

# SNAP Work Rules: Quick Guide for Advocates

**Tell clients to act now to preserve benefits after December 2025!**

The federal government is cutting SNAP by adding new rules that make it harder to stay on the program. Many adults who get SNAP now will not be able to stay on SNAP anymore if they do not work at least 20 hours a week. Thousands of Pennsylvanians may be affected.

**People who don't follow the new work rules or meet any exemptions can only get 3 months of SNAP in a 3-year period.**

These rules will start statewide on September 1, 2025. Low-income SNAP recipients could lose SNAP starting December after 3 months of not following the work rules. Unless they follow work rules or meet an exemption, they cannot receive SNAP until January 2027.

**SNAP recipients with physical or mental health issues that make it hard to work can be exempted from work requirements with a signed form from a medical provider.**

Even if a SNAP recipient works, they can get a medical or mental health provider to sign a "Medical Exemption" form to keep SNAP if work hours decrease or they lose their job. This signed form can be submitted to the County Assistance Office.

**Work rules can still affect people who already work 20+ hours a week:**

**People who make at least \$217.50/week before taxes:**

- They are considered "exempt" (even though they are complying).
- The new rules will not affect them for the next year.
- Only potential action needed: make sure CAO is aware of their current income.

**People who make less than \$217.50/week:**

- The new rules will affect them—they will need to comply with work requirements.
- If hours ever drop to below 20 per week, SNAP could be at risk.
- Extra paperwork: The CAO will make them renew their SNAP and show proof of work hours every 3 months.
- Action needed: They should still try to get the signed medical form from their doctors.

**SEE OTHER SIDE OF FLYER FOR EXEMPTIONS FROM SNAP WORK RULES**



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## If your clients are in one of the below groups, they are exempt from SNAP work rules:

Exempt groups will not need to meet work requirements or need the medical exemption form signed to keep their SNAP. The CAO may not necessarily know that your client is exempt—make sure they fill out the exemption screening form that DHS will mail to them so their benefits will not be affected.

### Exempt groups include those who are:

- Under 18 or over 65
- On disability benefits (e.g. SSI, SSD, VA disability, disability-related Medicaid)
- Parents of kids under 14
- Living with health conditions that limit their ability to work
- Pregnant
- In training programs or school (at least half-time)
- Receiving or applied for Unemployment Compensation
- Needed at home to care for another household member who is ill or incapacitated
- In substance use or mental health treatment
- Doing community service through a CAO program
- Expecting to return to work within 60 days
- Experiencing homelessness

### TELL ALL SNAP RECIPIENTS TO ACT NOW AND DO THE FOLLOWING:

1. Check if they're safe from work rules—are they exempt or are they complying?
2. Look for an exemption screening form in the mail from DHS and return it right away.
3. If they have health problems, see their provider for a signed medical exemption form.
4. Turn in the exemption form to the County Assistance Office as soon as possible, and before December 2025.
5. Continue to stay on top of their renewals: for people who need to comply with work rules, this may soon be every 3 months.

Learn more about SNAP work rules at [clsphila.org/SNAPchanges](https://clsphila.org/SNAPchanges)

