

Attention SNAP Recipients:

If you are between the ages of 18 and 49 and not working, your SNAP benefits may end soon!

Many unemployed New Yorkers could lose their SNAP benefits due to a rule that will limit the number of months that they can receive SNAP.

Who is at risk: SNAP recipients who:

- are between 18 and 49 years old,
- are not disabled,
- do not have children under 18, and
- are not working at least 20 hours a week.

You should not lose your benefits if you are:

- Under age 18 or 50 years or older
- Working 20 hours or more per week, including self-employment, or working in exchange for goods or services
- Receiving a disability-based benefit (ex: Worker's Comp, sick pay benefits, VA benefits)
- Injured, ill, or have some other mental or physical limitation that does not allow you to work 20 hours per week
- Participating in a drug or alcohol treatment program and unable to work 20 hours per week
- Receiving or have applied for unemployment benefits
- Attending high school, including those who are 18 years old or older
- Attending training, or college at least half-time, and meeting the student eligibility criteria to receive SNAP
- Living with a child under 18 who is part of your SNAP case
- Pregnant—at any stage of pregnancy
- Caring for a person with a disability or a frail senior (60 years old or older)

What you should do:

If you fall into any of the categories listed above:

Contact your SNAP office right away to provide information about your situation so that your benefits will not be cut.

If you DO NOT fall into any of the above categories:

Contact your SNAP office right away for help getting started in work activities and work programs that will allow you to continue to receive SNAP benefits.

For more information and assistance, contact:

Your local SNAP/HRA office

Outside New York City, dial 800-342-3009

In New York City, dial 311

Nutrition Outreach & Education Program (NOEP)

Your local NOEP Coordinator can provide assistance with SNAP and more information about SNAP time limits. To find a local NOEP Coordinator, go to FoodHelpNY.org.



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