**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 will kick in on January 1, 2019 for Deschutes County which means many “able-bodied adults without dependents” (ABAWDs) could be **without SNAP benefits after March 31, 2019.**

**WHO IS AFFECTED?**

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

- [ ] Currently receiving SNAP benefits?
- [ ] Live in Benton, Clackamas, Clatsop, Deschutes, Jackson, Lane, Lincoln, Linn, Marion, Multnomah, Polk, Tillamook, 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!

541-388-6010 (Bend), 541-536-5380 (LaPine), 541-548-5547 (Redmond)

**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
- Receiving wrap around or support services from a community-based organization
- 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.

Flier adapted by: [Partners for a Hunger-Free Oregon](https://www.hungerfreeoregon.org)

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