

# SNAP RULES ARE CHANGING FEBRUARY 1ST

**Don't let older adults fall through the cracks.**

SNAP work requirements will begin 2/1/26 for people aged 18-64. For the first time, older adults aged 55-64 will be subject to work requirements and may be at risk of losing SNAP benefits.

**Many SNAP recipients are likely to qualify for an exemption.**

Screen and submit exemption forms for clients as soon as possible. Forms may be mailed, faxed, dropped off at their local DHS office, or submitted through Manage My Case. DHS will accept self-attestation for those seeking exemption. Proof may be required at the discretion of the caseworker when there is reason for doubt.

If an exemption is not filed and proof of work hours are not provided, benefits will expire **5/1/2026** for a 36-month fixed period.

Eligibility can be regained if the person meets requirements for 30 days (starts a job or volunteers) or they qualify for a waiver (becomes ill or injured, starts caring for another person, etc.) A new application must be filed to resume benefits.

Find resources on our webpage:

[SNAP SOCIAL  
MEDIA GRAPHIC](#)

[ADR RESOURCE GUIDE](#)

[CONGREGATE MEAL SITES](#)

# STEPS TO HELP CLIENTS TAKE ACTION

1

Use the [self-screener tool](#) to see if they are exempt from work requirements.

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2

If they're *not eligible for an exemption*, provide the client with options to meet the work requirements. Options include working (paid or unpaid) for at least 80 hours per month, participating in SNAP Employment & Training Programs, volunteering with a community-based organization, or any combination of these.

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3

Submit any required documents by mail, fax, in person at your local DHS office, or by uploading to Manage My Case.

- [Exemption form](#) - if determined to be eligible
- [Activity report form](#) - if not exempt and participating in volunteer work
- [Change report](#) - if meeting work requirement and have not reported it
- [Unable to work determination](#) - if requested by DHS

[\*\*SCREEN FOR EXEMPTIONS\*\*](#)

[\*\*HOW TO MEET  
REQUIREMENTS\*\*](#)

[\*\*DHS SNAP UPDATE CENTER\*\*](#)