



Food and Nutrition  
Service

1320 Braddock Place  
Alexandria, VA  
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DATE: August 16, 2021

SUBJECT: SNAP – Fiscal Year 2022 Cost-of-Living Adjustments

TO: All State Agencies  
Supplemental Nutrition Assistance Program

This memorandum provides the Federal Fiscal Year (FY) 2022 Cost-of-Living Adjustments (COLA) to the Supplemental Nutrition Assistance Program (SNAP) maximum allotments for the 48 contiguous States and D.C., Alaska, Hawaii, Guam, and the U.S. Virgin Islands. Under the Food and Nutrition Act of 2008, COLAs are effective as of October 1, 2021. FNS previously released income eligibility standards and deductions for FY 2022 for SNAP on August 9, 2021.

Maximum allotments will increase for the 48 States and D.C., Alaska, Hawaii, Guam, and the U.S. Virgin Islands. For a family of four receiving a maximum allotment in the 48 States and D.C., benefits will be \$835. Maximum allotments for a family of four will increase to a range of \$1,074 to \$1,667 in Alaska, to \$1,573 in Hawaii, to \$1,231 in Guam, and to \$1,074 in the U.S. Virgin Islands. The minimum benefit for the 48 States and D.C. will increase to \$20 and will also increase in Alaska, Guam, Hawaii, and the U.S. Virgin Islands.

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 Arpan Dasgupta at [Arpan.Dasgupta@usda.gov](mailto:Arpan.Dasgupta@usda.gov).

Sasha Gersten-Paal  
Director  
Program Development Division

Attachment(s)

**SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM  
MAXIMUM MONTHLY ALLOTMENTS  
OCTOBER 1, 2021 TO SEPTEMBER 30, 2022**

**Maximum SNAP Allotments for 48 States and D.C.**

Household Size	48 States and DC
1	\$250
2	\$459
3	\$658
4	\$835
5	\$992
6	\$1,190
7	\$1,316
8	\$1,504
Each additional person	\$188

**Maximum SNAP Allotments for Guam**

Household Size	Guam
1	\$369
2	\$677
3	\$969
4	\$1,231
5	\$1,462
6	\$1,754
7	\$1,939
8	\$2,216
Each additional person	\$277

**Maximum SNAP Allotments for U.S. Virgin Islands**

Household Size	Virgin Islands
1	\$322
2	\$590
3	\$845
4	\$1,074
5	\$1,275
6	\$1,530
7	\$1,691
8	\$1,933
Each additional person	\$242

**Maximum SNAP Allotments for Alaska**

Household Size	Alaska		
	Urban	Rural 1	Rural 2
1	\$322	\$411	\$500
2	\$591	\$753	\$917
3	\$846	\$1,079	\$1,313
4	\$1,074	\$1,370	\$1,667
5	\$1,276	\$1,627	\$1,980
6	\$1,531	\$1,952	\$2,376
7	\$1,692	\$2,158	\$2,626
8	\$1,934	\$2,466	\$3,002
Each additional person	\$242	\$308	\$375

**Maximum SNAP Allotments for Hawaii**

Household Size	Hawaii
1	\$472
2	\$865
3	\$1,239
4	\$1,573
5	\$1,868
6	\$2,242
7	\$2,478
8	\$2,832
Each additional person	\$354

**MINIMUM SNAP ALLOTMENTS  
OCTOBER 1, 2021 TO SEPTEMBER 30, 2022**

Household Size	48 States and DC	Guam	U.S. Virgin Islands	Alaska			Hawaii
				Urban	Rural 1	Rural 2	
1 – 2	\$20	\$30	\$26	\$26	\$33	\$40	\$38