

ARE YOU EXEMPT FROM SNAP Work Requirements?

The One Big Beautiful Bill Act (H.R.1) changed who needs to meet work requirements for SNAP benefits.

Effective December 1, 2025: SNAP participants ages 18-64 must work or participate in approved activities for 80 hours/month, OR qualify for an exemption. If you meet ANY of the criteria below, the 3-month time limit does NOT apply to you.

Automatic Exemptions

If any of these apply, you are exempt:

- **Age:** Under 18 or age 65 or older
- **Child in household:** Living with someone under age 14 (the child doesn't have to be yours)

May Qualify—Tell Your Caseworker

These require discussion with your caseworker:

- **Physical/mental health condition:** Limits ability to work 20 hrs/week (includes chronic illness, mental health concerns, substance use disorder)
- **Chronic homelessness:** Lacking a fixed and regular nighttime residence
- **Domestic violence survivor:** Recent violence affecting ability to work
- **Caregiver:** Caring for child under 6 OR incapacitated person of any age
- **Homeschool parent:** Teaching 30+ hours per week
- **Age 55-64 with barriers:** Limited education + no recent work + health issues
- **Pregnant:** Any stage of pregnancy
- **Receiving disability benefits:** SSI, SSDI, VA disability (any %), Workers' Comp, private disability
- **American Indian/Alaska Native:** Enrolled tribal member or meet IHCIA definition

Think You Might Be Exempt?

Your county Department of Social Services will screen you for all exemptions during your next recertification.

Find your local DSS: ncdhhs.gov/dss-directory

Learn more: ncdhhs.gov/fns

Remember

- For ABAWD exemptions, your statement of your situation is generally accepted, unless questionable
- 10 days: If verification is requested, you have at least 10 days to provide it
- Report changes: Tell your caseworker if your situation changes



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