



Volunteering to Meet SNAP Work Requirements:

What You Need to Know

Updated October 2026

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. Up to 80,000 may now need to report work hours to keep their benefits. For customers subject to work requirements, volunteer opportunities provide one way to meet those requirements and keep SNAP benefits.

To learn more about what H.R. 1 means for SNAP in Maryland visit dhs.maryland.gov/important-changes-snap-benefits/.

On January 1, 2027, some Maryland residents will also become subject to work requirements in Medicaid. While the requirements are not exactly the same as SNAP, it is important to note that a customer who is meeting the SNAP work requirements, including through volunteer opportunities, is automatically meeting the Medicaid work requirements. To learn more about what H.R. 1 means for Medicaid in Maryland visit <https://www.marylandhealthconnection.gov/checkin/>.

Important Exemptions to Work Requirements

Many Marylanders may be exempt from the new work requirements, including those who are:

- Under 18 years old or over 64 years old
- A parent with a child under age 14 or you live in a household with a child under age 14
- Disabled or "mentally or physically unfit for employment" as verified by a healthcare professional
- Providing care for someone of any age who cannot care for themselves because of a disability, illness, or medical condition. The person you care for does not have to be a relative or live in your home.
- Receiving Temporary Cash Assistance
- Receiving or have applied for Unemployment Insurance payments
- Pregnant
- Participating in an alcohol or drug treatment program

Meeting Work and Volunteer Requirements for SNAP Eligibility

As a result of H.R. 1, Marylanders who are not exempt will need to report monthly work activities of **20 hours per week (80 hours per month)** in order to keep their SNAP benefits (and potentially Medicaid benefits when Medicaid work requirements go into effect in early 2027).

Work activity can be satisfied through:

- **Paid or unpaid work:** Having a job where you work at least 20 hours per week or earn at least

\$217.50 per week, even if you work less than 20 hours.

- **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

How Volunteering Can Help You to Meet Work Requirements

If you are subject to work requirements, you can meet those requirements by volunteering at local 501(c)3 non-profits, faith-based organizations (including places of worship), government agencies, and other community organizations for an average of 20 hours per week (80 hours total per month). Volunteer opportunities can be completed in-person, virtually, or a combination of both. Refer to the checklist below for more information.

CHECKLIST FOR CUSTOMERS

Step 1: Identify a qualifying organization

- To get connected to a local qualifying organization, visit [211 Maryland](#).
- If you are unsure if the organization you would like to work or volunteer with qualifies, please contact your local department of social services at dhs.maryland.gov/local-offices/.

Step 2: Ensure the host organization is able to provide the hours you need and verification of those hours

- Not all organizations may be able to provide a minimum of 20 hours per week (80 hours per month) in volunteer hours. Additionally, host organizations are required to comply with the verification process described in step 4.
- Before registering to volunteer, make a plan to ensure you can meet your minimum hours through work at one or multiple eligible organizations. You should also confirm with each organization that they are willing to provide the necessary verification documentation described in step 4.

Step 3: Sign up to volunteer and make a plan to meet your minimum monthly hours

Step 4: Submit your verification of hours documents monthly

- The Department of Human Services (DHS) requires verification of the hours completed each month. Acceptable forms of verification include:
 - Completion of the [FIA Form 500-B](#)
 - A verification letter from the hosting organization that includes:
 - Organization letterhead
 - The name of the volunteer
 - The number of hours completed that month
 - Contact information for the organization in case further follow-up is needed
- Customers should work with host organizations to obtain the completed documentation in a timely manner each month. Best practice includes interim weekly tracking and submission to DHS at the end of each week.
- Completed verification forms or letters should be given directly to the volunteer.
- **SNAP customers are then responsible for uploading documentation into their [Maryland Benefits portal](#) monthly.**