

SNAP WORK REQUIREMENTS

Some adults who receiving SNAP must now work or participate in approved activities to keep their benefits.



You may need to take action | Help is available | We're here to help you stay on SNAP



SNAP RULES HAVE CHANGED SINCE JUNE 2026



WHO NEEDS TO FOLLOW THESE RULES?

You may need to meet work requirements if you:

- ▶ Are 18 to 64 years old, **AND**
- ▶ Are able to work, **AND**
- ▶ Do not live in a SNAP household with a child under age 14

This includes people who were **previously exempt**, such as:

- ▶ People experiencing homelessness
- ▶ Veterans
- ▶ Young adults who were in foster care



WHAT DO I NEED TO DO?

To keep SNAP benefits, you must do at least **80 hours each month (about 20 hours a week)** of one or more of these activities:

- ▶ Working (paid or self-employment)
- ▶ Volunteering with a nonprofit or government agency
- ▶ Job training or education
- ▶ SNAP Employment and Training (SNAP E&T Programs)

You can combine activities to reach 80 hours. Check page 2 for information on SNAP E&T Programs and volunteer opportunities.

Call 1-855-643-1643 if you think you have a good reason for not following these rules in a particular month, such as getting sick, not having transportation or other issues beyond your control.



WHAT HAPPENS IF I DON'T MEET THE REQUIREMENT?

If you do not meet the work rules and are not exempt:

- ▶ SNAP benefits are limited to **3 months in a 3-year period**
- ▶ After that, your benefits will stop. **Don't wait to get help.**



YOU MAY BE EXEMPT IF YOU:

- ▶ Are **pregnant**
- ▶ Have a **physical or mental health condition**
- ▶ Receive **disability benefits**
- ▶ Are in **drug or alcohol treatment**
- ▶ Are a **student** enrolled at least half-time (student rules apply)
- ▶ **Care for someone** who cannot care for themselves
- ▶ Are applying for or receiving **unemployment benefits**
- ▶ Are already **working at least 30 hours or the federal minimum wage equivalent**
- ▶ Are already meeting the work rules for Temporary Assistance for Needy Families (TANF)



NOT SURE IF YOU ARE EXEMPT?

Learn more about SNAP work requirements and exemptions from DHS:

<https://humanservices.hawaii.gov/changes-to-able-bodied-adult-work-requirements-for-snap-faqs/>



HELP AND RESOURCES



KAUAI



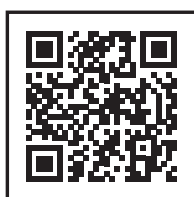
SNAP EMPLOYMENT AND TRAINING (SNAP E&T) PROGRAMS

SNAP E&T programs can help SNAP recipients meet work requirements by:

- ▶ Providing job search assistance
- ▶ Helping connect participants to employment opportunities
- ▶ Offering skills training and work readiness support

Note: If you are interested in participating in SNAP E&T, a referral is needed, discuss this with a DHS Eligibility Worker during your interview or call the Public Assistance Information Line 1-855-643-1643.

CAREER DEVELOPMENT RESOURCES



**State of Hawai'i
Workforce
Development
Division**

Job listings, job training
and career support
across Hawai'i.



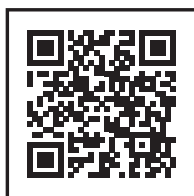
**Goodwill Hawai'i -
Career Services
(Statewide)**

Job training and
career support for
people facing barriers
to work.



**Good Jobs Hawai'i
(Statewide)**

Short-term training
to help you get a
good-paying job
in growing fields.



WorkHawai'i (O'ahu)

Free help finding a
job, writing a resume
and getting ready
for interviews.



**HCAP Nā Lima
Hana Employment
Services (O'ahu)**

One-on-one job
search help, career
coaching and work
readiness support.

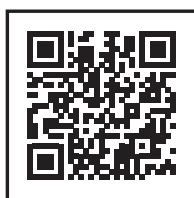


**Institute for Human
Services (IHS) (O'ahu)**

Employment help for
people experiencing
or at risk of
homelessness.

Volunteering with a nonprofit or government agency may help you meet SNAP work requirements.
Hours must be reported. Talk to a DHS eligibility worker about how to do that.

FIND VOLUNTEER OPPORTUNITIES AND ASSISTANCE



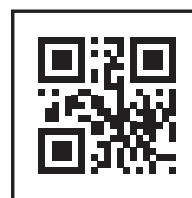
**Hawai'i Foodbank
(O'ahu & Kaua'i)**

Help sort and pack
food for families in
your community.



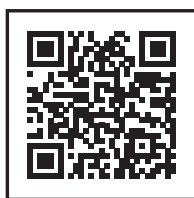
**Aloha United Way
Volunteer Portal
(Statewide)**

Search for volunteer
opportunities
across Hawai'i.



**Kanu Hawai'i
(Statewide)**

Find volunteer
opportunities
that support your
community and
the 'āina.



**Volunteer Ally
Hawai'i (Statewide)**

Search for volunteer
opportunities
with nonprofits
across Hawai'i.



**Hawai'i Foodbank
(O'ahu & Kaua'i)**

Find food pantries
and free food near
you on O'ahu
and Kaua'i.



**Aloha United Way
2-1-1**

Dial 2-1-1.
Get help finding
food, SNAP support,
housing and
other resources.

Talk to your local food pantry, community center, school and nonprofits about available volunteer roles.