



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 Tillamook 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 Tillamook County, call 503-842-4453

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.

