

How to get your SNAP benefits back



Here's what to know



Federal rules require some adults ages 18 through 64 to meet SNAP work or activity rules to get back their food benefits. These rules apply to people with **ABAWD** status, which stands for able-bodied adults without dependents.

Did you lose your SNAP benefits due to not meeting work or activity rules? If so, there are ways you can get your benefits back. Here are the two most common: 1) meet an exemption, or 2) meet the work rules. **Check below to see if you meet one of these criteria.**

1 Do you meet an exemption? Check if any of the following describe you.

- ☐ A child under age 14 now lives with me and needs SNAP
- ☐ I am pregnant
- ☐ I can't work because of a physical, mental, or behavioral health reason
- ☐ I get money because of a disability
- ☐ I care for a person with a disability
- ☐ I am in school at least half-time
- ☐ I get unemployment benefits (or have applied and not been denied)
- ☐ I am in alcohol or drug treatment (not AA or NA support groups)
- ☐ I am American Indian or Alaska Native
- ☐ I get care from Indian Health Services or a Tribal or Urban Indian clinic
- ☐ I live on Tribal land or in a county that is waived from the SNAP time limits.

There are more exemptions. Scan the QR code on the next page for the full exemption list.



Did you check any box above? You may be eligible for SNAP benefits. Reach out to ODHS to learn more.

Meet the rules to regain SNAP benefits



2

Meet the work or activity rules for people with ABAWD status by completing at least 80 hours a month of activities such as:

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

Need help finding work or activities? ODHS can help.

What to do now

- ❑ **Contact ODHS at 833-947-1694**
or snap.abawdteam@odhs.oregon.gov to:
 - ✓ Learn about getting your benefits back
 - ✓ 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:**



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