



## Changes to SNAP (Food Assistance) Work Requirements

### What do I need to know?

Work-reporting requirements for adults without dependents were paused during the national public health emergency but are back in effect. **If you are affected by the change, you should contact DHHS as soon as possible to make sure you keep getting SNAP after October 1, 2023.**

Work reporting rules require some adults to report at least 20 hours of work, training, or volunteering per week (80 hours a month). You need to do this if you meet ALL of these criteria:

- between 18-49 years old (see below for changes for people 50-54 years old) **and**
- physically and mentally able to work **and**
- not caring for a child under 18 in your home

If you don't report enough work hours and you aren't excused from the work-reporting rule (see below), you are limited to 3 months of SNAP in a 36-month (3-year) time period. This means you could lose your SNAP benefits after 3 months if you don't meet the work-reporting requirement. **The next 36-month period starts on October 1, 2023.**

### Recent Changes Increased the Age of People Who Must Report Work

Congress passed a law that raises the age of work-reporting requirements to 54 for some adults without dependents. Starting on October 1, 2023, adults up to age 52 who are not exempt for another reason will have to report work hours.

	Old Rule	New Rule		
Timing	Before Sept. 1, 2023	Sept. 1, 2023	Oct. 1, 2023	Oct. 1, 2024
Age	Ages 18-49	Ages 18- <b>50</b>	Ages 18- <b>52</b>	Ages 18- <b>54</b>

### People Who Are Exempt from the Work-Reporting Rule

Some additional groups are excused from the work-reporting requirements **until October 1, 2030**. These groups are:

- people experiencing homelessness
- veterans of all ages and discharge statuses
- former foster youth under age 25

You also don't have to follow the work-reporting requirements if you fall into any of these "exempt" categories:

<b>Existing Exemptions</b>	Pregnant
	Caring for a child under 6 or certain people with disabilities (can be outside your SNAP household)
	Have someone under 18 in your SNAP household
	Physically or mentally unable to work
	In an alcohol or drug treatment program
	An eligible college student (in school or a training program at least half-time)
	Meeting work requirements for another program (TANF or unemployment compensation)
<b>New Exemptions</b>	Experiencing homelessness
	Veterans - of all ages and discharge statuses
	Former foster youth under age 25

### What activities can meet the work-reporting requirements?

- Paid work (or earn wages that equal more than \$217.50 per week)
- Participating in [SNAP Employment & Training](#) (E&T) or another qualifying state or local work program
- Volunteering or community service
- Any combination of these work-related activities over 20 hours per week

*Participating in workfare for General Assistance through a city or town for the number of hours assigned also qualifies but has slightly different rules and cannot be combined with other activities. Make sure to tell DHHS about your participation.*

**Note:** If you already meet the work requirement and have given that information to DHHS, you do *not* have to provide proof every month unless something changes.

### How do I report my hours or an exemption to DHHS?

If you think you may be exempt or already meet the work requirement, contact the Maine Department of Health and Human Services (DHHS) as soon as possible to avoid losing your benefits:

- Call the Office of Family Independence at 1-855-797-4357
- Log into your account at [www.mymaineconnection.gov](http://www.mymaineconnection.gov)
- Email [Farmington.DHHS@Maine.Gov](mailto:Farmington.DHHS@Maine.Gov)
- Go into a DHHS [district office](#) location

To learn more about work requirements and exemptions for SNAP visit: [maine.gov/dhhs/ofl/programs-services/food-supplement](http://maine.gov/dhhs/ofl/programs-services/food-supplement)