

Food Stamps Emergency Allotments Ending

February 2023



Things to help you prepare:

- Budget your EBT benefits
- Plan your meals ahead based on items on sale
- Visit Food Pantries if needed, a list of local resources is available at DSS
- Check your balance before you shop
- Make sure to read your mail regarding Food Stamps
- Check your eligible allotment amount at ebtedge.com, by downloading the EBT edge mobile app, or calling the EBT call center

Effective March 2023,
Food Stamps benefits will
return to regular
allotments only
(the amount you receive prior to
the 22nd of each month)

More information :



www.ncdhhs.gov/fns

EBT Call Center 1-866-719-0141