



# CHANGES TO SNAP WORK REQUIREMENTS

**This informational flyer is being mailed to your home because someone receives Supplemental Nutrition Assistance Program (SNAP) benefits.** On June 3, 2023, the President signed into law the Fiscal Responsibility Act of 2023 (FRA). FRA changes some SNAP program rules for people subject to the able-bodied adults without dependents (ABAWD) time limit.

SNAP requires that all individuals who can work must be working or actively engaged in a work activity to receive SNAP benefits. Unless an exemption to the work requirement exists, individuals may receive SNAP benefits for only three months during a three-year period.

The FRA gradually phases in the new upper age limit of 55 for work requirements following this timeline: the age of those that must participate in a work activity beginning 9/1/23. The reasons that exempt participation in a work activity have also changed. **Three \*new exemptions were added which are also effective 9/1/23.**

## YOU ARE SUBJECT TO WORK REQUIREMENTS IF:

- **Effective September 1, 2023, you are between the ages of 18 and 50**
- **Effective October 1, 2023, you are between the ages of 18 and 52**
- **Effective October 1, 2024, you are between the ages of 18 and 54**

## YOU MAY BE EXEMPT FROM THE WORK REQUIREMENT IF YOU ARE:

- 17 years of age or younger
- 51 years of age (as of 9/1/23) or 53 years of age (as of 10/1/23) or 55 years of age (10/1/24)
- Permanently disabled
- Temporarily disabled or unable to work because of a medical reason
- Pregnant
- In a household with children who are under 18 years of age
- Taking care of someone who is sick or disabled
- Volunteering at a public or private agency, such as a school, church, or hospital
- Working for pay 20 hours or more each week
- Receiving unemployment benefits
- Applying for unemployment benefits
- Participating in a work program such as WOIA, VIEW, SNAPET, Trade Adjustment Assistance, or Refugee Employment Services
- Working in exchange for your rent or other benefit
- A student enrolled at least half-time in any recognized school, training program, or institution of higher education
- Participating in a drug or alcohol treatment and rehabilitation program
- **\*Homeless**
- **\*A United States Veteran**
- **\*Age 24 or younger and were in foster care on your 18th birthday**

FEDERAL LAW REQUIRES ALL NON-EXEMPT ABLE-BODIED SNAP HOUSEHOLD MEMBERS TO WORK FOR 20 HOURS EACH WEEK TO STAY ELIGIBLE FOR SNAP, UNLESS YOU MEET AN EXEMPTION LISTED ABOVE. IF YOU NEED HELP MEETING THE WORK REQUIREMENT, YOUR LOCAL DEPARTMENT OF SOCIAL SERVICES MAY BE ABLE TO REFER YOU TO A QUALIFYING PROGRAM AT YOUR NEAREST VIRGINIA CAREER WORKS CENTER (VCWC), OR YOU MAY VISIT [HTTPS://VIRGINIACAREERWORKS.COM/FIND-YOUR-CAREER-CENTER/](https://virginiacareerworks.com/find-your-career-center/) TO LOCATE THE NEAREST VCWC.

## SCAN ME

