

SNAP Changes: What You Need to Know

SNAP requirements are changing. The new requirements will happen in **two phases** and will affect who needs to work, volunteer, or go to school/training to keep getting benefits.

Phase 1: Starting September 1, 2025

Some SNAP recipients must meet work requirements. This means working, volunteering, or being in an education/training program **at least 20 hours each week (80 hours a month)**.

The following groups of people will have to meet the new requirements – people who are:

- Age **18–54**
- **Do not** have a child under 18 living with them
- **Able to work** (physically and mentally)

Phase 2: Starting November 1, 2025

These previously exempt groups will now have to meet the new work requirements. More people who were exempt before will also have to meet these work, school, or volunteer requirements.

This group in Phase 2 includes:

- People age **55–64**
- Parents whose **youngest child is 14 or older**
- **Able-bodied adults** who can work
- **Veterans**
- People who are **homeless**
- Young adults who were in **foster care at age 18**

Important Things to Know

- People who must follow these requirements are responsible for **doing the activities and reporting them**.
- Benefits recipients may be at risk of losing benefits if found not in compliance with updated regulations and policies.
- Current SNAP recipients will get the following in the mail:
 - An **eligibility notice (PA660)** that tells you if the time limit applies to you
 - A **letter (PA772)** explaining how to meet the work requirements
 - A **questionnaire (CM558)** to see if you qualify for an exemption

Note: Please contact your case manager or use the resources on the next page.

Resources

- Caseworkers are available at the **County Assistance Office (CAO)** to help you and answer your questions in person or over the phone. CAO contact listings and hours of operation can be found here: <https://www.pa.gov/agencies/dhs/contact/cao-information>
 - The Statewide Customer Service Center is fielding questions at 1-877-395-8930
- **New SNAP Website (PA DHS):** <https://www.dhs.pa.gov/work>
- **Statewide Customer Service Center:** Call **1-877-395-8930**

Work Requirement Details

- Contact the CAO to discuss work requirement details.

Sources:

- [PA DHS SNAP Work Requirements \(ABAWDS\)](#)
- [Housing Stabilization Center - SNAP Changes Flyer](#)
- [Just Harvest – SNAP Time Limits & Work Requirements FAQs](#)
- [Public Source: How to keep your SNAP benefits under new federal rules](#)