

SNAP work or activity rules for people facing housing challenges



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

What to know



- ✓ **You may need to work, volunteer, or take part in approved activities** to keep your SNAP benefits.
- ✓ **Some people are exempt.** This means you can keep getting SNAP without meeting these rules. For example, you may not need to meet the rules if you have certain health conditions or a disability that makes it hard to work.
- ✓ **ODHS is here to help you** understand exemptions and how to meet the rules.

Don't wait until your SNAP benefits stop.



Contact ODHS to find out what you need to do.

We understand this may be difficult news for some, and we want to help.

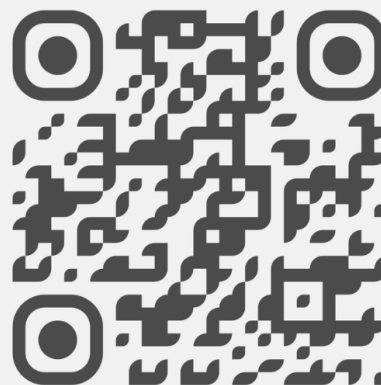
Phone: 833-947-1694

Email: snap.abawdteam@odhs.oregon.gov

In person. Visit your local ODHS benefits office. To find the office nearest to you, go to benefits.oregon.gov and click "Find an Office."

More information:

Scan the QR code or visit oregon.gov/snapworkrules



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