

Important Update on November 2025 Food and Nutrition Services (FNS) Benefits

On **November 5, 2025**, the federal government directed all states, including North Carolina, to reduce **November FNS (SNAP)** benefits. Under this federal order, **maximum benefit amounts are reduced by 35%**, resulting in smaller benefit amounts for most households.

What this means for you:

- Your **November benefit will be lower** than usual.
- Some households that normally receive smaller benefit amounts **may not receive any benefits** this month.
- A “35% reduction” does **not** mean everyone’s benefits will drop by exactly 35%. Because of how SNAP benefits are calculated, **most households will see a larger decrease**.

How benefits are calculated:

- The USDA reduced the *maximum allotment* for each household size by 35%.
- Your monthly benefit is still based on the maximum allotment for your household size **minus 30% of your net monthly income**.
- This means households with **higher income** or **larger household sizes** will likely see a greater reduction, while households with **one or two people** will receive **at least \$16** for November.

Important notes:

- These changes are **required by federal law**. States cannot change or override this directive.
- You can check your November benefit amount in the **ebtEDGE app** or by calling the **number on the back of your EBT card**.
- For more information and to see how your benefits are calculated, visit ncdhhs.gov/shutdown.

We understand how important these benefits are for families. **NCDHHS will continue to share updates** as more information becomes available.