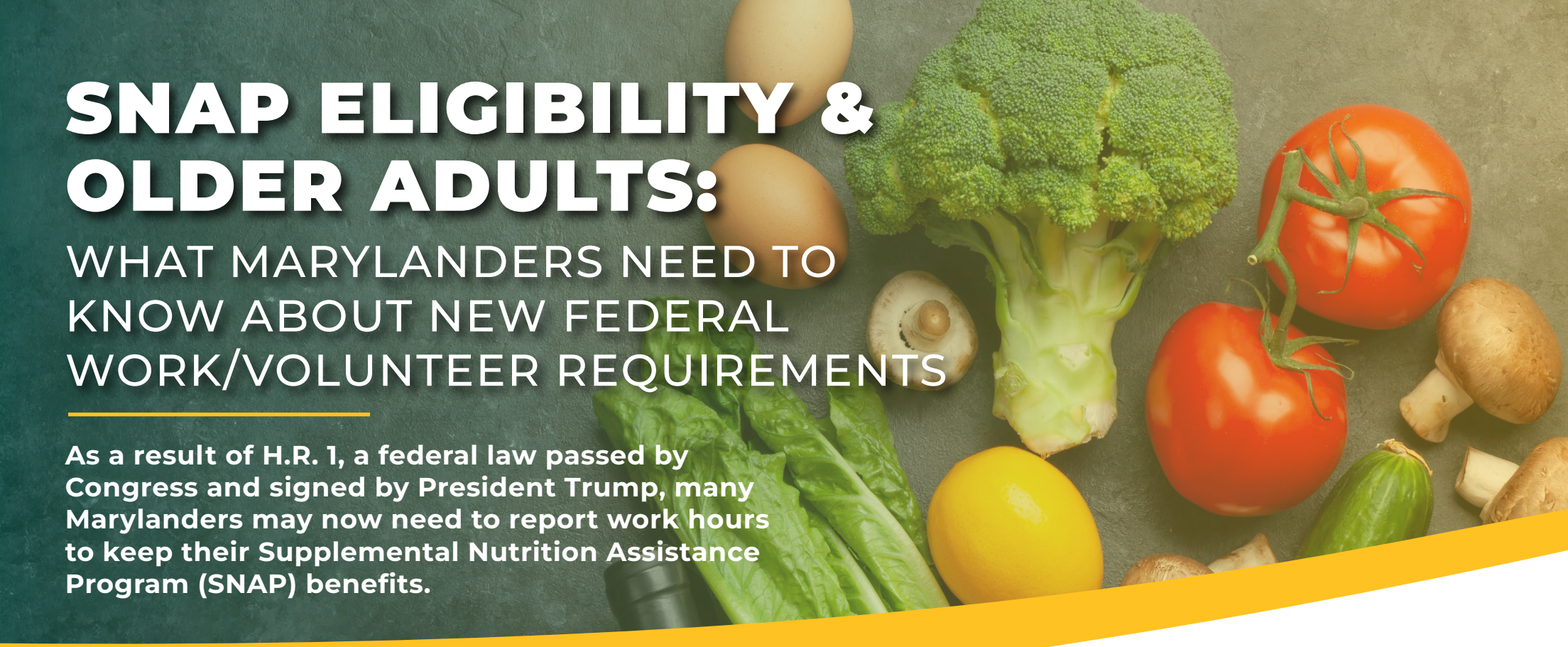


SNAP ELIGIBILITY & OLDER ADULTS:

WHAT MARYLANDERS NEED TO KNOW ABOUT NEW FEDERAL WORK/VOLUNTEER REQUIREMENTS

As a result of H.R. 1, a federal law passed by Congress and signed by President Trump, many Marylanders may now need to report work hours to keep their Supplemental Nutrition Assistance Program (SNAP) benefits.

AS AN OLDER ADULT, AM I EXEMPT FROM WORK/VOLUNTEER REQUIREMENTS?

As of November 1, 2025, you do not have to meet SNAP work requirements if you are:

- Age 65 or older
- Physically or medically unable to work at least 20 hours a week
- A parent or guardian of a child under age 14 or living in a household with a child under age 14
- Providing care for someone of any age who cannot care for themselves because of a disability, illness, or medical condition
- Receiving disability benefits, such as Social Security Disability Insurance, Supplemental Security Income, veteran's disability through the Veteran's Administration, or the Temporary Disability Assistance Program
- Receiving Temporary Cash Assistance and following its work requirements
- Receiving or have applied for unemployment compensation
- Participating in an alcohol or drug treatment program

Learn more about these exemptions at dhs.maryland.gov/important-changes-snap-benefits

NONE OF THE EXEMPTIONS APPLY TO ME RIGHT NOW: HOW CAN I MEET THE REQUIREMENTS FOR SNAP?

Marylanders who are not exempt will need to report monthly work activity of **20 hours per week (80 hours per month)** in order to keep their benefits.

Work activity can be satisfied through:

- **Working** 20 hours per week (80 hours per month).
- **Volunteering** with a non-profit organization either in person or virtually
- **Job search activities**
- **Technical education or occupational training**
- **Educational activities**
- **Community service**
- **A Combination** of any of the above activities.

Contact your local Department of Social Services to learn how to report work and volunteer hours.

dhs.maryland.gov/local-offices

Maryland
DEPARTMENT OF HUMAN SERVICES

APPLY FOR FOOD, MEDICAL, CASH, AND UTILITY ASSISTANCE BY VISITING MARYLANDBENEFITS.GOV



WANT TO LEARN MORE ABOUT WORK OR VOLUNTEER OPPORTUNITIES?

EMPLOYMENT & JOB TRAINING RESOURCES

The **SNAP Employment & Training (E&T)** Partner Network offers industry-recognized certifications, hard and soft skills training, and help with employment barriers like transportation. All SNAP participants are eligible to participate in the FREE support that the SNAP E&T program provides.

The Maryland Job Training Search Tool helps participants find job training, adult education, and workforce programs statewide.

SCAN ME

AMERICAN JOB CENTERS (CAREER CENTERS) have 33 locations across Maryland offering resume workshops, mock interviews, and individualized career coaching.

Learn more at labor.maryland.gov/county.

Learn more about volunteer opportunities for older adults through 211 Maryland and through your local Area Agency on Aging at aging.maryland.gov/about/area-agencies-aging.

HOW SHOULD OLDER ADULTS STAY CONNECTED TO SNAP?

- **Verify their status:** Check eligibility and upcoming recertification dates at MarylandBenefits.gov.
- **Watch their mail:** Read any notice from their local department of social services carefully and return requested documents immediately.
- **Stay in touch:** Call 1-800-332-6347 or contact their local social services department with any additional questions.

ADDITIONAL RESOURCES:

- Learn more about changes to SNAP benefits due to H.R. 1: dhs.maryland.gov/important-changes-snap-benefits
- Learn more about changes to Medicaid due to H.R. 1: marylandhealthconnection.gov/checkin
- Maryland Access Point: marylandaccesspoint.info/snap
- Maryland Food Bank: mdfoodbank.org
- Capital Area Food Bank: capitalareafoodbank.org

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