**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

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**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.

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Flier adapted by: Partners for a Hunger-Free Oregon

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