



H. R. 1 SNAP Work Requirements FAQ

H.R. 1, a federal law passed by Congress and signed by President Trump, puts many Marylanders' Supplemental Nutrition Assistance Program (SNAP) benefits at risk. Adults aged 18–64 without a child under 14 in the home will need to report work hours to keep their nutrition benefits.

We know these changes can be confusing. We hope these answers to common questions will help you understand what H.R. 1 means for you.

Impact of Work Requirements

What are the work requirements?

If you get SNAP benefits and have work requirements to follow, you must work at least 20 hours a week (or 80 hours a month).

You can reach these hours by doing any of these things:

- Working
- Volunteering
- Participating in a job search or job training program, like SNAP Employment and Training

You can also fulfill the rules by earning at least **\$217.50 each week** from work. It does not matter how many hours you work as long as you make that much money. That means if you make minimum wage in Maryland, you only need to work **14.5 hours a week** to meet the requirement.

Does H.R.1 introduce new work requirements for SNAP customers?

Yes, H.R.1 has changed who has to follow the work rules for a group known as ABAWDs, or able-bodied adults without dependents.

Before H.R. 1, only adults 18-54 years old had to follow these rules. Now, people up to age 64 must follow them.

Certain people are no longer exempt from these work rules. Veterans, people experiencing homelessness, and former foster youth who aged out of care did not

have to follow these rules before H.R.1. If you are in one of those groups, you now must follow the work rules to keep your benefits.

For people living with children, you are exempt from work rules only if that child is under age 14.

Pre-H.R.1 work requirements	Post-H.R.1 work requirements
Adults 18-54 who do not have a child under 18 in the house	Adults 18-64 who do not have a child under 14 in the house
Veterans, homeless individuals, and former foster youth under age 24 who aged out of care are exempted	Veterans, homeless individuals, and former foster youth under age 24 who aged out of care are NOT exempted

People who are disabled, who are in an alcohol or drug treatment program, or who are “mentally or physically unfit for employment” are exempted. You can learn more about these and other exemptions below.

When do the new work requirements go into effect?

The work requirements went into effect on November 1, 2025. For new SNAP customers applying for benefits after that date, the updated worked requirements apply to you immediately. For customers who were participating in SNAP before November 1, 2025, the work requirements will apply to you at your next recertification. As part of the application and recertification process, a caseworker will screen you to determine if you are eligible for an exception to the work requirements.

Are there exemptions from the work requirements?

Yes. You may be exempt from the work rules if one or more of the following applies to you:

- You are under 18 years old or over 64
- You are a parent or caregiver of a dependent child under 14 years old
- You are “physically or medically unfit for employment” as determined by a medical professional and documented through [DHS Form 500](#)
- You are caregiving for an incapacitated individual, regardless of that individual’s age
- You are pregnant
- You are in an alcohol or drug treatment program
- You are 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

- You are receiving Temporary Cash Assistance 3
- You are receiving or have applied for Unemployment Insurance (UI) payments

Will my local department of social services let me know if the new work rules affect me?

Yes. If the new work requirements apply to you, during your interview the case manager will explain what to do to maintain your SNAP benefits, how to show you're meeting the new work requirements, and how to qualify for an exception.

What will happen if I am unable to meet the work requirements?

A case manager will determine if you qualify for an exception from the work requirements. If you are required to meet work rules but think you may qualify for an exception due to a change in your circumstances, contact your local department of social services as soon as possible. You can find your nearest office here: dhs.maryland.gov/local-offices.

For individuals looking for employment, we partner with organizations across the state to help Marylanders find meaningful work, including through the SNAP Employment & Training (SNAP E&T) program. These services are available at no charge. You can learn more on our SNAP E&T [website](#). You may also meet the work requirement by volunteering with an organization of your choice.

If a case manager determines that you do not qualify for an exception, and you cannot meet the work requirements, you can only receive SNAP for three months. If you lose your benefits, you can apply again at any time, but you must either qualify for an exception or meet the work requirements to receive SNAP.

Impact on Benefits

Will H.R.1 impact how SNAP benefits are calculated?

Most Marylanders receive a \$572 Standard Utility Allowance (SUA) when applying for SNAP. The SUA reduces your income on the SNAP application, which increases your benefit amount.

Under H.R.1, it is now harder for households to get the utility allowance. If no one in your home is 60 or older or has a disability, you must provide proof that you pay for these bills. This means submitting a recent utility bill from the last 30 days — otherwise your monthly SNAP benefit could be reduced.

I moved to the United States in the last year? Will H.R. 1 affect me?

H.R. 1 limits SNAP eligibility for New Americans to:

- Permanent Residents (green card holders)
- Cuban or Haitian Entrants

- People from the Federated States of Micronesia and the Republic of the Marshall Islands.

Under the new law, refugees and people granted asylum will lose their SNAP benefits. To regain benefits, they must become Lawful Permanent Residents and receive a green card. Once they have a green card, refugees and people granted asylum can immediately access SNAP — there is no waiting period for these groups.

Will H.R.1 impact cash benefits such as the Temporary Cash Assistance Program or Temporary Disability Assistance Program?

No, H.R. 1 will not impact cash benefits.

SNAP Education

Does H.R.1 affect money used to provide nutrition education to SNAP recipients?

Yes. H.R. 1 eliminates funding for the SNAP-Ed program. Prior to H.R. 1, we partnered with the University of Maryland to help SNAP customers make informed, healthy eating choices that maximize their benefits. This \$6.4 million education program reached 424,000 Marylanders, including children.

Ending this program not only stops statewide nutrition and obesity education efforts but also negatively impacts 541 SNAP-Ed partners across the state.

Increased Costs to Marylanders

How will SNAP benefits be funded by the state and the federal government?

Before H.R. 1, the federal government covered all SNAP benefit costs and half of all SNAP administrative costs. Under H.R. 1, the federal share of administrative costs is reduced from 50% to 25%, increasing the state's share to 75%.

Currently, Maryland spends a total of about \$230 million on SNAP administrative costs, with the state and federal government each covering \$115 million. Under H.R. 1, Maryland's share will increase by \$57.5 million, bringing the total state contribution to \$172.5 million per year.

H.R. 1 will also make states pay for SNAP benefits based on their Payment Error Rate (PER). PER is a rate of SNAP overpayments and underpayments made to customers. Payment errors are unintentional mistakes and not the result of fraud.

- PER < 6%: 0% state match
- PER ≥ 6% but < 8%: 5% state match
- PER ≥ 8 but < 10%: 10% state match

– PER ≥ 10%: 15% state match

Under this new provision, starting on October 1, 2027, Maryland could be responsible for 15% of SNAP benefit costs, or \$240 million per year based on a PER ≥ 10%. Our current federally assessed FFY24 PER is 13.64%.

Where to Find Help

Who can I talk to about my specific case?

Please contact your [local department of social services](#) or call our Customer Service hotline 1-800-332-6347. For TTY, dial the Maryland Relay Service: 800-735-2258.

How can I access other benefits like healthcare or cash assistance?

Maryland is making it easier than ever to apply for all benefits. Marylanders are invited to check their eligibility and apply for benefits on their smart phone or a computer through MarylandBenefits.gov.

What additional help is available to Marylanders?

Employment & job training resources include:

- [SNAP Employment & Training \(E&T\) Partner Network](#): DHS has expanded its SNAP E&T network from 30 to 48 organizations to connect SNAP recipients to job training programs. A full list of SNAP E&T Providers is available [HERE](#).
- [American Job Centers](#) and a specialized [Professional Outplacement Assistance Center](#): Provide individualized career guidance, resume workshops, mock interviews, career and skills assessment, effective job search strategies, and networking support.
- [Career resources](#) and [weekly virtual workshops](#): For Marylanders impacted by recent federal actions
- [Job fairs and recruitment events](#)

Food assistance resources include:

- The [Maryland Food Bank](#)
- The [Capital Area Food Bank](#)

Other resources include:

- [211 Maryland](#): Dial 2-1-1 to get help with food, housing, utility assistance, and other essential health and human services
- [Unemployment insurance](#)
- [Resources for veterans](#)
- [Resources for workers impacted by recent federal actions](#)