

Time-Limited SNAP Benefits

Are You Limited to 6 Months for Getting SNAP Benefits?

Are you 18 years of age or older? YES NO

Are you under 50 years of age? YES NO

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

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 your rent or other benefit?
- in school?
- participating in a drug or alcohol treatment and rehabilitation program?
- living in an exempt County/City? (See Below)

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

If you answered NO to any of the “Are you” questions above, 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

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

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.

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