

CHANGES TO SNAP FOR PARENTS OF TEENAGERS



What you need to know

H.R. 1, a federal law passed by Congress and signed by President Trump, puts many Marylanders' SNAP benefits at risk.

- Parents and caregivers receiving nutrition benefits must report your work hours unless you have a child under age 14 living in the home.
- Some individuals may be exempt from the new work rules based on their situation.
- Free employment and training resources are also available. Talk to your caseworker or visit our website for more information.



**QUESTIONS ABOUT YOUR SPECIFIC CASE?
DHS IS HERE TO HELP!**

Contact your local Department of Social Services at
dhs.maryland.gov/local-offices or call us 1-800-332-6347.
For TTY, dial the Maryland Relay Service: 800-735-2258.

LEARN MORE ABOUT CHANGES TO SNAP:

<https://dhs.maryland.gov/important-changes-snap-benefits>



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