

Navigating SNAP Work Requirements

The One Big Beautiful Bill Act (H.R.1) changed SNAP work requirements effective December 1, 2025. Here's what you should know to navigate the process.

1

Your Caseworker Will Screen You for Exemptions

At every application and recertification, your caseworker is required by federal law to check if you qualify for any exemptions from work requirements. You cannot be assigned countable months toward the time limit until this screening happens.

2

For Many Exemptions, Your Statement Is Generally Accepted

For ABAWD exemptions, your caseworker must accept your statement unless it is questionable or conflicts with information the agency already has. This is called "self-attestation."

3

You Get Time to Provide Proof

If your caseworker asks for verification of an exemption, you must be given at least 10 days to provide it. If you need help getting verification, ask your caseworker.

4

Missing Hours Doesn't Always Count Against You

If circumstances beyond your control prevented you from meeting work hours (illness, car trouble, childcare breakdown, etc.), tell your caseworker immediately. You may have "good cause," and that month won't count against your 3-month limit.

5

You Can Ask for Help

Your caseworker can help you find work programs, get connected to resources, and understand your options. Ask questions if you're confused about the rules: caseworkers want to help you keep your benefits.

What to Tell Your Caseworker



Be honest about your situation.



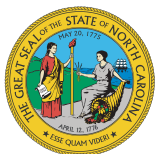
Let them know if you have health conditions that affect your ability to work; caregiving responsibilities; housing instability; transportation barriers; any circumstances that make it hard to work 20 hours/week

Need Help?

Contact your local county Department of Social Services (DSS).

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

Learn more: ncdhhs.gov/fns



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