

OH SNAP!

WORK REQUIREMENTS FOR SNAP (FOOD STAMPS) HAVE CHANGED... WHAT DOES THAT MEAN?

NOW, SOME ADULTS AGED 18-64 MUST MEET WORK REQUIREMENTS TO GET SNAP FOR MORE THAN THREE MONTHS. IF YOU PREVIOUSLY LOST SNAP FOR NOT MEETING THIS WORK REQUIREMENT, YOU MAY QUALIFY FOR THREE MORE MONTHS OF SNAP BENEFITS AS OF JULY 1, 2026.

WHO IT APPLIES TO

Adults aged 18-64
with no dependents
and no disabilities



WORK REQUIREMENT

Participate in paid OR
unpaid work for at least
20 hrs per week



PROTECT YOUR SNAP

Report your work hours
to the Family Support
Division



YOU MAY BE EXCUSED FROM WORK REQUIREMENTS IF:

- You've applied for or receive unemployment benefits.
- You are enrolled in school or a training program at least 20 hours per week.
- You have a child under 14 in your household.
- You care for a person who is sick or elderly (even if you are not living together or related and you are unpaid).
- You have a mental or physical health issue that makes it difficult to work.
- You are pregnant.
- You receive disability benefits.
- You are participating in a drug or alcohol treatment program.
- You are already working at least 30 hours a week.
- You are meeting the work requirements of another program, like Temporary Assistance (TANF).
- You provide childcare to a child under the age of 6.

FLIP TO SEE HOW YOU SHOULD REPORT YOUR WORK EXEMPTION



WHAT TO KNOW ABOUT WORK EXEMPTIONS:

- The Family Support Division must screen you to see if you are subject to the work requirements or if you meet an exemption.
- If you are already receiving SNAP, you will be screened at your next yearly recertification assessment.
- If you are submitting a new SNAP application, the Family Support Division *should* screen you during your eligibility interview.
- If you cannot meet your work requirement hours due to good cause, report that information to the Family Support Division immediately.
- If you are not exempt from the work requirement, you must tell the Family Support Division you are meeting the work requirement by participating in paid or unpaid work for at least 20 hours per week. *(Examples of unpaid work: internships, volunteering, and caring for friends or family.)*



REPORT YOUR WORK EXEMPTION TO THE MO FAMILY SUPPORT DIVISION:



800-392-1261

EXAMPLES OF "GOOD CAUSE" WORK EXEMPTIONS:

Transportation Issues

Illness

Personal or Family Issues



LEGAL SERVICES OF EASTERN MISSOURI WANTS TO HELP

CONTACT US IF:

- Your SNAP benefits were terminated, but you have been meeting your work requirement through paid or unpaid work.
- The Family Support Division never screened you for an exemption, and you think you meet one.
- Your situation has changed and you now meet an exemption (or "good cause" exemption), but you need help reporting it to the Family Support Division.



<https://lsem.org/public-benefits/>

CALL US FOR ASSISTANCE AT:

(314) 534-4200

YOU WILL NEED TO LEAVE A VOICEMAIL AND YOU WILL RECEIVE A CALL BACK!