

SNAP time-limited work rules will start in July

Follow these rules to keep getting your SNAP benefits

Starting July 1, 2023, you must follow the time-limited work rules. This means you can only get SNAP for three months in a 36-month period unless you meet work requirements. The current SNAP time limit 36-month period is from January 2023 to December 2025. **If you don't follow the work rules, your SNAP benefits may decrease or end.** Different people in your household may need to follow different work rules.

Does everyone have to follow the time-limited work rules?

In general, you have to follow the time-limited work rules if you:

- Are 18-49 years old,
- Are not disabled and
- Do not live with a child under the age of 18.

You might not need to follow the time-limited work rules if you are:

- Pregnant
- Homeless
- Not working because of a physical or mental health condition
- Getting unemployment benefits or you applied for unemployment benefits
- Going to school, college, or training program at least 20 hours per week
- Taking part in a drug or alcohol addiction treatment program
- Taking care of someone who is disabled or ill
- Earning \$217.50 or more per week already.

You need to tell your county or Tribal Nation eligibility worker if you think one of these exemptions describes you or if you think you are exempt from the time-limited work rules for another reason.

Follow these work rules to keep your SNAP benefits

Starting July 1, 2023, you must follow these work rules to keep your SNAP benefits.

Spend at least 80 hours each month doing one or more of the following activities:

- Working
- Taking part in a job training or work program or
- Volunteering.

Call your eligibility worker if you are already meeting or start to meet one of these requirements.

SNAP Employment and Training

SNAP Employment and Training is a program that can help people on SNAP with their careers, employment and education goals. Trained coaches from the program can create a plan based on your needs and goals so you can:

- Find a good job
- Find free training for in-demand jobs
- Get financial support for transportation, clothing, fees, tuition, equipment, bills and emergency needs.

Visit mn.gov/dhs/snap-e-and-t to get started.

Consequences

If you have not met the work requirements or verify an exemption for three full months that you receive SNAP benefits, you will lose your benefits until the next 36-month period (January 2026).

If you lose your SNAP benefits, you can re-apply if you start to meet your work requirements or meet one of the exemptions.

Learn more by scanning the code or clicking on the link: mn.gov/dhs/snap-et-time-limited-work-rules



651-431-4000

Attention. If you need free help interpreting this document, call the above number.

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កំណត់សំគាល់ ។ បើអ្នកត្រូវការជំនួយក្នុងការបកប្រែឯកសារនេះដោយឥតគិតថ្លៃ សូមហៅទូរស័ព្ទតាមលេខខាងលើ ។

請注意，如果您需要免費協助傳譯這份文件，請撥打上面的電話號碼。

Attention. Si vous avez besoin d'une aide gratuite pour interpréter le présent document, veuillez appeler au numéro ci-dessus.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

ဟ်သုဂ်ဟ်သးဘဉ်တက့ၢ်. ဝဲနမ့ၢ်လိၣ်ဘဉ်တၢ်မၤစၢၤကလိလၢတၢ်ကကျိးထံဝဲဒၣ်လံာ် တီလံာ်မိတခါအံၤန့ၣ်,ကိးဘဉ်လိတဲမိနီၣ်ဂံၢ်လၢထးအံၤန့ၣ်တက့ၢ်.

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ໂປຣດຊາບ. ຖ້າຫາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ພຣີ, ຈົ່ງໂທໂປທີ່ໝາຍເລກຂ້າງເທິງນີ້.

Hubachiisa. Dokumentiin kun tola akka siif hiikamu gargaarsa hoo feete, lakkoobsa gubbatti kenname bilbili.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, позвоните по указанному выше телефону.

Digniin. Haddii aad u baahantahay caawimaad lacag-la'aan ah ee tarjumaadda (afcelinta) qoraalkan, lambarka kore wac.

Atención. Si desea recibir asistencia gratuita para interpretar este documento, llame al número indicado arriba.

Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi số bên trên.

LB2 (10-20)



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