Maryland
DEPARTMENT OF HUMAN SERVICES

CHANGES TO SNAP FOR SENIORS

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.

- Adults ages 55-64 may need to report work hours to keep their nutrition benefits.
- You can meet the new work rules by working or volunteering. Some individuals may be exempt 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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