

## Important Changes to SNAP: What You Need to Know

At the Central Pennsylvania Food Bank, we understand that the recent changes to SNAP (formerly known as food stamps) may be overwhelming. Our SNAP team is ready to help you understand the new rules and if they apply to you.

### What is changing and when?

#### Starting **September 1, 2025**:

Most adults **18-54** without a disability or a child under 18 in their SNAP household must either:

- ✓ Work, train, or volunteer in an approved program for **at least 80 hours a month**, or
- ✓ Qualify for an exemption (see opposite side).

If you do not meet these requirements, it is possible that you may only receive SNAP for 3 months in a 3-year period.

#### Starting **October 1, 2025**:

Only certain immigrant groups will qualify for SNAP:

- ✓ Lawful Permanent Residents (LPR)\*, Cuban/Haitian entrants, and COFA citizens.
- ✓ US Citizen and LPR children of ineligible immigrants can still receive benefits, but the total household benefit may be reduced.

All other legal immigrants will no longer be able to receive SNAP.

#### Starting **November 1, 2025**:

Most adults **18-64** without a disability or a child under 14 must either:

- ✓ Work, train, or volunteer in an approved program for **at least 80 hours a month**, or
- ✓ Qualify for an exemption (see opposite side).

If you do not meet these requirements, it is possible that you may only receive SNAP for 3 months in a 3-year period.



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### How to Keep Getting SNAP after 3 months: \*

- ✓ Work or attend an approved training program for at least **80 hours/month**, OR
- ✓ Earn at least **\$217.50/week** (before taxes or other withholdings) from a job, OR
- ✓ Earn at least **\$145/week** from self-employment or gig work, OR
- ✓ **Volunteer** at an approved place (hours set by your DHS caseworker).

\*Please note that following these guidelines does not guarantee that you will continue to receive benefits.

### You may be exempt from the time limit if you:

- Have a physical or mental condition that keeps you from working.
- Are homeless.
- Are Pregnant.
- Are a victim of domestic violence.
- Are a full-time VISTA volunteer.
- Applied for or get unemployment benefits.
- Are in a treatment program (drug/alcohol or mental health).
- Care for a sick household member.
- Expect to return to work within 60 days.
- Go to school at least half-time (college, GED, ESL, etc.)
- Have a round-trip commute of 2+ hours.
- Are a migrant/seasonal farmworker expected to work within 30 days.
- Are a veteran. (**This exemption ends on 10/31/2025**).
- Aged out of the foster care system and is currently under age 25. (**This exemption ends on 10/31/2025**.)

### What should you do?

#### ✓ **Already get SNAP?**

During your renewal or before **October 1, 2025** (whichever comes first), tell your caseworker if you work, volunteer, or meet any of the above exemptions.

Can't reach your caseworker? Call **DHS's Customer Service Center** at **1.877.395.8930**.

Additionally, make sure that your address is up to date with both DHS and the Post Office to make sure that you are receiving all necessary paperwork.

#### ✓ **Need to apply for SNAP?**

Call or text APPLY to the **Central PA Food Bank's SNAP Helpline** at **1.877.999.5964**.

