

SNAP Rules are Changing

Here's what you need to know

On July 4, 2025, the federal government passed a new law that makes significant changes to the Supplemental Nutrition Assistance Program (SNAP), also known as Link in Illinois. Illinois and all other states are now required to implement the changes. The changes could affect your SNAP eligibility or require you to take extra steps to receive SNAP benefits. Please read the following details carefully.

<p>WORK REPORTING REQUIREMENTS EFFECTIVE FEB. 1, 2026</p>	<p>IMMIGRANT ELIGIBILITY EFFECTIVE APR. 1, 2026</p>
<p>Many 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/month to keep SNAP.</p> <p>To meet this requirement, a person must work (paid or unpaid), participate in SNAP Employment & Training Programs, volunteer or do community service, or any combination of the above.</p> <p>Exemptions may be available for:</p> <ul style="list-style-type: none"> • 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 to maintain work • People who are pregnant • Some Native Americans • People caring for an incapacitated person • Regular participants of a drug or alcohol treatment program • And others <p>If you believe you are exempt from work reporting requirements, please check with the Illinois Department of Human Services before Feb. 1. See the other side of this page for instructions.</p>	<p>At this time, IDHS is not implementing the federal changes to SNAP eligibility for noncitizens listed below. This is a developing situation. Get the latest information at saveoursnap.org.</p> <p>When these restrictions are implemented, immigrants granted official humanitarian protections will no longer be eligible for SNAP, including:</p> <ul style="list-style-type: none"> • Refugees • Asylees • Victims of human trafficking • Certain victims of violence and torture • And other historically qualified statuses <p>The only immigrants who will remain eligible for SNAP are:</p> <ul style="list-style-type: none"> • Lawful Permanent Residents (green card holders) who have been in the US for at least 5 years (or are exempt from the 5-year wait period) • Cuban and Haitian entrants • Individuals lawfully residing in the US in accordance with a Compact of Free Association (COFA).

DON'T LOSE YOUR SNAP BENEFITS

Take these steps to ensure your SNAP benefits stay active and accessible for everyone



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.



IF YOU NEED FOOD NOW

Information is changing quickly. For further assistance and to stay up to date, use the QR code to visit feedingillinois.org.

NOT USING SNAP? APPLY TODAY!

Get help paying for food and groceries. Contact local agencies or benefit enrollers to determine your eligibility.

Call IDHS or visit abe.illinois.gov/access