extra FNS benefits for COVID-19 (“emergency allotments”), all households will see their monthly FNS benefits go back to pre-pandemic, regular monthly benefit amounts starting in March 2023. You can view your regular monthly FNS benefit amount and your emergency allotment amount online at www.ebtedge.com. Regular monthly FNS benefits are issued between the 3rd and 21st of every month based on the last digit of the

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recipient's SSN, while emergency allotments are issued on or after the 22nd of the month. Again, February 2023 will be the final month emergency allotments are issued. There are three ways to check your balance and transaction history:

- Visit www.ebtedge.com. Click on More Information under EBT Cardholder. You will be prompted to login and/or register your account.
- Download and use the **EBT Edge** mobile app (can be downloaded on Google Play or Apple Store).
- Contact the North Carolina **EBT Call Center at 1-888-622-7328** and follow the prompts.

Will the state send a letter to let beneficiaries know Emergency Allotments have ended?

- Yes. NCDHHS will send notices to all FNS beneficiaries notifying them about the end of the emergency allotments.

When will I receive my FNS benefits? Is the issuance schedule changing?

You will continue to receive your regular monthly benefit on the same date you normally do, between the 3rd and 21st of every month (based on the last digit of your SSN). Emergency allotments are issued on or after the 22nd of every month. February 2023 will be the final month emergency allotments are issued. There are three ways to check your regular FNS monthly amount and your emergency allotment amount:

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With the emergency allotments ending, do I need to re-apply for benefits?

No, current FNS beneficiaries will not need to re-apply for benefits. However, if your income, household size or address has changed, please contact your local DSS to notify them of changes.

If I have a balance on my EBT card, will it be removed if all benefits have not been used?

FNS benefits will remain on your EBT card for 9 months after the date of issuance, as long as you use your card at least once after the benefits were issued. The end of FNS emergency allotments will not affect benefits on your EBT card.

Can I still purchase food online using my FNS benefits on my EBT card?

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Yes, FNS benefits on your EBT card can be used at [11 online retailers](#) even after FNS emergency allotments end.

Will my P-EBT benefits end?

North Carolina is currently working with the USDA on a plan for P-EBT for school year 2022-2023. The U.S. Department of Agriculture has not yet approved North Carolina to provide P-EBT benefits during the 2022-2023 school year. More information and updates will be posted at ncdhhs.gov/pebt.

Additional Help with Food or Other Resources

How can I get more FNS benefits?

FNS benefits are calculated based on income, household size and household characteristics. If your income, family or job situation has changed, please contact your caseworker or your local DSS to notify them of the change.

How can I get additional help with food?

- To learn more about additional food and nutrition resources, visit www.ncdhhs.gov/foodresources
- If you have children under 5 or are pregnant/breastfeeding, you may be eligible for WIC. Learn more about WIC (www.ncdhhs.gov/ncwic) and complete a WIC referral online (www.ncdhhs.gov/ncwicreferral)
- Visit www.nc211.org or dial 211 to be connected to community resources

How can I get additional help with my monthly expenses?

- Get help with 2022 taxes and any COVID-19 stimulus or Child Tax Credit money you are owed: www.FindYourFunds.org
- Assistance to pay for water/energy bills: your county DSS agency can provide information about CIP, LIEAP or LIHWAP
- Money to pay for internet or a computer: www.getinternet.gov / www.accedeainternet.gov (Spanish)

How am I expected to feed my family with food prices increasing and benefits decreasing?

We understand how hard it can be to make ends meet with rising food prices. Many families are still experiencing economic hardship. The U.S Department of Agriculture did [raise overall FNS benefits](#) in October 2021.

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To find additional help accessing food, visit www.ncdhhs.gov/foodresources or contact NC 211 (dial 211 or visit www.nc211.org) to be connected to community resources. If you are pregnant or have a child under the age of 5, please consider whether you are eligible for [WIC](#), which can provide additional benefits for healthy, nutritious food. Information on other programs that provide support with food is available in this [flier](#) and in [Spanish](#).

Will the income guidelines increase or will deductions increase since costs are going up?

The U.S. Department of Agriculture establishes both the income guidelines and the available deductions for FNS. We do not anticipate changes to the income guidelines or the deductions, but will share updates as we receive them.

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Hearings/Appeals

Can I request a hearing / appeal the changes?

Households do not have the right to request a fair hearing solely to dispute the end of FNS emergency allotments, as States were instructed by the federal government to end emergency allotments. However, if you believe your FNS eligibility or benefits were improperly computed or that Federal law or regulation is being misapplied or misinterpreted, you may request a fair hearing.

You have the right to request a fair hearing 90 calendar days from March 1, 2023 (through May 30, 2023). You can request a fair hearing by contacting your local county department of social services. Hearings may be requested in person, by telephone, or in writing. A hearing can be requested by any member of your FNS household or by a representative, including an attorney obtained at your household's own expense.

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