

October 15, 2025

<<Case Number>>

<<Individual First Name>> <<Individual Last Name>>

<<Current Mailing Address 1>>

<<Current Mailing Address 2>>

<<Current Mailing City>>, <<Current Mailing State>> <<Current Mailing Zip Code>>

## **Important: You Must Take Action to Keep Your SNAP Food Benefits**

Hello <<Individual First Name>> <<Individual Last Name>>

Congress and the President made changes to who can get SNAP food benefits. We know this is stressful and we want to make things clear.

### **Why You Are Getting This Letter**

Starting October 1, 2025, adults ages 18–64 without children under 14 on their SNAP case will need to show they work for pay, work in exchange for goods or services, volunteer or train at least 80 hours per month, to continue receiving SNAP benefits. These are the Able-Bodied Adult Without Dependents (ABAWD) Work Rules. People who don't meet the ABAWD Work Rules may lose SNAP benefits after three months.

### **What You Must Do to Keep Your SNAP Benefits**

To keep your SNAP benefits longer than three months, you must do at least one of the following every month:

- Work, volunteer or do community service for at least 80 hours.
- Do barter work (like working in exchange for housing) for at least 80 hours.
- A combination of work and other activities.

### **Those who meet an exemption are not required to follow the ABAWD Work Rules**

Contact us if one or more of these exemptions apply to you:

- You are pregnant.
- A child under 14 moves in with you and gets food benefits with you.
- You can't work because of a mental, behavioral or physical health issue.

- You're in school at least half-time.
- You're in an alcohol or drug treatment program.
- You're a refugee with a training plan through the Immigrant and Refugee Community Organization (IRCO) or a similar program.
- You are unable to work due to taking care of someone who needs help caring for themselves (they don't have to live with you).
- You or your parent or grandparent are an enrolled member of a Federally Recognized Tribe or a shareholder in an Alaska Native Regional Corporation.
- You're receiving or eligible for services from Indian Health Services, Tribal Health Clinics, or Urban Indian Clinics.

### **You May Already Meet the Work Requirements**

Contact us if any of these apply to you. You may already meet the rules and just need to send proof:

- You work and are paid for 30+ hours a week or earn \$935.25/month before taxes.
- You are self-employed and earn at least \$935.25 without business costs (before taxes) or earn at least \$1870.50/month and have business costs (before taxes).
- You applied for or get unemployment benefits.
- You are doing barter work (ex: working in exchange for housing).
- You are volunteering or doing community service.

### **Want Help? We're Here for You**

If none of the reasons above apply to you, we still encourage you to call us. We can help you set up an orientation with the Oregon Employment Department. They will help make a plan to help you meet the ABAWD work rules.

### **How to Contact Us**

**Call** us as soon as possible at 1-833-947-1694, Monday through Friday, 8:00 a.m. - 5:00 p.m. Pacific Time (9:00 a.m. – 6:00 p.m. Mountain Time)

Or **email**: [SNAP.ABAWDTeam@odhsoha.oregon.gov](mailto:SNAP.ABAWDTeam@odhsoha.oregon.gov)

### **Include in your message:**

- Your full name, SNAP case number (top right of this letter) and best method to contact you.
- The exemption that applies to you or how you are meeting the work rules.
- Proof like a paystub or signed letter from the person you volunteer or work for.