

Don't wait until your SNAP benefits stop

Contact ODHS to:

- ✓ Ask questions about work rules
- ✓ Report exemptions
- ✓ Submit proof of your work or activities
- ✓ Get help meeting the work or activity rules

Phone:

833-947-1694

Email:

snap.abawdteam@odhs.oregon.gov

Learn more:

Scan the QR code or go to oregon.gov/snapworkrules



Oregoneligibility



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

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SNAP Work or Activity Rules

You may need to meet work or activity rules to receive SNAP benefits. Here's what to know.

What to know about the federal rules



Federal rules require some adults ages 18–64 to meet SNAP work or activity rules to keep getting food benefits.

- These rules apply to people with **ABAWD** status — able-bodied adults without dependents.
- You'll find out if you need to meet the work rules when you apply for SNAP or renew your benefits.

If you 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 know about exemptions



You may be exempt from the SNAP work or activity rules for people with ABAWD status if:

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

For the full list of exemptions, scan the QR code in this brochure or visit oregon.gov/snapworkrules.

How to meet the rules



If you are not exempt, 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**

Need help finding work or activities?

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