



# 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)**

last updated: 12/2017

## 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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