



# 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 Jackson 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!

**If you live in Jackson County, call 541-858-3104**

## 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.

