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SNAP stopped because of work requirements?

You can often get it back!

If your SNAP (food stamps) stopped because of SNAP work rules, <u>you still have options</u>.

1. Figure out if you could be exempt from the requirements below.
2. If you are not exempt, find out what you can do on the back of this flyer.

What does it mean to be exempt?

If you are exempt, SNAP work requirements do not apply to you. You do not have to work or volunteer 80 hours per month to get SNAP.

Exemption Categories

- ◊ Age (under 18 years old, or 65 years or older)
- ◊ Someone aged 13 or younger in the SNAP household
- ◊ Earning at least $935/ month from work,
- ◊ Applying for or receiving unemployment benefits (including appeals),
- ◊ Complying with a TANF work requirements,
- ◊ Alaskan Native, American Indian, American Urban Indian, or Californian Indian,
- ◊ Responsibilities making it hard to meet work requirement:
  - ◊ Are enrolled in college at least half-time (other requirements apply),
  - ◊ Care for a child under 6 years old or an incapacitated person of any age,
  - ◊ Regularly participate in a substance abuse treatment program (other than AA or NA),
- ◊ Conditions making it hard to meet work requirement:
  - ◊ Are physically or mentally unable to work,
  - ◊ Are chronically homeless,
  - ◊ Are pregnant

What does "physically or mentally unable to work" mean?

- ◊ Receiving some sort of disability benefit, like SSI or private disability benefits, or
- ◊ Applying for SSI or other disability benefits, or
- ◊ Appealing a denial of SSI or other disability benefits, or
- ◊ Unable to work because you are engaged in homeless services, or
- ◊ Unable to work because you are engaged in domestic violence services, or
- ◊ Have <u>ANY</u> physical, mental or health conditions or combination of conditions that makes it hard for you to get or keep work.

What does "chronically homeless" mean?

- ◊ "Homeless" for the last 6 months or at least two times in the last 12 months.
  "Homeless" includes:
  - ◊ Lacks a fixed and regular night time residence
  - ◊ Stays in a shelter
  - ◊ Stays in a halfway house
  - ◊ Temporarily staying in someone else's home (less than 90 days)
- ◊ And, you must have a diagnosable medical or mental health condition

<u>Steps to take if you meet categories above:</u>

1. **Apply again.** Tell DHS which category you fit into. If DHS denies your application, you can appeal to fight the denial.

2. Also, **file an appeal** within <u>90 days</u> of the notice DHS sent stopping your SNAP, especially if you missed any benefits before you filed the new application. The appeal can help get the benefits you missed.

Need help with applying, reporting, or appealing?

Legal Aid Chicago provides free legal assistance. Learn how to find us on the next page.

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What to Do if You Are NOT Exempt

If you are not exempt, then you can only receive 3 full months of SNAP from February through December 2026 *unless* you do "work activity" 80 hours/month.

Work activity includes:

- **Work:** Paid or Unpaid, also Self-Employment
- **Volunteering:** You can volunteer with any organization
- **Training:** SNAP Training or other education programs

Scan to find volunteer/ work/training options to meet 80 hours.

If you met this work activity requirement while you were getting SNAP:	**Appeal** the termination within 90 days of the date on the notice that stopped your SNAP**,** even if you didn't report your work activities before. This can help remove "strikes on your record" and restart benefits. **And/Or Apply again.** This will restart benefits but might not remove strikes from your record. Provide proof that you've been meeting the work requirement. If DHS denies your application, you have the right to appeal that too.
If you did not meet this work activity requirement while you were getting SNAP:	**Meet and apply again.** You can use the QR Code above to learn about ways to meet the work activities requirement. Once you have met the requirement for 30 days, you can apply for SNAP again. Provide proof that you've been meeting the requirement. If DHS denies your application, you have the right to appeal. **Or wait** until January 2027. In January, you might be eligible for SNAP again. But you will be limited to receiving SNAP for 3 months unless you are exempt from the work requirements or can show that you are meeting them.

We're Here to Help. In-person IDHS benefits assistance available

Tuesdays & Thursdays from 9:30am—3:30pm at:

- North Area Chicago Center (845 W. Wilson 2nd floor)
- Dr. Martin Luther King Jr. Center (4314 S Cottage Grove)
- South Chicago Center (8650 S. Commercial Ave)
- Englewood Chicago Center (1140 W. 79th St.)
- Trina Davila Center (4300 W. North Ave.)

Monday & Friday from 9:30am-3:30pm at:

- Garfield Park Chicago Center (10 S. Kedzie Ave.)

Wednesday from 12:00pm-3:00 pm

- Harold Washington Library (400 S. State St., 7th Floor, CPL Cares Desk)

This service is made possible with support from the City of Chicago.

DFSS Department of Family and Support Services

or call Legal Aid Chicago at (312) 341-1070