SNAP WORK REQUIREMENTS

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

HAWAI'I FOOD BANK

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/

808-954-7893 snap@hawaiifoodbank.org

HELP AND RESOURCES

SNAP EMPLOYMENT AND TRAINING (SNAP E&T) PROGRAMS

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

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

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.

Department of Community Services – 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.

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