

Exceptional Children Information for Parents



EXCEPTIONAL CHILDREN
NC Department of Public Instruction

February 15, 2023

Resources from Legal Aid of NC

Many households in North Carolina receive benefits from Food and Nutrition Services each month to provide food for their families. In March 2020, these households were provided with emergency allotments due to the pandemic. However, the emergency allotments are set to end at the end of February 2023. (For more information, read the [NCDHHS Press Release](#) from January 12, 2023)

With the extra food stamp (FNS/SNAP) payment, officially called Emergency Allotments, ending soon, families will only receive regular food stamp payment loaded to their EBT card: There will be no second payment later in the month. More concretely, this change is expected to result in families receiving a significant reduction in food assistance. At minimum, all households receiving food and nutrition assistance will see a reduction of \$95 per month in benefits. However, many households will experience a significantly larger reduction of benefits. It is estimated that on average households will experience a reduction of approximately \$82 per person per month after the end of these Emergency Allotments. TO put this in perspective, there are approximately 800,000 households that receive FNS/SNAP in North Carolina. On average, more than 70% of these households are families with children.

As part of our response to this impending crisis, LANC has compiled the attached resource flyer and will be holding [weekly clinics](#) to help families understand the upcoming changes and navigate finding supplemental assistance in other forms if possible. You can find more information on [our website](#). These materials are also available on LANC social media sites if easier to access - [Twitter](#), [Facebook](#), [Instagram](#), [Eventbrite](#).

Please share this information with friends, family, and neighbors to make sure other know about the resources available to help with the upcoming changes.

You can find previous newsletters in the Parent Newsletter google folder at this link: <https://tinyurl.com/ECParentNewsletters>

Important Links

- [Office of Special Education Programs](#) (U.S. Dept. of Ed.)
- [N.C. Department of Public Instruction](#)
- [Office of Exceptional Children](#) (NC)
- [No Kid Hungry](#)

Upcoming Events

- Arc of the Triangle [Events](#)
- Autism Society [Workshops](#)
- Autism Speaks [Information Topics](#)
- CADRE [Parent Resources](#)
- ECAC [Events](#) & [Recorded Webinars](#)
- National Alliance on Mental Illness [Courses](#)
- NC Down Syndrome Alliance [Events](#)
- Special Olympics NC [Events](#)

Do you have an upcoming event you'd like to share with the community? Please email with information.

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