

New Changes to SNAP Rules

You may lose your benefits in December 2025 if these rules affect you!

TAKE ACTION NOW!

1. Check if you're safe from these rules.
2. Fill out the checklist that DHS will mail you and send it back to the CAO.
3. If you have health problems, have your doctor or therapist sign a medical form.
4. Turn in the form to your County Assistance Office (CAO) **before December 2025**.

What's changing?

- Starting September 2025, most adults must work 20 hours a week to stay on SNAP.
- If you don't work enough, you can only get 3 months of SNAP every 3 years.

Who's safe from these rules?

You don't need to worry as long as the CAO knows that you are:

- Under 18 or over 65 years old
- Getting disability benefits (like SSI, SSD)
- A parent with kids under 14
- Pregnant
- In school or job training (half-time or more)
- Getting unemployment benefits
- Taking care of a sick family member
- In drug or mental health treatment
- Doing community service 20 hours/week
- Going back to work within 60 days
- Experiencing homelessness

If you have health problems that make it hard to work:

- Get a "Medical Exemption" form signed by your medical or mental health provider.
- This lets you keep SNAP even if you can't work.
- Turn in the signed form to your local CAO.

Do you work 20+ hours already?

If you make **\$217.50 or more** per week before taxes:

- ✓ You're safe for now, but make sure the CAO knows about your work.
- ✓ No extra paperwork needed.

If you make **less than \$217.50** per week before taxes:

- ⚠ If your hours drop below 20 per week, you could lose SNAP.
- ⚠ Extra paperwork! You may have to prove your hours to the CAO every 3 months.
- ⚠ Still get the doctor form if you can, just in case.

Need Help? Visit: nplspa.org/what-we-do/legal-topics/



North Penn
LEGAL SERVICES