



# With SNAP COVID extra benefits ending, here are some things you can do ...

## 1) Verify your regular SNAP benefit amount

- Check the EBT card balance through CAFE ([www.dcf.la.gov/CAFE](http://www.dcf.la.gov/CAFE)), the LifeinCheck mobile app or by calling 1-888-LAHelp-U (1-888-524-3578)
- Review customized letters from DCFS that contain benefit information

## 2) Review your info in case you're eligible for more benefits

- Has your household size increased?
- Are you facing higher costs for shelter, child care or court-ordered child support?
- Has your income decreased?
- Are you elderly or disabled with changes in your medical expenses?

**Report any changes to DCFS immediately at [www.dcf.la.gov/cafe](http://www.dcf.la.gov/cafe), at 1-888-LAHelp-U (1-888-524-3578) or by visiting a DCFS Office.**

## 3) Consider additional means of assistance

- You may be eligible for the WIC Program. Apply at [www.LouisianaWIC.org](http://www.LouisianaWIC.org).
- Visit your local food pantry.
- Contact 211 and faith-based partners to find out about resources near you.
- Visit [www.dcf.la.gov](http://www.dcf.la.gov) for additional resources.

February is the final month of SNAP COVID extra benefits DCFS has been issuing since March 2020. The federal spending bill passed by Congress and signed by President Biden did not fund these COVID-related benefits.

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## SNAP Nondiscrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (833) 620-1071, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to:

**1. Mail:**

Food and Nutrition Service, USDA  
1320 Braddock Place, Room 334  
Alexandria, VA 22314; or

**2. Fax:**

(833) 256-1665 or (202) 690-7442; or

**3. Email:**

[FNSCIVILRIGHTSCOMPLAINTS@usda.gov](mailto:FNSCIVILRIGHTSCOMPLAINTS@usda.gov)

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