

Frequently Asked Questions

October 7, 2025

Implementing HR1 Changes to SNAP Eligibility Oct. 1, 2025

What is happening?

The federal government is making states change who can get food benefits through the Supplemental Nutrition Assistance Program (SNAP). Oregon will start using the new rules on **Oct. 1, 2025**.

The changes won't happen to everyone at once — they will roll out over the next year.

- **For people who already get SNAP:** The changes will happen to those who applied or recertified on and after July 4, 2025. For others already getting SNAP, the changes will happen over time throughout the next year. Notices will be sent to the first group of people who are impacted around Oct. 15, 2025. The first group will have SNAP benefit changes or closures on Nov. 1, 2025.
- **For people who apply or reapply for SNAP after Oct. 1, 2025:** The new rules will apply right away.

These changes will cause many people in Oregon to get less SNAP or lose their benefits completely. This includes older adults, immigrants, and people living in rural communities with limited access to transportation.

Who will be impacted?

There are three main groups of people who will be impacted:

1. **Adults age 18–64 without a disability and without children aged 14 and under** in their SNAP group. This is called “ABAWD” status.
 - Many will have to meet work rules for the first time to keep getting SNAP.
2. **Some immigrants are still eligible for SNAP.** People who are not U.S. citizens can get SNAP if they live in the U.S. and meet certain rules. This includes:

- Lawful permanent residents (green card)
 - Cuban or Haitian entrants
 - COFA nationals from Micronesia, the Marshall Islands or Palau

3. Households getting help with heating or energy bills

- If they don't include an older adult or someone with a disability, their SNAP may be reduced.

When will changes be made for people already receiving SNAP?

Changes won't affect everyone at the same time. They will happen over time throughout the next year.

1. Able-bodied Adults Without Children (ABAWDs)

- Beginning Oct 1, 2025, people with ABAWD status in 6 counties (Multnomah, Washington, Clackamas, Yamhill, Benton, and Hood River) will be reviewed at application or renewal to see if they have to meet work rules.
- People who don't meet work rules may lose SNAP benefits after 3 months.

2. Some immigrants are still eligible for SNAP

- People who are not U.S. citizens can get SNAP if they live in the U.S. and meet certain rules.
- Because people may change status after coming to the U.S., ODHS will use the most recent immigration status granted by USCIS when deciding SNAP eligibility.
- ODHS is waiting for federal guidance on other immigration statuses.

3. Households Receiving Energy Assistance

- About **9,600** households who applied or renewed between July 4 and Oct. 1, 2025, will get notices around Oct. 15, 2025.
- Their SNAP will be reduced on Nov. 1, 2025.
- Another **20,000** households will see benefits go down when they recertify.

When will the new rules affect people who are applying or reapplying?

If you **apply or reapply for SNAP after Oct. 1, 2025**, the new rules will apply right away.

How will people be notified of changes to their SNAP benefits?

Watch your **mail** and your **ONE Online** account for any messages about your SNAP benefits.

You can also:

- Sign up for [news alerts](#) from ODHS
- Follow ODHS on [social media](#)
- Visit the ODHS [website](#)

A list of options is available in [English](#) and [Spanish](#). Community partners also will help ODHS get the word out and support people through changes.

What does it mean to have ABAWD status?

If you have an ABAWD status you are required to do 80 hours of work activities a month through:

- Paid employment (including self-employment).
- Unpaid work activities (such as bartering or volunteering).
- Participating in a SNAP Employment and Training Program.
- A combination of work and other activities.

If you are required to follow the ABAWD Work Rules, you can only get food benefits for three months in a three-year period if you do not do the monthly 80 hours. This is called the SNAP time limit for people with an ABAWD status.

Many people don't have to follow the ABAWD Work Rules. These are called ABAWD exemptions.

Learn more about ABAWD and exemptions on our [website](#).

What else should people know about work requirement (ABAWD) changes?

The federal changes significantly expand who is subject to work requirements:

- Age threshold increases from 54 to 64.
- Age of dependents decreases from 18 to 14.
- Exemptions removed for people experiencing homelessness, veterans, and former foster youth under age 24.
- New exemption added for individuals identified as "Indian," "urban Indian," or "California Indian," meaning Tribal members and certain descendants.
- Counties can only receive waivers if unemployment exceeds 10%. No Oregon county currently qualifies, though some tribal reservations and trust lands may be eligible.

Estimated statewide loss could reach \$347 million in benefits over a single biennium, in addition to major administrative and system implementation costs.

What else should people know about the changes to SNAP eligibility for non-citizens?

As of Oct. 1, 2025, the following groups of non-citizens can get SNAP benefits if they are living in the United States:

- Lawful Permanent Residents (LPRs)
 - People with a green card who meet extra rules
- Cuban or Haitian Entrants
- COFA nationals
 - People from Micronesia, the Marshall Islands or Palau. COFA stands for “Compacts of Free Association,” which lets people from these islands live and work in the U.S.

Note: ODHS has asked for guidance about SNAP eligibility for people with other immigration statuses. We will update this page as we get more information.

Many people enter the United States under one status and are later granted another status. Oregon uses the most recent status granted by USCIS to determine SNAP eligibility.

What else should people know about the Standard Utility Deduction (SUD) and Energy Assistance reductions?

Energy assistance will now count as income for most households when their monthly benefit amounts are calculated. Only households with an adult age 60 years or older or someone with a disability can exclude energy assistance.

In total about 29,000 Oregon households are projected to see an average SNAP benefit decrease of \$58 per month.

Cuts to the Standard Utility Deduction (SUD) will reduce benefit levels for households with high energy costs, further straining low-income families.

How do people contact ODHS with questions?

Go to benefits.oregon.gov or beneficios.oregon.gov to find ways to contact ODHS online, in person or by phone.

Why is this happening?

In July 2025, the federal budget known as HR1 was approved by Congress and signed by President Trump. HR1 deeply undercuts the core purpose of SNAP —providing reliable food support to those in need. The budget bill makes sweeping restrictions, funding shifts, and

cuts that disproportionately impact low-income families, older adults, children, immigrants, and the financial stability of households. These changes are among the provisions in HR1 that will cause reductions or loss of food benefits for hundreds of thousands of people in Oregon whose health and safety depend on SNAP.

The Congressional Budget Office (CBO) projects approximately \$295 billion in cuts nationally to SNAP through 2034—by far the deepest reduction in the program’s history, equaling about 30% of SNAP’s funding. Most of these cuts represent lost grocery benefits for individuals and families.

What is the role of SNAP in Oregon?

SNAP is a cornerstone of Oregon’s fight against hunger, helping more than 1 in 6 people in Oregon, approximately 17 percent of households, afford groceries. This includes children, working families, older adults, and people with disabilities. But even with SNAP benefits, many families still struggle to meet their basic needs, especially amid the rising cost of food and housing. Everyone deserves access to healthy food, and the Oregon Department of Human Services (ODHS) is committed to making sure people in Oregon receive the right amount of SNAP food benefits they qualify for.