



# New SNAP Time Limits

## UNDERSTANDING THE BASICS



### 3 MONTHS IN 3 YEARS

This is the amount of time individuals may access SNAP benefits - *unless* the person meets an exemption or complies with certain work requirements.

### THE CLOCK IS TICKING

Time limits kicked in on January 1, 2016, which means many “able-bodied adults without dependents” (ABAWDs) could be *without SNAP benefits after March 31, 2016.*

## WHO IS AFFECTED?

Anyone who can answer “yes” to all of the following questions:





- Currently receiving SNAP benefits?**
- Live in Multnomah or Washington Counties?**
- Between the ages of 18 and 50?**
- Do NOT have a child under the age of 18 living with you?**

## Call now to protect your benefits!

**971-673-2422 or 971-673-2333 (Multnomah) or 503-693-4769 (Washington County)**

## HOW CAN I KEEP MY BENEFITS?

Individuals can stay eligible for SNAP by doing **work-related activities for 20 hours a week**, or an average of 80 hours a month. Activities include:

-  **Work for pay**
-  **Work in exchange for goods or services**
-  **Work as an unpaid volunteer**
-  **Participate in an approved training program**

## ARE THERE EXEMPTIONS?

Yes. **But you must call DHS to verify.** If you qualify for *one* of the exemptions\* below you do not have to do the work-related activities to keep getting food assistance.

- Physical or mental health makes you unable to work
- Pregnant
- Homeless
- Receiving unemployment
- In an alcohol or drug treatment program (e.g. AA )
- A student (at least half-time)
- Taking care of a disabled person living with you

\* There are additional exemptions. Please call the numbers below for more information.

