**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 started in 2016 and 2017 for Clackamas, Multnomah and Washington Counties which means many “able-bodied adults without dependents” (ABAWDs) could be **without SNAP benefits until 2019.**

**WHO IS AFFECTED?**

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

- ✔ Currently receiving SNAP benefits?
- ✔ Live in Benton, Clackamas, Lane, Marion, Multnomah, Washington or Yamhill 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!**

503-731-4777 (Clackamas), 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 limits your ability to work
- Pregnant
- Receiving unemployment
- In an alcohol or drug treatment program
- A student (at least half-time)
- Taking care of a disabled person that limits your ability to work

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

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