



Food and
Nutrition
Service

1320 Braddock Place
Alexandria, VA
22314

Date: August 9, 2022

SUBJECT: SNAP – Fiscal Year 2023 Cost-of-Living Adjustments

TO: All State Agencies
Supplemental Nutrition Assistance Program

This memorandum provides the fiscal year (FY) 2023 Cost-of-Living Adjustments (COLA) to the Supplemental Nutrition Assistance Program (SNAP) maximum allotments, income eligibility standards, and deductions. Under the Food and Nutrition Act of 2008, COLAs are effective as of October 1, 2022.

Attached are FY 2023 COLAs for the 48 contiguous States and D.C., Alaska, Hawaii, Guam, and the U.S. Virgin Islands.

Maximum allotments will increase for the 48 States and D.C., Hawaii, Guam, the U.S. Virgin Islands, and Alaska. For a family of four receiving a maximum allotment in the 48 States and D.C., benefits will be \$939. Maximum allotments for a family of four will increase to a range of \$1,172 to \$1,819 in Alaska, to \$1,794 in Hawaii, to \$1,385 in Guam, and to \$1,208 in the U.S. Virgin Islands. The minimum benefit for the 48 States and D.C. will increase to \$23 and will also increase in Alaska, Guam, Hawaii, and the U.S. Virgin Islands.

The shelter cap value increased by \$27 to \$624 for the 48 States and D.C. The shelter cap values for Alaska, Hawaii, Guam and the U.S. Virgin Islands also increased. The maximum homeless shelter deduction increased slightly to \$166.81 for the 48 States, D.C., Alaska, Hawaii, Guam, and the U.S. Virgin Islands. The minimum standard deduction for household sizes 1 through 4 increased to \$193 a month for the 48 States and D.C. Alaska, Hawaii, Guam, and the U.S. Virgin Islands also experienced increases in their standard deduction amounts.

The resource limit for households will increase by \$250 to \$2,750 for the 48 States and the District of Columbia, Alaska, Hawaii, Guam, and the U.S. Virgin Islands. The resource limit for households where at least one person is age 60 or older, or is disabled, will increase by \$500 to \$4,250.

Regional Offices should ensure that their States are apprised of these changes. State agencies with questions regarding these adjustments should contact their respective Regional Office representatives. Regional Office staff with questions should contact Catrina Kamau at catrina.kamau@usda.gov.

Sasha Gersten-Paal
Director
Program Development Division

**SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM
INCOME ELIGIBILITY STANDARDS
OCTOBER 1, 2022 TO SEPTEMBER 30, 2023**

**Net Monthly Income Eligibility Standards
(100 Percent of Poverty Level)**

Household Size	48 States, DC, Guam, Virgin Islands	Alaska	Hawaii
1	\$1,133	\$1,416	\$1,303
2	\$1,526	\$1,908	\$1,755
3	\$1,920	\$2,400	\$2,208
4	\$2,313	\$2,891	\$2,660
5	\$2,706	\$3,383	\$3,113
6	\$3,100	\$3,875	\$3,565
7	\$3,493	\$4,366	\$4,018
8	\$3,886	\$4,858	\$4,470
Each additional member	\$394	\$492	\$453

**Gross Monthly Income Eligibility Standards
(130 Percent of Poverty Level)**

Household Size	48 States, DC, Guam, Virgin Islands	Alaska	Hawaii
1	\$1,473	\$1,841	\$1,694
2	\$1,984	\$2,480	\$2,282
3	\$2,495	\$3,119	\$2,870
4	\$3,007	\$3,759	\$3,458
5	\$3,518	\$4,398	\$4,047
6	\$4,029	\$5,037	\$4,635
7	\$4,541	\$5,676	\$5,223
8	\$5,052	\$6,315	\$5,811
Each additional member	\$512	\$640	\$589

**Gross Monthly Income Eligibility Standards for Households
Where Elderly Disabled Are a Separate Household
(165 Percent of Poverty Level)**

Household Size	48 States, DC, Guam, Virgin Islands	Alaska	Hawaii
1	\$1,869	\$2,337	\$2,150
2	\$2,518	\$3,148	\$2,896
3	\$3,167	\$3,959	\$3,643
4	\$3,816	\$4,770	\$4,389
5	\$4,465	\$5,582	\$5,136
6	\$5,114	\$6,393	\$5,883
7	\$5,763	\$7,204	\$6,629
8	\$6,412	\$8,015	\$7,376
Each additional member	\$649	\$812	\$747

Guidance documents lack the force and effect of law, unless expressly authorized by statute or incorporated into a contract. USDA may not cite, use, or rely on any guidance that is not available through their guidance portal, except to establish historical facts.

**SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM
MAXIMUM MONTHLY ALLOTMENTS
OCTOBER 1, 2022 TO SEPTEMBER 30, 2023**

Maximum SNAP Allotments for 48 States and D.C.

Household Size	48 States and DC
1	\$281
2	\$516
3	\$740
4	\$939
5	\$1,116
6	\$1,339
7	\$1,480
8	\$1,691
Each additional person	\$211

Maximum SNAP Allotments for Guam

Household Size	Guam
1	\$415
2	\$761
3	\$1,090
4	\$1,385
5	\$1,644
6	\$1,973
7	\$2,181
8	\$2,493
Each additional person	\$312

Maximum SNAP Allotments for U.S. Virgin Islands

Household Size	Virgin Islands
1	\$362
2	\$664
3	\$951
4	\$1,208
5	\$1,434
6	\$1,721
7	\$1,903
8	\$2,174
Each additional person	\$272

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Maximum SNAP Allotments for Alaska

Household Size	Alaska Urban	Alaska Rural 1	Alaska Rural 2
1	\$351	\$448	\$545
2	\$644	\$822	\$1,000
3	\$923	\$1,177	\$1,432
4	\$1,172	\$1,494	\$1,819
5	\$1,391	\$1,774	\$2,160
6	\$1,670	\$2,129	\$2,592
7	\$1,846	\$2,354	\$2,865
8	\$2,109	\$2,690	\$3,274
Each additional person	\$264	\$336	\$409

Maximum SNAP Allotments for Hawaii

Household Size	Hawaii
1	\$538
2	\$987
3	\$1,413
4	\$1,794
5	\$2,131
6	\$2,557
7	\$2,826
8	\$3,230
Each additional person	\$404

**MINIMUM SNAP ALLOTMENTS
OCTOBER 1, 2022 TO SEPTEMBER 30, 2023**

Household Size	48 States and DC	Guam	U.S. Virgin Islands	Alaska Urban	Alaska Rural 1	Alaska Rural 2	Hawaii
1 – 2	\$23	\$33	\$29	\$28	\$36	\$44	\$43

**SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM
DEDUCTIONS
OCTOBER 1, 2022 TO SEPTEMBER 30, 2023**

Standard Deductions

Area	Household Size 1 -2	Household Size 3	Household Size 4	Household Size 5	Household Size 6+
48 States and DC	\$193	\$193	\$193	\$225	\$258
Alaska	\$330	\$330	\$330	\$330	\$330
Hawaii	\$272	\$272	\$272	\$272	\$296
Guam	\$387	\$387	\$387	\$450	\$515
Virgin Islands	\$170	\$170	\$192	\$225	\$258

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Maximum Shelter Deductions

Area	Maximum Amount
48 States and DC	\$624
Alaska	\$996
Hawaii	\$840
Guam	\$732
Virgin Islands	\$492

Maximum Homeless Shelter Deductions

Area	Maximum Amount
48 States and DC	\$166.81
Alaska	\$166.81
Hawaii	\$166.81
Guam	\$166.81
Virgin Islands	\$166.81

**SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM
MAXIMUM ASSET LIMITS
OCTOBER 1, 2022 TO SEPTEMBER 30, 2023**

Household Type	Maximum Amount
Households with at least one member who is age 60 or older or is disabled*	\$4,250
All other households	\$2,750

*The asset limit for elderly or disabled households also serves as the threshold for substantial lottery or gambling winnings.

**SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM
Threshold for Required Reporting of Changes in Household Income*
OCTOBER 1, 2022 TO SEPTEMBER 30, 2023**

Area	Reporting Requirement Threshold
48 States and DC	\$125
Alaska	\$125
Hawaii	\$125
Guam	\$125
Virgin Islands	\$125

*Applies only to households assigned to change reporting.

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