SNAP ELIGIBILITY & CAREGIVERS:

WHAT MARYLANDERS NEED TO KNOW

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.

DO YOU CARE FOR SOMEONE WHO CAN'T TAKE CARE OF THEMSELF? YOU MAY BE ELIGIBLE FOR AN EXEMPTION FROM SNAP WORK REQUIREMENTS IF:

- You are a parent or guardian of a child under age 14 or living in a household with a child under age 14.
- Regularly caring for someone of any age who cannot take care of themselves because of a disability, illness, or medical condition.
  - This person does not have to be a family member, and they do not need to live with you.
  - Caring for someone may include helping them make meals, helping them bathe, going shopping for them, or checking on their health.

HOW DO I VERIFY I AM A CAREGIVER?

- If you live in a household with a child under age 14, DHS can verify this information on our own.
- If you are helping someone who cannot take care of themself, a medical professional like a doctor, nurse, or social worker must verify that they need your help through:
  - A letter stating they need your help.
  - Your caseworker speaking directly with the medical professional
  - A FIA-500 Medical Form for the person you take care of.

Maryland
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USDA Supplemental Nutrition Assistance Program

Use our SNAP Employment & Training tool to access free training & education services

I Am Not a Caregiver, Are There Other Ways I Could be Exempt?

You do not have to meet SNAP work requirements if you:

- Are under 18 or at least 65 years old
- Receive 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
- Have a physical or mental health condition that stops you from working at least 20 hours a week
- Receive Temporary Cash Assistance and are following its work requirements
- Receive or have applied for unemployment compensation
- Are pregnant
- Participate in a alcohol or drug treatment program
- A student enrolled in at least half-time and otherwise eligible for SNAP
- Are an Indian, Urban Indian, or Californian Indian
- Work and earn at least $217.50 per week, regardless of the number of hours worked

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

I Am Not Exempt: What Should I Do?

If you do not qualify for an exemption, you must work or volunteer at least 20 hours a week (80 hours per month) to keep your benefits.

This can be completed through paid work, unpaid work, job search activities, technical education or occupational training, educational activities, community service, volunteering, or a mix of these. You will need to report your hours every month.

- Learn more about SNAP work requirements at dhs.maryland.gov/important-changes-snap-benefits/.
- Get connected to workforce resources and food assistance by calling 2-1-1 or by visiting 211md.org.
- Learn more about changes to Medicaid due to H.R. 1: marylandhealthconnection.gov/checkin

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