This fact sheet informs you about a change in the work requirements for Supplemental Nutrition Assistance Program (SNAP) recipients in your area. Starting January 1, 2018, some SNAP recipients must meet additional work requirements to continue to receive SNAP benefits during the 3-year period January 1, 2018 through December 31, 2020.

Who has to meet the work requirement?

If you are an adult (ages 18 to 49) with no dependents, you will only receive SNAP benefits for 3 months during the next 3 years (January 1, 2018 - December 31, 2020), unless you do one or a combination of the work requirements listed below or qualify for an exemption.

How can I start meeting the work requirement?

You can meet the work requirement if you:

- Work an average of 80 hours per month.
- Take part in and comply with one of the following activities provided by the SNAP Employment & Training Program, if available: Basic Education, Vocational Training, Work Experience, Community Work, or Earnfare.
- Take part in an approved workfare program of a local governmental unit for 20 hours per week.
- Do community work at agencies, churches, or other organization in your community for 20 hours per week.

Do I qualify for an exemption?

You may qualify for an exemption if you:

- Are under age 18 or 50 years of age or older.
- Are physically or mentally unfit for work, or pregnant.
- Are residing in a SNAP household where a household member is under 18, even if the household member who is under 18 is not himself eligible for SNAP; or
- Are otherwise exempt under Work Provisions.

Is there any way I can get more SNAP benefits after the 3 months?

Yes, there are 2 ways:

- You can regain eligibility for an additional 3-month period if you meet the work requirement in a 30-day period after you were denied for not meeting the work requirement.
- The other way to get SNAP benefits after the 3 months is by meeting the work requirement each month.

What happens if my circumstances change, such as I become unable to work due to illness?

You would no longer have to meet the work requirement. As long as all other eligibility criteria are met, you could receive SNAP benefits.

You must report changes within 10 calendar days of the date you learn about the change.

How do I get more information?

The Department of Human Services is here to help you find employment, meet your work requirement, or see if you qualify for an exemption. Please contact your local Family and Community Resource Center to discuss how these changes may affect you and the opportunities available in your area.