



Am I exempt from SNAP work requirements?

There have been some changes recently to who is subject to work requirements in the Supplemental Nutrition Assistance Program or SNAP, formerly known as food stamps.

Answer these questions and follow the flow chart to determine if any of the changes impact your eligibility and reporting requirements for SNAP.

1

If you are enrolled in SNAP, do you meet one of the following exemptions to the general work requirement:

- Younger than age 16 and age 60 or older
- Responsible for the care of a child under age 6 or a person who needs help caring for themselves
- Working 30 hours or more a week or earning at least \$330.00 a week
- Receiving or have applied for unemployment benefits
- Experiencing physical or mental barriers to work
- Going to school, college, or training program at least half time
- Meeting the work rules for Ohio Works First (OWF)
- Participating in a drug addiction or alcohol treatment and rehabilitation program

If, “YES” ↓

2

If yes to an exemption in #1, you are exempt from the general work requirement but you may also be subject to the **3-month time limit for “able-bodied adults,” unless you meet one of these exemptions (some of which changed recently):**

- Under 18 years old or over 64 years old
- Living with someone under 14 in the SNAP household
- Experiencing physical or mental barriers to work
- Pregnant
- Receiving or have applied for unemployment benefits
- Going to school, college, or training program at least half time
- Meeting the work rules for OWF
- Participating in a drug addiction or alcohol treatment and rehabilitation program

If, “YES” ↓

If you answered yes to any exemptions in #2, you should not be subject to the 3-month time limit but must prove your exemption.

If none of the exemptions in #2 apply to you, this means you must participate in work, training, or volunteering for 20+ hours per week, unless you have good cause. **If this doesn’t happen, you will lose SNAP eligibility after 3 months.** Make sure you are in contact with your county job and family services agency to comply with reporting requirements.

If, “NO” ↓

If no to all exemptions in #1, you are a “work registrant.”

This means **you must not voluntarily quit a job or reduce your current work hours** without good cause.