

HOW TO HELP CLIENTS GET BACK ON SNAP

On 2/1/26, expanded SNAP work requirements went into effect with a 3-month time limit. As of 5/1/26, SNAP recipients aged 18-64 who did not meet work requirements or filed an exemption have lost their benefits.

Eligibility can be regained if the person meets requirements or qualifies for an exemption. A new application must be filed to resume benefits.

To meet work requirements:

- A person must work, volunteer, or participate in a training program for 30 days and for a minimum of 80-hours. They may combine a number of these methods to meet hours.

To qualify for an exemption:

- A person may screen and submit an exemption form if eligible. They can mail or fax the form, visit an FCRC, call the IDHS hotline, or submit online 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.
 - Exemption form - if determined to be eligible
 - Activity report form - if participating in volunteer work
 - Unable to work determination - if requested by DHS

**IDHS SNAP WORK
REQUIREMENT FAQ PAGE**

**LISTS OF WORK,
VOLUNTEER, & TRAINING
PROGRAMS**

SCREEN FOR EXEMPTIONS

DHS SNAP UPDATE CENTER

ADRN RESOURCE GUIDE

**1. CONGREGATE MEAL SITES
2. WE GOT YOU ILLINOIS
3. CHICAGO FOOD BANK**