

Are you aged 55 - 64 and receive SNAP benefits?



You may need to meet work or activity rules to receive SNAP benefits.

What to know



Federal rules require some adults ages 18 through 64 to meet SNAP work or activity rules to keep getting food benefits. These rules apply to people with **ABAWD** status, which stands for able-bodied adults without dependents. You will find out if you need to meet the work rules **when you apply for SNAP or renew your benefits.**



You may be exempt from the SNAP work or activity rules if:

- A child under age 14 gets SNAP with you
- You cannot work because of a disability or health condition
- You are a student
- You care for someone who cannot care for themselves
- You meet **another exemption**

Scan the **QR code on the next page** for the full exemption list.



If you are not exempt, you can meet the rules by doing at least 80 hours each month of:

- ✓ Paid work or self-employment
- ✓ Volunteering
- ✓ Trading work for housing or other needs
- ✓ Participating in the Oregon Employment Department's ABAWD program.
- ✓ **Any mix of the above**

Don't wait until your SNAP benefits stop



SNAP time limit

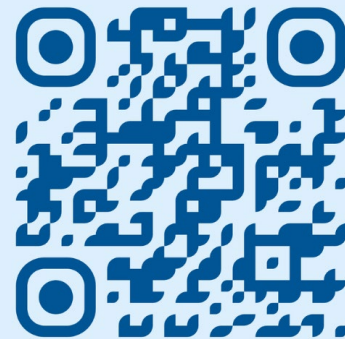


If you have **ABAWD** status, don't meet the SNAP work or activity rules, and don't have an exemption, federal rules say **you can only get SNAP for 3 months** in a 3-year period. If you start meeting the rules, you may be able to get your benefits back.

What to do now

- ❑ **Contact ODHS at 833-947-1694 or snap.abawdteam@odhs.oregon.gov** to:
 - ✓ Ask questions about work rules
 - ✓ Report exemptions
 - ✓ Submit proof of your work or activities
 - ✓ Get help meeting the work or activity rules

- ❑ **Scan the QR code or go to oregon.gov/snapworkrules** to learn more:



You can get this document for free in other languages, large print, braille or a format you need. Email us at one.communications@odhs.oregon.gov or call 833-947-1694. We welcome all relay calls.