



IMPORTANT CHANGES to SNAP Rules

NEW Work Rules for SNAP

These changes went into effect on September 1, 2025

- SNAP recipients that do not qualify for an exemption **must work 20+ hours a week or make at least \$217.50 per week** to get benefits.
- If you do not meet the work requirement, you will not get SNAP benefits, possibly as early as **December 2025**.
- If you do not meet the work requirement, you can only get **three months of SNAP within a three year period**.
- You must report to your County Assistance Office (CAO) that you are meeting the work rules if you do not meet an exemption.

Exemptions

You do not need to meet the work requirement if one of the following applies to you

- Under 18 or over 65 years old
- Have a dependent child under 14 years old
- Pregnant
- Taking care of a sick family member
- Getting disability benefits (SSI/SSD)
- Getting unemployment benefits
- Experiencing homelessness
- Getting drug or mental health treatment
- In school or job training (half-time or more)
- Doing 20+ hours of community service a week
- Going back to work in two months

To get an exemption, you need to fill out one of the forms on the Pennsylvania Department of Human Services (DHS) website and give it to your CAO. Medical exemption forms need to be signed by your medical or mental health provider.

Government Shutdown Note

- Due to the current government shutdown, **SNAP payments for November will be made at a reduced rate**. The date these partial payments will go out has not been announced.
- Payments will be a little more than **half of their normal amount**.
- This chart shows SNAP payments by household size for November 2025: https://fns-prod.azureedge.us/sites/default/files/resource-files/SNAP_November_2025_Benefit_Guidance_Reduction_Tables.pdf
- Also because of the shutdown, the **LIHEAP opening will be delayed until December 3**.