



Take action to protect your SNAP benefits!

Starting this fall, most adults ages 18 - 64 will need to meet work requirements to keep their SNAP (food stamps). These work rules do not apply to people who meet an exemption.

Act Now to Protect Your SNAP Benefits

- 1 Make sure your address is up to date** with the County Assistance Office. Information and notices about benefit changes will be mailed to you.
- 2 Complete the screener form** mailed to you by the Department of Human Services to help determine if you meet an exemption. Exemptions include but are not limited to:
 - You are under 18 or at least 65 years old.
 - You are working at least 20 hours a week.
 - You are pregnant.
 - You have children under the age of 14.
 - You are receiving unemployment compensation.
 - You are receiving a disability benefit like SSD or SSI.
 - You are taking care of a sick family member.
 - You are in drug or mental health treatment.
 - You are enrolled in a school or training program at least half time.
 - You have a health condition that reduces your ability to work.
- 3 If health limits your work**, have your healthcare provider complete & sign the Medical Exemption Form.
- 4 Return the completed forms & proof** to the Department of Human Services or your County Assistance Office ASAP.

Department of Human Services

 DHS.pa.gov/WORK

 877.395.8930



Greater Pittsburgh Community Food Bank

 PittsburghFoodBank.org/SNAPchanges

 1.833.822.SNAP (7627)

