

Your SNAP worker may ask you to provide proof of certain information to show that you may get SNAP benefits for more than 6 months.

You are entitled to file an application for SNAP benefits even it appears that you are limited to getting benefits only for 6 months.

You may appeal the decision to limit your benefits if you think the local department of social services made a mistake in your case. Tell the local social services department you want to appeal or call 1-800-552-3431.

**Areas exempted from the 3-month SNAP benefit limit**  
(May 2019-April 2020):

Accomack	Grayson	Portsmouth
Alleghany/Covington	Greensville/Emporia	Prince Edward
Bath	Halifax	Prince George
Bland	Hampton	Pulaski
Bristol	Henry/Martinsville	Richmond County
Brunswick	Highland	Russell
Buchanan	Hopewell	Scott
Buckingham	Lancaster	Smyth
Carroll	Lee	Surry
Charles City	Lunenburg	Sussex
Charlotte	Mecklenburg	Tazewell
Craig	Northampton	Washington
Cumberland	Northumberland	Westmoreland
Danville	Norton	Williamsburg
Dickenson	Page	Wise
Dinwiddie	Patrick	Wythe
Franklin City	Petersburg	
Galax	Pittsylvania	

## Time-Limited SNAP Benefits

Are You Limited to 6 Months for Getting SNAP Benefits?




VIRGINIA DEPARTMENT OF  
SOCIAL SERVICES

Are you 18 years of age or older?  YES  NO

Are you under 50 years of age?  YES  NO

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If the answer is NO to one of these questions,  there is no limit on how long you may receive SNAP benefits.

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If the answer is YES to both questions above, continue.



Are you:

- permanently disabled?
- temporarily disabled or unable to work because of a medical reason?
- pregnant?
- living 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, hospital, etc.?
- working for pay 20 hours or more each week?
- getting unemployment benefits?
- applying for unemployment benefits?
- in a work program such as WOIA, VIEW, SNAPET, Trade Adjustment Assistance, Refugee Employment Services, etc.?
- working in exchange for rent or other benefit?
- in school?
- living in an exempt County/City? (See Back)
- participating in a drug or alcohol treatment and rehabilitation program?



If you answered YES to any of the “Are you” questions at left, there is no limit on how long you may receive SNAP benefits as long as that condition applies to you.

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If you answered NO to any of the “Are you” questions at left, then you may be eligible to get only 6 months of benefits within a 3-year period.



Note that the month you apply for SNAP benefits may not count in the 3-month limit

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After getting SNAP benefits for 6 months, you must meet one of the “Are you” conditions at left or you will not be eligible for additional SNAP benefits until the end of the 3-year period.

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If you start to work but then stop working, you must “Work” at least 80 hours within a 30-day period before you will be eligible for 6 additional months of benefits. “Work” here means to work for pay or in exchange for a benefit, such as rent; to volunteer; or to participate in a work program, such as VIEW.