

SNAP work rules for people connected to Tribal communities



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 SNAP work or activity rules if:

- ✓ You are American Indian or Alaska Native and meet Tribal eligibility or have a parent or grandparent who is a member of a Tribe.
- ✓ You get care from Indian Health Service or a Tribal or Urban Indian clinic
- ✓ Work rules are not active in the following Tribal Lands. If you live on one of these lands, you are exempt even if you are not a Tribal member:
 - Burns Paiute Tribe
 - Coquille Indian Tribe
 - Confederated Tribes of Siletz Indians
 - Cow Creek Band of Umpqua Tribe of Indians
 - The Klamath Tribes

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



If one of these describes you, you may be exempt from the SNAP work or activity rules for people with ABAWD status. Please let ODHS know you meet an exemption when you apply for or renew benefits.

Don't wait until your SNAP benefits stop



If you are not exempt, you must complete the work or activity rules to receive SNAP.

What are the work or activity rules?

If you are not exempt, you must do 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



If you do not meet the work rules and you are not exempt, you can get SNAP for no more than **3 months in a 3-year period**. If you start meeting the rules, you may be able to get your benefits back.

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:**



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