

# Food Stamps rules will change starting Mar. 1, 2016

## *What you need to know to maintain your benefits*

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Adults age 18-49 who have *no* children in their household AND do *not* have a disability will be subject to a **work requirement**. You must be working or participating in a work program at least 20 hours a week or volunteering about 6 hours a week, unless you have an exemption (*below*).

If you aren't exempt and you don't meet the work requirement, you can only receive food stamps for 3 MONTHS in a 3-year-period.

You may be exempt from the work requirement if:

- You have a mental or physical disability
- You live with a child in your SNAP household (does not have to be your own child)
- You are age 50 or older
- You earn at least \$218 per week, averaged monthly (working any number of hours)
- You care for a sick household member
- You are pregnant
- You are in a drug or alcohol treatment program
- You receive or you have applied for Unemployment Insurance
- You are a higher education student at least half-time
- You are a student in an education program, such as GED readiness, English as a Second Language (ESL), or a Refugee Transition Program, at least half-time
- You are homeless
- You are a victim of domestic violence
- You expect to return to work within 60 days
- You live in an area that is exempt. In Allegheny County, McKeesport is the only exempt area.

*Contact the PA Dept. of Human Services about how to get your exemption approved or to find out about your options for meeting the work requirement.*

**Contact Just Harvest at (412) 431-8960 with any questions.**

Or visit [www.justharvest.org/get-help/snap-food-stamps/](http://www.justharvest.org/get-help/snap-food-stamps/) to learn more and to find a volunteer opportunity that could help you keep your food stamps. You can also call the **United Way help line at 2-1-1** for help getting matched to a volunteer opportunity.



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