

What is Pandemic EBT?

The Pandemic Electronic Benefit Transfer (P-EBT) program provides nutritional resources to families who have lost access to free or reduced-price school meals and/or child care meals due to school and child care facility closures and/or reduced hours. It applies for both the school year and the covered summer period, which varies by state.

Which Children Under 6 are Eligible to Participate in P-EBT?

Children under 6 years old who live in households that were enrolled in the Supplemental Nutrition Assistance Program (SNAP) at any time since October 1, 2020, are eligible for P-EBT benefits if they lived in or attended child care in an area where one or more schools or child care facilities were closed or operated with reduced attendance or hours.

As for P-EBT benefits for summer 2021, children under 6 whose households were enrolled in SNAP in the last month of the school year, or at any point over the covered 2021 summer period, are eligible for summer P-EBT benefits.

Infants in SNAP households who were born before the end of the covered summer period also are eligible for P-EBT benefits for the entire covered summer period. Even if SNAP-enrolled children under 6 receive meals at their child care provider over the summer, they still will receive P-EBT benefits.

Receiving and using P-EBT, along with benefits from the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and SNAP, do not impact an individual's immigration status; they are not considered under the "public charge" rule.

What Benefits do P-EBT Households Receive?

P-EBT provides households with money on a new or existing EBT card that they can use to purchase food from SNAP-authorized food retailers. For most states, the benefit per month is \$136 for a child under 6.

As with SNAP, each \$1 in federal P-EBT benefits during a downturn generates between \$1.50 and \$1.80 in economic activity, positively impacting the entire food chain, including farmers, food manufacturers, truck delivery services, and grocery stores and their employees.

How to use This Toolkit

- **Increase awareness of P-EBT for children under 6 years old enrolled in SNAP.**
- **Notify all parents and guardians that children can be simultaneously enrolled in SNAP and P-EBT.** Many families may not know they can be on SNAP while receiving P-EBT benefits for their school-age children. In Massachusetts, [nearly half](#) of surveyed K–12 parents and guardians who used P-EBT did not know the households could use both programs simultaneously. As for SNAP-eligible families with

children under 6, they too would benefit from learning about the dual benefits through P-EBT and SNAP.

- **Encourage SNAP recipients to add their newborn children to the SNAP household by contacting their case worker or local SNAP office as soon as possible so they can receive full P-EBT summer benefits for their infant.**

University of Michigan researchers [predict](#) a baby boom will take place this summer, with 10–15 percent more babies born this summer compared to a typical pre-COVID-19 year. The effective date of a newborn child’s inclusion in the SNAP household is based on when the infant’s birth or adoption *was reported*, not the infant’s date of birth or adoption.

- **Ensure all eligible individuals are receiving P-EBT benefits.** You can help reassure immigrant families that P-EBT, SNAP, and WIC participation have no “public charge” implications.

Contents

This toolkit includes suggested social media posts and graphics, sample newsletter language, a flyer, a press release template, a public service announcement for radio and TV, and other sample outreach materials to share through your organization’s channels.

Follow FRAC on Twitter [@fractweets](#), Facebook [@foodresearchandactioncenter](#), and Instagram [@fracgram](#) for updates on P-EBT and the latest on the federal nutrition programs.

Messaging Materials

Social Media Graphics and Captions



[Graphic text: P-EBT Under 6: Food Benefits for Young Children on SNAP

P-EBT provides money on a new or existing EBT card for children under six in households receiving SNAP. Is your child under age six enrolled in SNAP? Apply to see if they're eligible!]

Sample Social Post - Accompanying Text

Get extra 💰 to spend on groceries! You'll be receiving [\$STATEAMT] of P-EBT benefits on your EBT card if your child under 6 is enrolled in SNAP. P-EBT & SNAP benefits do not count under public charge so it's safe to get P-EBT benefits your children are eligible for #SNAPMatters



Get **P-EBT**, **SNAP**, and **WIC** together to boost your food budget this summer!


Using any of these programs **does not** impact your or your child's immigration status.

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[Graphic text: Get P-EBT, SNAP, and WIC together to boost your food budget this summer! Using any of these programs does not impact your or your child's immigration status.]

Sample Social Post - Accompanying Text

Get extra 💵 to spend on groceries! You'll be receiving [\$STATEAMOUNT] of P-EBT benefits on your EBT card if your child under 6 is enrolled in SNAP. P-EBT & SNAP benefits do not count against you and it's safe to get P-EBT benefits your children are eligible for. #SNAPMatters



Baby on the way this summer?
Enroll your newborn in SNAP

and get both P-EBT and SNAP benefits to buy groceries!

Most kids enrolled in SNAP under age six will automatically receive P-EBT benefits, check your state's website for more info!

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[Graphic text: Baby on the way this summer? Enroll your newborn in SNAP and get both P-EBT and SNAP benefits to buy groceries!]

Most kids enrolled in SNAP under age six automatically receive P-EBT benefits, check your state's website for more info!]

Sample Social Post - Accompanying Text

Infants 🧒🧒🧒🧒🧒 enrolled in SNAP born before the end of summer are eligible for P-EBT benefits for the entire summer! You'll receive [\$STATEAMOUNT] of P-EBT benefits on your EBT card if your child under 6 is enrolled in SNAP. Enroll in SNAP now:

<https://bit.ly/3z6fzet>



Have a child 5 years old or younger?
Get extra food benefits through SNAP!

Using any of these programs **does not** impact your or your child's immigration status.

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[Graphic text: Have a child 5 years old or younger? Get extra food benefits through SNAP! Using any of these programs does not impact your or your child's immigration status.]

Sample Social Post - Accompanying Text

You'll receive [\$STATEAMOUNT] extra on your EBT card if your child under 6 is enrolled in SNAP. Due to #COVID19, it's now easier than ever to apply for SNAP. These benefits will not count against you, making it safe & easy to get the benefits you & your family are eligible for.

Sample Email/Newsletter Language

To Current and Potentially Eligible SNAP Families With Children Under 6

The Pandemic Electronic Benefit Transfer (P-EBT) program is helping families enrolled in the Supplemental Nutrition Assistance Program (SNAP) feed their infants and toddlers during COVID-19.

You will be receiving [INSERT STATE MONTHLY AMOUNT] of P-EBT benefits on your EBT card if your child under 6 years old is enrolled in SNAP. Is your child under 6 enrolled in SNAP? Check your state's website to see if they're eligible! Find your state website at <https://frac.org/research/resource-library/state-p-ebt-programs-map>.

Applying for and receiving P-EBT and SNAP benefits does not impact immigration status, and will not count against you under the public charge rule.

To Partner Organizations

The Pandemic Electronic Benefit Transfer (P-EBT) program provides benefits to families enrolled in the Supplemental Nutrition Assistance Program (SNAP) and who have children younger than 6 years old.

Spread the word about P-EBT benefits for SNAP-enrolled children under 6. You can use sample messaging and graphics in the [Food Research & Action Center's P-EBT for SNAP Kids Under 6 Outreach Toolkit](#) to share information with your clients and networks.

Have a child under age 6?

Get extra food benefits through SNAP!

Receive P-EBT benefits on your EBT card if your child under six is enrolled in SNAP.

You can enroll in P-EBT, SNAP, and WIC at the same time!



Due to COVID-19, It is easier to apply for SNAP now.

Using SNAP doesn't take away benefits from others, so don't let them go unredeemed!

P-EBT and SNAP benefits do not count against you under the public charge rule, and will not affect your application for citizenship or green card renewal.

Children under 6 in households that received SNAP at any time since October 1, 2020 can get P-EBT benefits

Infants born this summer are also eligible!

Check your state's [website](#) to see if your child is eligible

Template for Posting on Website About Summer P-EBT for Children under 6

Press Contact:

Email:

Summer P-EBT Benefits For Children Under 6 Living in SNAP Households (or Enrolled in SNAP)

The Pandemic Electronic Benefit Transfer (P-EBT) program has been extended by Congress to provide benefits on a new or existing EBT card to help fill the summer meals gap caused by the many barriers families face in accessing meals during the summer.

Children under 6 years old who were enrolled in the Supplemental Nutrition Assistance Program (SNAP) during the last month of the school year, or at any point over the covered summer period, are eligible for the full summer 2021 P-EBT benefit.

The U.S. Department of Homeland Security announced in March that the public charge rule no longer applies to SNAP benefits. P-EBT and SNAP do not count against you under the public charge rule, and will not affect your application for citizenship or green card renewal. If you are not currently participating in SNAP but think you might be eligible, now is the time to apply.

[INSERT STATE] residents can find out if they are eligible for SNAP by going to [INSERT WEBSITE].

[INSERT QUOTE ON WHAT THE SUMMER P-EBT MEANS FOR FAMILIES IN YOUR STATE]

Example — Rep. Adrian Madaro from Massachusetts issued the following statement:

“I am pleased to see the extension of P-EBT benefits through summer 2021,” said Representative Adrian Madaro. “P-EBT has been a vital tool in addressing food insecurity in East Boston. These funds have been critical for our neighbors, helping them to buy food for their children and bridge the gap as they recover from the economic impact of the pandemic.”

Radio and TV Public Service Announcement

An important communication opportunity lies in addressing barriers to SNAP enrollment, which include but are not limited to not knowing how to apply, fearing that SNAP may impact immigration status, and the belief that one makes too much money to get SNAP, when in actuality the income threshold is higher than many people expect.

Hearing from a trusted community member is a highly effective method for disseminating key information and informing target audiences, such as immigrant Latinx communities. Enlisting the help of someone who's child under 6 who is receiving P-EBT benefits* or a community member to speak about the benefits people can receive through SNAP and P-EBT, and clearing up fears around public charge through linguistically relevant radio and/or TV, can encourage eligible parents to enroll in SNAP so that they can receive both SNAP and P-EBT benefits.

*For privacy, if the P-EBT Under 6 user wishes to stay anonymous, the TV news station can pull up a quote from the P-EBT user and have the newscaster read it aloud instead. The quote can also be included in the news release that pairs with the broadcast.

Sample Script:

Do you know children under 6 years old enrolled in SNAP can receive P-EBT benefits too? The benefit per month is [INSERT STATE \$ FIGURE] for a child younger than 6 and is loaded onto a new or existing EBT card.

If your child under 6 received SNAP at any time since October 1, 2020, and you live in an area where one or more schools or child care facilities closed or operated under reduced hours because of the pandemic, your child is eligible for P-EBT benefits. Infants born this summer are also eligible. If your child under 6 is enrolled in SNAP before the end of summer, they are eligible for P-EBT benefits for the entire summer.

You can get both SNAP and P-EBT at the same time. Applying for and receiving P-EBT and SNAP benefits do not impact immigration status, and will not be considered under the public charge rule.

During COVID-19, many SNAP rules have changed: All eligible households will get the maximum amount of SNAP dollars and the extra \$300 per week in unemployment, which started in January 2021 and is not considered as part of your income for SNAP eligibility.

Many people who receive unemployment benefits are eligible for SNAP. If you are eligible, your use of SNAP and P-EBT doesn't take away benefits from others, so don't let them go unredeemed.

Apply online, call [XXX-XXX-XXX], or apply in person at your local SNAP office to receive SNAP and P-EBT.

Additional Resources

Example Outreach Resources Catalog

Check out additional [examples of messaging about P-EBT for SNAP-enrolled children under 6 years old](#).

Follow and Tag Us

Follow us on Twitter [@fractweets](#), Facebook [@foodresearchandactioncenter](#), and Instagram [@fracgram](#) for updates on P-EBT and the latest on the federal nutrition programs.

Make sure to use [#PEBT](#) in your posts, and tag FRAC. We'll be on the lookout for these posts so we can help amplify them.