



COOK COUNTY

COMMISSIONER **BILL LOWRY**

★

YOUR PARTNER FOR A STRONGER COOK COUNTY



SNAP

Stronger Together.
Stronger Futures.

KEEP FOOD ON THE TABLE. SNAP IS HERE TO HELP.

Federal changes are coming in 2026. Stay informed. Take action. Get help.



OVERVIEW

Cook County is facing a significant food security crisis compounded by federal changes to SNAP that are taking effect now.

KEY STATISTICS



1.4 MILLION

Cook County residents (28%) face food insecurity



881,937

individuals are currently enrolled in SNAP in Cook County



772,000

households (36%) cannot afford the basic cost of living



\$9.42

below the living wage for a single adult in Cook County

Illinois' minimum wage of \$15/hour

NEED FOOD NOW?



Call **2-1-1** for help with food now



Use the **Greater Chicago Food Depository Find Food Locator** to find a food pantry near you.

FEDERAL SNAP CHANGES: IMPLEMENTATION TIMELINE

FEB 1 2026

Work Reporting Requirements Take Effect

Most recipients ages 18–64 without dependents under 14 must now work or volunteer a minimum of 80 hours per month to maintain benefits.

Resources:

-  Connecting to opportunities to meet work requirements
-  Job Ready IL: fulfill online job training hours
-  Request for work requirements exemption

APR 1 2026

Noncitizen Eligibility

Effective at each recipient's next redetermination, most lawfully present immigrants — including refugees, asylees, and human trafficking survivors — will lose eligibility. SNAP will now be restricted primarily to Legal Permanent Residents of 5+ years and a limited set of other qualifying categories.

IDHS: Noncitizen Eligibility Changes

Affected individuals may contact the IDHS Customer Help Line: **1-800-843-6154**.

MAY 1 2026

Loss of Benefits for Non-Compliance

Recipients who do not meet work requirements and have not obtained an exemption will be limited to 3 months of SNAP within any 3-year period.

Those who have already exhausted that limit will lose benefits on this date.

For full details on the changes, visit the IDHS SNAP Federal Impact Center.

RECOMMENDED ACTIONS FOR THE COUNTY



FOR RESIDENTS

-  Connect residents needing food now to **2-1-1**
-  **Illinois SNAP Screener** to check exemption eligibility
-  Refer to **IDHS SNAP information page** for current guidance and general information
-  **Greater Chicago Food Depository** assists with SNAP, Medicaid and food assistance
 - Benefits Support
 - Greater Chicago Food Depository Find Food Locator**
-  Direct non-citizen clients with questions about their benefits: IDHS Customer Help Line **1-800-843-6154**
-  IDHS work opportunities page helps find opportunities to meet the new requirements and **Job Ready IL** offers free job training
-  **Serve Illinois** volunteering portal posts volunteering opportunities



FOR COUNTY AGENCIES AND PARTNER ORGANIZATIONS

-  Screen clients proactively using the **Illinois SNAP Screener**
-  Leverage the **Greater Chicago Food Depository's outreach toolkit** (posters, social media, newsletter templates)
-  Post volunteer opportunities on the **Serve Illinois** volunteering portal so SNAP recipients can meet work requirements
-  Request benefits enrollment events or staff briefings from the **Food Depository**

2-1-1

Get Connected.
Get Help.



TOGETHER, WE CAN END HUNGER.

Stronger Together. Stronger Futures.



DON'T LOSE YOUR SNAP BENEFITS! TAKE ACTION TODAY.

ENGLISH

If you use a Link/EBT card, take action now to stay on SNAP.

You may need to work, volunteer or participate in job training to keep your benefits. You may qualify for an exemption. Here's what to do:

-  Check if the rules apply to you, whether you are already meeting them or qualify for an exemption: **Illinois SNAP Screener**
-  Not sure what to do? You can get help. Contact the **Greater Chicago Food Depository** — they can walk you through what you may need to report.
-  Need a job or training? Visit **Job Ready IL** for free job training resources.
-  Need food now? Call **2-1-1** or use the **Greater Chicago Food Depository Find Food Locator** to find a food pantry near you.
-  Your benefits may be at risk, but help is available. Take the first step today.

ESPAÑOL

¡No pierda sus beneficios de SNAP!

Si usa una tarjeta Link/EBT, tome acción ahora para mantenerse en SNAP.

Es posible que deba trabajar, ser voluntario o participar en capacitación laboral para conservar sus beneficios. Usted puede calificar para una exención. Esto es lo que debe hacer:

-  Revise si las reglas aplican para usted o si ya las cumple o califica para una exención: **Evaluador de SNAP de Illinois**
-  ¿No está seguro de qué hacer? Puede obtener ayuda. Comuníquese con **Greater Chicago Food Depository** — ellos pueden guiarlo sobre lo que debe reportar.
-  ¿Necesita trabajo o capacitación? Visite **Job Ready IL** para recursos de capacitación gratuitos.
-  ¿Necesita comida ahora? Llame al **2-1-1** o use el **Buscador de Alimentos de Greater Chicago Food Depository** para encontrar una despensa cerca de usted.
-  Sus beneficios pueden estar en riesgo, pero hay ayuda disponible. Dé el primer paso hoy.

POLSKI

Nie strac swoich świadczeń SNAP!

Jeśli korzystasz z karty Link/EBT, działaj teraz, aby zachować świadczenia SNAP.

Aby zachować świadczenia, możesz musieć pracować, pełnić wolontariat lub uczestniczyć w szkoleniach zawodowych. Możesz kwalifikować się do zwolnienia. Oto, co należy zrobić:

-  Sprawdź, czy te zasady dotyczą Ciebie, czy już je spełniasz lub kwalifikujesz się do zwolnienia: **Illinois SNAP Screener**
-  Nie wiesz, co robić? Możesz uzyskać pomoc. Skontaktuj się z **Greater Chicago Food Depository** — pomogą Ci przejść przez to, co musisz zgłosić.
-  Potrzebujesz pracy lub szkolenia? Odwiedź **Job Ready IL**, aby uzyskać bezpłatne zasoby szkoleniowe.
-  Potrzebujesz jedzenia teraz? Zadzwoń pod **2-1-1** lub skorzystaj z **Find Food Locator, Greater Chicago Food Depository**, aby znaleźć spiżarnię w pobliżu.
-  Twoje świadczenia mogą być zagrożone, ale pomoc jest dostępna. Zrób pierwszy krok już dziś.



For more information, visit the IDHS SNAP Federal Impact Center or call the IDHS Customer Help Line: **1-800-843-6154**.

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