Maryland
DEPARTMENT OF HUMAN SERVICES

Volunteering to Meet SNAP Work Requirements:
What *Host Organizations* Need to Know

Upated 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. Similar work requirements will also apply to some Maryland residents' Medicaid coverage starting on January 1, 2027. For customers subject to work requirements, volunteer opportunities may provide one way to meet those requirements and keep SNAP benefits and Medicaid coverage.

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

Important Exemptions to SNAP 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.
- 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 activity of 20 hours per week (80 hours per month) in order to keep their SNAP and/or Medicaid benefits. Work activity can be satisfied through activities including:

- **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 or government 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

To learn more about activities that can satisfy SNAP work requirements, see this resource guide.

How Non-Profit Partners Can Help Marylanders Keep Their Benefits

501(c)3 non-profits, faith-based organizations (including places of worship), government agencies, and other community organizations can help Marylanders keep their SNAP and Medicaid benefits by offering opportunities for volunteering that average 20 hours per week (80 hours 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 HOST ORGANIZATIONS

NOTE: The following information applies to Marylanders receiving SNAP and/or Medicaid.

Step 1: Ensure you are a qualifying organization

- Volunteer work must be performed for a recognized 501(c)3 nonprofit, faith-based organization (including places of worship), government agency, or community organization. If you are unsure if your organization qualifies, please contact your local department of social services at dhs.maryland.gov/local-offices/.

Step 2: Consider reserving volunteer spots for SNAP customers

- To the extent possible for your organization, consider reserving or holding aside a certain number of volunteer hours each month for customers. Note that volunteering is always optional for SNAP recipients that they should be treated similarly to other volunteers your organization works with.

Step 3: Enroll SNAP customers in your volunteer program

- Contact your local department of social services letting them know how many volunteers you can host, for how many hours each month, and how volunteers can register. Consider using your network to share information about volunteer opportunities.
- If possible, consider having a separate volunteer portal or registration link for SNAP volunteers so you can track participation and ensure you are following verification procedures for all SNAP volunteers.

Step 4: Ongoing verification of hours completed

- SNAP customers who are not exempt from work requirements must work or volunteer for an average of 20 hours per week and a total of 80 hours per month. These hours can be completed partially or fully through volunteering.
- The Department of Human Services 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 for further follow-up
- 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 each month.
- Your organization can help guide volunteers through this process.