



SNAP RULES ARE CHANGING

What You Need to Know

WORK REPORTING REQUIREMENTS

EFFECTIVE FEB. 1, 2026

People **between the ages of 18 and 64 who do not have dependents under the age of 14** will be required to work or volunteer a minimum of 80 hours per month or qualify for an exemption to keep SNAP benefits.

To meet this requirement, a person must work (paid or unpaid), participate in SNAP Employment & Training Programs, volunteer to do community service, or any combination of these.

Exemptions may be available for:

- People younger than 18 or older than 64
- A parent or other member of a household that includes a child under the age of 14
- People who have a physical or mental condition that prevents them from working or makes it difficult for them to maintain work
- People who are pregnant
- Some Native Americans
- People caring for an incapacitated person
- Regular participation of a drug or alcohol treatment program
- Working an average of 30 hours a week or earn an average of \$217.50 a week

For more information on applying for an exemption, **see the other side of the page for instructions.**

IMMIGRANT ELIGIBILITY

EFFECTIVE APR. 1, 2026

Immigrants granted official humanitarian protections will no longer be eligible for SNAP, including:

- Refugees
- Asylees
- Victims of human trafficking
- Certain victims of violence and torture
- And other historically qualified statuses

The only immigrants who remain eligible for SNAP are:

- Lawful Permanent Residents (green card holders) who have been in the U.S. for at least 5 years (or are exempt from the 5-year wait period)
- Cuban and Haitian entrants
- Individuals lawfully residing in the U.S. in accordance with a Compact of Free Association (COFA)

VOLUNTEER INFORMATION

To meet the minimum number of hours for work requirements, we encourage neighbors to utilize multiple organizations for unpaid work opportunities.

To volunteer at Northern Illinois Food Bank, please visit our volunteer section at <https://solvehungertoday.org/how-to-help/volunteer/>.

For other volunteer opportunities, visit the Serve Illinois Commission at <https://serveillinois.galaxydigital.com>.



DON'T LOSE YOUR SNAP BENEFITS



UPDATE YOUR INFORMATION

Report any changes in your income or changes to your household to the Illinois Department of Human Services. Find your case using the QR code.

You can also call the Illinois Department of Human Services (IDHS) Line at 1-800-843-6154 or visit your local IDHS office.



REVIEW WORK REQUIREMENTS

Make sure you are connected to a job, volunteer opportunity, or education & training program for at least 80 hours per month. Use the ABE Screener tool via the QR code to see if you are meeting new work requirements or if you qualify for an exemption.

If you are eligible for an exemption, complete the form titled SNAP WORK RULES - Request for Exemption.



STAY INFORMED AND GET SUPPORT

Information is changing quickly. For further assistance and to stay up to date, use the QR code to visit <https://solvehungertoday.org/how-to-help/advocate/>.

NOT USING SNAP? APPLY TODAY!

Get help paying for groceries. Contact us to determine your eligibility. Call 844-600-7627 or visit <https://solvehungertoday.org/snap-food-stamps/> to book an appointment with one of our SNAP Coordinators.