

IMPORTANT UPDATE FOR SNAP PARTICIPANTS: NEW WORK REQUIREMENTS START NOVEMBER 1, 2025



Beginning November 1, 2025, certain Supplemental Nutrition Assistance Program (SNAP) participants will be required to document that they are working at least 20 hours per week (80 hours per month) to continue receiving benefits. Individuals who do not meet this requirement may only be allowed to receive SNAP benefits for three months within a three-year period, unless they qualify for an exemption.

Who is Affected?

In addition to adults aged 18 - 54 who were already subject to SNAP work requirements, the following groups will now be required to comply to maintain benefits:

- Adults aged 55 - 64
- Parents or caregivers of children aged 14 or older
- Veterans
- Adults experiencing homelessness
- Youth aged 18 - 24 who are aging out of foster care

To avoid the three-month time limit, individuals will have to work, participate in an education and training program, or engage in volunteer work for a non-profit or government entity at least 20 hours a week (80 hours a month).

If you are currently receiving SNAP benefits, no immediate action is required. The Texas Health & Human Services Commission (HHSC) will screen you for the new work requirements at your next recertification.

Additional Exemptions:

Some individuals listed above may still qualify for an exemption from the work requirements if they meet one of the following criteria:

- Unable to work due to a physical or mental health condition
- Currently pregnant
- Live in a SNAP household that includes a child under the age of 14
- Identify as Indian, Urban Indian, California Indian, or Alaskan Native
- Under the age of 18 or over the age of 65

If any of these exemptions apply to you, be sure to let your caseworker know during your next certification interview.

If you have questions or need help understanding how to document your work hours, please contact your local food bank. We are here to help!