

HR1 Changes to SNAP

A guide for partners



OREGON DEPARTMENT OF
Human Services

HR1 Changes to SNAP: A guide for partners

Food security is the foundation everything else is built on. In Oregon, the Supplemental Nutrition Assistance Program (SNAP) is designed to help people afford food while supporting stability, including the work and educational success that becomes possible when people have their basic food needs met.

Federal changes to SNAP have reduced or ended food benefits for thousands of people and increased Oregon's share of program costs. The Oregon Department of Human Services (ODHS) must implement these requirements. Partners can help people understand the changes, avoid preventable benefit loss and reach the right support.

Three changes people may ask about

1. **Work or activity rules:** More adults ages 18 through 64 must complete 80 hours of work or approved activities each month unless they qualify for an exemption or live in an exempt area.
2. **Energy assistance:** Federal changes affect how some energy-assistance payments and household utility costs are treated when SNAP benefits are calculated.
3. **Immigration status:** Federal law narrowed SNAP eligibility for some lawfully present immigrants. Eligibility depends on a person's status and other program rules.

This guide helps ODHS partners support people affected by federal SNAP changes. It explains what has changed, who may be affected and what steps people can take to keep benefits they qualify for. Partners can use it to answer common questions, help people avoid preventable benefit loss and connect people with food resources and other support.

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Thank you for helping people stay connected to food and support

When benefits change, people need clear information and someone they trust to help them take the next step. You help people understand their options, navigate changes and find support to meet their food needs. ODHS is grateful for the care, knowledge and commitment you bring to people in communities across Oregon.

What changed and when

When	What happened
July 4, 2025	HR1 became federal law. It changed SNAP eligibility, work or activity rules, and state program financing.
Oct.–Nov. 2025	Affected households began seeing their SNAP cases close or their benefits reduced, including households with certain lawfully present immigrants and those receiving energy assistance.
Late 2025–2026	Many adults ages 18 through 64 without a child under age 14 on their SNAP case became newly subject to SNAP work or activity rules unless they have an exemption or live in an exempt area.

Oregon SNAP data shows impact of federal changes

Oregon's SNAP caseload is changing significantly. We know partners need timely information to understand what is happening in their communities and to plan for the needs they are seeing.

The [Oregon SNAP Data webpage](#) gives you a reliable place to regularly check the latest statewide and county-level SNAP data, rather than waiting for a report or requesting data from ODHS.

We'll update the page each month, so you can use it to follow changes over time and see what is happening in your county.

This is also a resource we plan to build on. A future phase will add data to show the impact of the federal HR1 changes.

We hope this becomes a practical tool you can return to regularly—for planning, communicating with your communities and understanding how SNAP participation is changing across Oregon.

What you can do now

- **Share accurate information.** Use ODHS's ready-to-share, multilingual materials in newsletters, social media, websites and community events.
- **Encourage people to respond.** Remind constituents to read every ODHS notice and promptly report exemptions, work or volunteer hours, immigration-status changes and current household expenses.
- **Connect people with help.** Use the referral information in this guide. Eligibility depends on each person's circumstances, so connect people with ODHS rather than trying to determine whether they qualify.

Partner navigation webpage

ODHS and OHA have [a webpage](#) for partners to help you navigate the information and resources you need about federal changes to SNAP and OHP.

The page helps partners:

1. See what is changing
2. Find resources to share
3. Help people apply for or manage benefits
4. Get updates as changes happen

ODHS has also created an FAQ and response scripts for partners to help answer questions.

- [Frequently asked questions](#)
- [Response scripts](#)

Ready-to-share materials

ODHS provides materials that partners can use in newsletters, social media, websites, constituent emails and community outreach. Many are available in multiple languages.

- [Oregon ONE promotional toolkit](#) - helps people apply for and manage benefits.
- [Oregon ONE Mobile materials](#) - promotes the free mobile app.
- [SNAP Payment Accuracy toolkit](#) - helps people correctly report household, income, shelter and utility information.

Connecting people with help

Need	Where to connect people
General SNAP information	Oregon.gov/snap Oregon.gov/es/snap Policy updates and general information; not personal case support.
Apply or manage benefits	benefits.oregon.gov beneficios.oregon.gov Apply, renew, report changes, upload documents or check a case.
Call	ONE Customer Service Center: 800-699-9075, Monday-Friday, 7 a.m.-6 p.m. Pacific. Relay calls welcome.
In-person help	ODHS office finder Oficinas de ODHS Help with applications, renewals, changes, documents and case status.
Work or activity rules	Oregon.gov/snapworkrules Reglas en español Call 833-947-1694, Monday-Friday, 8 a.m.-5 p.m. Pacific, or email snap.abawdteam@odhs.oregon.gov .

Volunteer opportunities	Oregon Serves JustServe Hands On Greater Portland Central Oregon Volunteer Connect Organizations that can help people find opportunities for volunteering to meet SNAP work or activity rules.
Food and local resources	needfood.oregon.gov alimentos.oregon.gov Find food assistance, community resources and free food events.

Encourage people to remember four things

- **Read every notice from ODHS.**
- **Keep contact information up to date.**
- **Contact ODHS** if they think an exemption applies, their immigration status changed or their benefit amount may be wrong.
- Use benefits.oregon.gov, call 800-699-9075 or visit a [local ODHS benefits office](#) for individual help.

Work or Activity Rules for people who get both SNAP and Oregon Health Plan (OHP)

People who get both SNAP food benefits and Oregon Health Plan (OHP) medical benefits may need to follow separate work or activity rules to keep their benefits.

OHP work or activity rules begin in January 2027.

An information sheet and [webpage is available](#) for people who get both SNAP and OHP and may be affected by work or activity rules.

We know having two programs with different rules, exemptions and timelines can be confusing. The new resources will put that information together in one place and help people understand which rules apply to them.

There's one point we especially want partners to know: **If someone meets SNAP work or activity rules, they are exempt from the OHP work or activity rules.**

So, for someone who is subject to both programs, meeting the SNAP rules means they do not also have to meet a separate set of OHP work or activity rules.

How to get help when call wait times are high

With so many changes, we expect more people to reach out to the ONE Customer Service Center, search online for information or come into offices for help.

This may mean longer call wait times and increased demand in local offices.

People may not need to wait on the phone

Partners can help by making sure people know their options. When it makes sense for the person, they may be able to manage benefits online or through the Oregon ONE Mobile app instead of waiting on the phone.

At benefits.oregon.gov, people can find options for connecting with ODHS and accessing information in English and Spanish.

- **Manage your benefits anytime** – easy ways to apply for and manage benefits. Flyers in [English](#) and [Spanish](#).
- **Ways to connect with ODHS** – people can connect with ODHS in the way that feels best for them. Flyers in [English](#) and [Spanish](#).
- **Compare features of the free Oregon ONE Mobile app and a ONE Online account.** Flyers in [English](#) and [Spanish](#).

The goal is not to discourage anyone from calling or visiting an office. Some people need or prefer direct assistance and ODHS will continue to be there for them.