



Save Our SNAP: **201 H.R.1 Program Changes in Illinois**

Speakers



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.



- **Nolan Downey**, *Greater Chicago Food Depository & Illinois Commission to End Hunger*
- **Beth Kenefick**, *Greater Chicago Food Depository & Illinois Commission to End Hunger*
- **Melissa Cundari**, *Illinois Department of Human Services (IDHS)*

Who We Are

ILLINOIS COMMISSION TO END HUNGER

The Illinois Commission to End Hunger is a public-private partnership composed of stakeholders from across the state dedicated to the belief that no one in Illinois should ever face hunger.



Welcome & Housekeeping

- Important Updates
- Overview of Program Accuracy Changes
- SNAP Work Requirements
 - What are they
 - Who is impacted
 - Exemptions
- Opportunities to Take Action!
- Resources
- Q&A



Please note that all information shared in today's webinar is accurate as of December 12, 2025. Illinois is continuing to implement changes per guidance from the U.S. Department of Agriculture Food and Nutrition Service (USDA FNS), and it is an evolving situation.

H.R. 1 – One Big Beautiful Bill Act



Increases State
Cost Requirements
to Unprecedented
Levels



Cuts SNAP By
Preventing Future
Updates to Benefit
Amounts



Vastly Expands
Failed Work
Requirements
(Time-Limited
SNAP Benefits)



Narrows State
Option to Calculate
Utility Deductions



Bars SNAP
Benefits for Many
Legally Present
Immigrants



Eliminates SNAP
Nutrition Education

Illinois Impact

- All **1.9M** IL residents on SNAP (including nearly **650,000** children) will see the true value of their benefits decrease overtime
- **450,000** SNAP recipients *at risk* of losing benefits due to burdensome work requirements
- **16,000** lawfully present immigrants, including refugees, asylees, immigrant survivors of DV, labor and sex trafficking (and more), are *at risk* of losing access
- Maintaining SNAP could cost the state **\$800M** more per year.



Important Updates!

Noncitizen Eligibility Changes:

- As of December 12, 2025, these changes are NOT in effect.
 - WAS – scheduled to be implemented on December 1.
 - NOW – IDHS is currently not implementing these changes due to an ongoing lawsuit.
 - The timeline for implementation of these changes is now uncertain.

Work Requirements:

- Will now begin on February 1, 2026.
 - Thus, nonexempt individuals not meeting the work requirement could begin losing benefits as soon as May 1, 2026.
 - WAS - uncertain when work requirements would start due to an ongoing lawsuit.
 - NOW - Timeline is clear – work requirements will begin February 1, 2026.

Visit the **IDHS SNAP Federal Impact Center** for updated information -
<https://www.dhs.state.il.us/?item=174038>

Overview of Program Accuracy Changes

Illinois has begun making changes in state-level policies for documentation and re-determination to mitigate Payment Error Rate (PER) impacts. Several of those changes began October 2025.

Policy Change	Summary of Change	Notes	Manual Updates
Simplified Reporting	Households generally must only report when their income (before taxes) goes above the SNAP income limit for their household size.	Older adult households with expanded 24-month certification periods are NOT impacted because they currently have no reporting obligations.	<u><i>Policy Memo: Reinstatement of Six-Month Redetermination Process and EZ REDE for SNAP (10/23/25)</i></u>
6-month Certification Periods	Households certified after October 23, 2025, will have to complete a full redetermination every 6-months, with NO mid-point report. Interviews will occur at initial application, the first 6-month redetermination, and then every 12 months after that.	Older adult households with expanded 24-month certification periods are NOT impacted.	<u><i>Policy Memo: Reinstatement of Six-Month Redetermination Process and EZ REDE for SNAP (10/23/25)</i></u>

Overview of Program Accuracy Changes

Illinois has begun making changes in state-level policies for documentation and re-determination to mitigate Payment Error Rate (PER) impacts. Several of those changes began October 2025.



Policy Change	Main Takeaway for Neighbors
Simplified Reporting	<ul style="list-style-type: none"> • Only report when monthly income (before taxes) exceeds the monthly income limit for its household size. • E.g. Monthly income limit for household of 3 without a qualifying member is \$3664.37. Household must only report if their monthly income before taxes goes above that amount
6-month Certification Periods	<ul style="list-style-type: none"> • Be proactive to complete interviews to ensure they don't miss them – go to the closest local FCRC / DHS Office to request or by calling the IDHS Help Line • Interviews will be scheduled in-person unless requested at application for hardship or call IDHS Help Line. • Recertification may take longer to complete so plan accordingly.

Overview of Program Accuracy Changes

Illinois has begun making changes in state-level policies for documentation and re-determination to mitigate Payment Error Rate (PER) impacts. Several of those changes began October 23, 2025.

Policy Change	Summary of Change	Notes	Manual Updates
Verifying Shelter Costs	Households will now be required to submit proof of their housing / shelter expenses at initial application and redetermination. (This does NOT include utilities.)	<ul style="list-style-type: none"> Documents could include lease, letter from landlord, bills, rent receipt, etc. An application will NOT be denied for failure to verify. Instead shelter expenses will be excluded from budgeting <i>until</i> verified. For those eligible, homeless shelter deduction does not require shelter cost verification. 	MR #25.38 Verifications of Housing Costs for SNAP (10/22/25)
Utility Deduction Changes	Illinois adopted USDA’s simplified process for calculating the FY26 standard utility allowances (SUAs).	<p>H.R. 1 also included two changes to utility deductions:</p> <ol style="list-style-type: none"> LIHEAP will no longer qualify households for a SUA if they do not have an elderly or disabled family member. Internet connection service costs cannot be deducted. 	MR #25.33 October 2025 SNAP Adjustments due to COLA and Changes to AC/Heating Standard Eligibility for Certain Households (9/26/25)
Update Out-of-Pocket Medical Costs	At initial application and redetermination, recipients will be asked to verify any out-of-pocket medical cost. Previously IDHS would assume these stayed consistent	Change not currently in effect. Will be implemented in early 2026.	<i>Pending.</i>

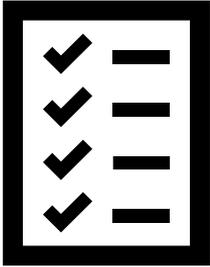
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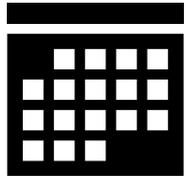
Policy Change	Main Takeaway for Neighbors
Verifying Shelter Costs	<ul style="list-style-type: none"> • Applications with shelter costs included will not be denied for not providing verification, but it's likely that the household will be approved for less benefits because the expense will be counted as zero until verified. Can be adjusted later. • Utilities are not included so if rate of rent includes utilities, they will need a letter explaining the portion. • People experiencing homelessness under SNAP rules do not have to verify shelter costs and should qualify for the homeless shelter deduction if they have any expense related to being homeless (e.g., laundry, phone, storage).
Update Out-of-Pocket Medical Costs	<ul style="list-style-type: none"> • Remember that eligible medical costs like insurance premiums (including Medicare) change and neighbors should show documentation.
Utility Deduction Changes	<ul style="list-style-type: none"> • For the average household, SNAP benefits will decrease by \$15 starting Oct 1, 2025.

Expanded SNAP Work Requirements



What we will cover today...

- What they are
- Who is impacted
- Who is exempt
- How to screen and report exemptions



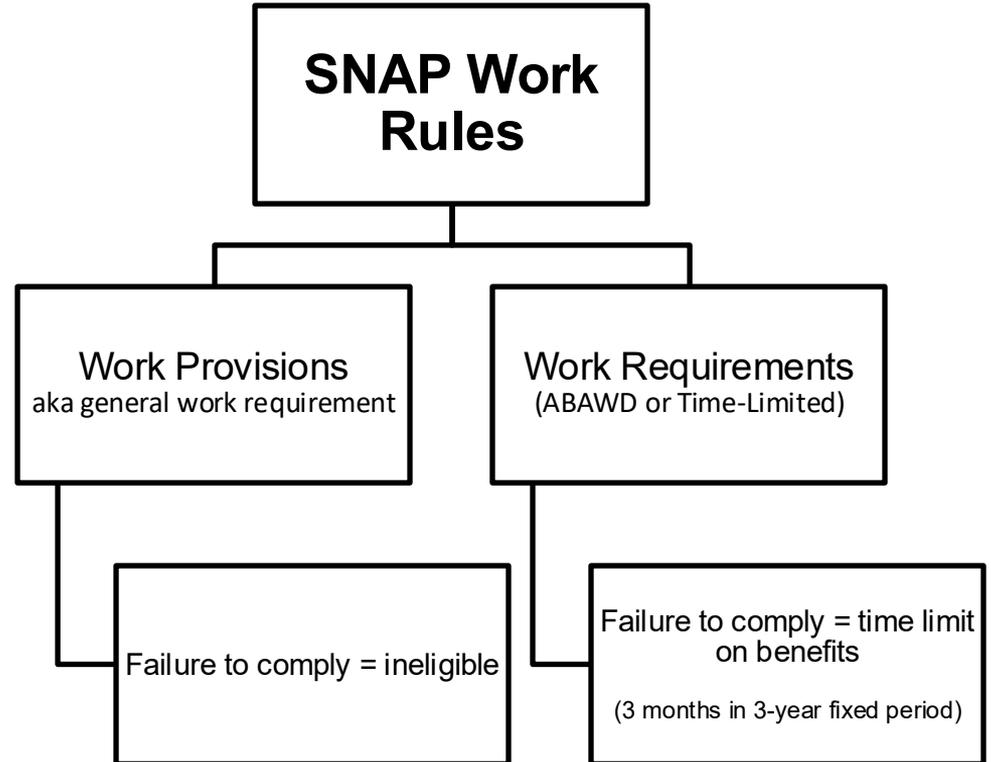
What we will cover in a later webinar...

- How impacted individuals meet / comply with them
- How to regain eligibility

Expanded SNAP Work Requirements



SNAP has TWO sets of work rules that existed *prior* to the passage of H.R.1 in July 2025.



Expanded SNAP Work Requirements

WHAT are they?

Work Provisions:

Applies to individuals ages 16-59 who are able to work. Requirements include:

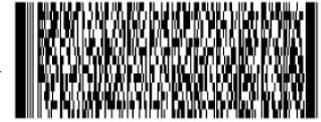
- Registering for work (by receiving notice from IDHS),
- Taking a suitable job if offered, and
- Not voluntarily quitting a job or reducing work hours below 30 a week without a good reason.

ABAWD or Time-Limited Work Requirements:

- Some SNAP recipients must work, volunteer, or participate in an employment or training program for **80 hours a month**.
- Recipients who do not meet the work requirement or qualify for an exemption only get **3 months of SNAP in a fixed 3-year period**.
- These recipients can get SNAP benefits again during the 3-year period if they **become exempt or start meeting the work requirement**.

Expanded SNAP Work Requirements

- SNAP Work Rules (IL 444-5175)



Date: [Redacted]

Case Name: [Redacted]

Address: [Redacted]

City, State, Zip: [Redacted]

Case Number: [Redacted]

Office Name: [Redacted]

Office Address: [Redacted]

Phone: [Redacted]

TTY: [Redacted]

Tenemos este aviso en español. Para solicitar avisos en español, por Internet vaya al sitio ABE-MMC o llamas al 1-800-843-6154 (TTY 1-866-324-5553 TTY/Nextalk, 711 TTY Relay).

You can manage your account online at: ABE.illinois.gov

This notice tells you about the work rules that apply to people who receive Supplemental Nutrition Assistance Program (SNAP) benefits and are able to work. There are two types of work rules, Work Provisions and Work Requirements.

If these work rules are not followed, your SNAP benefits may decrease or stop if there is not a good cause reason. A household member(s) needs to meet work rules to receive SNAP benefits. The name of the individual(s) is listed below.

- The person(s) listed below is required to comply with the Work Provisions. To learn more about the requirements that must be followed to get SNAP, read the Work Provisions included with this notice.

1. Name: [Redacted] Birth Date: [Redacted]
2. Name: [Redacted] Birth Date: [Redacted]
3. Name: [Redacted] Birth Date: [Redacted]

- The person(s) listed below is required to comply with the Work Provisions and the Work Requirement. To learn more about the requirements that must be followed to get SNAP, read the Work Provisions and the Work Requirement rules included with this notice.

1. Name: [Redacted] Birth Date: [Redacted]
2. Name: [Redacted] Birth Date: [Redacted]
3. Name: [Redacted] Birth Date: [Redacted]

- The person(s) listed below is required to comply with the Work Requirement. To learn more about the requirements that must be followed to get SNAP, read the Work Requirement rules included with this notice.

1. Name: [Redacted] Birth Date: [Redacted]
2. Name: [Redacted] Birth Date: [Redacted]
3. Name: [Redacted] Birth Date: [Redacted]

VOLUNTARY SNAP EMPLOYMENT & TRAINING PROGRAM (SNAP E&T)

Information about the Supplemental Nutrition Assistance Program Employment and Training (SNAP E&T) Program is also included with this notice. SNAP E&T is a voluntary program to help SNAP customers acquire work skills and find employment and can help you meet the work rules. To learn more, read the SNAP Employment and Training Program section of this notice.

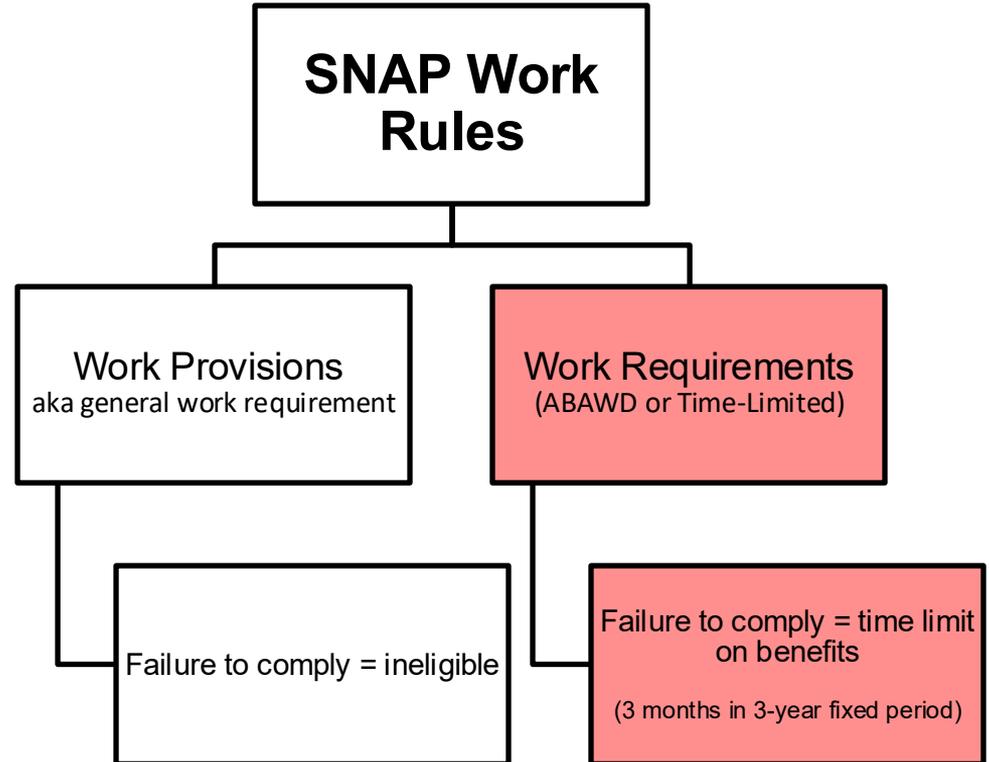


Expanded SNAP Work Requirements



SNAP has TWO sets of work rules that existed *prior* to the passage of H.R.1 in July 2025.

H.R.1 *only* made changes to WHO must comply with the ABAWD / Time-limited Work Requirements and limited the flexibilities states had to waive them during periods of high unemployment.



Expanded SNAP Work Requirements

WHO is impacted?

SNAP recipients considered, **able-bodied adults without dependents (ABAWDs)** must meet the work requirement unless they are exempt.

BEFORE H.R. 1

- Adults aged **18-54**
- No dependents **under 18**
- **Exceptions** for people experiencing homelessness, veterans, & former foster youth (18-24)

States can waive the requirement if unemployment over 10% **OR** insufficient jobs. Illinois meets this threshold.



AFTER H.R. 1

- Adults aged **18-64**
- No dependents **under 14**
- **Limited exception pathways**

States can waive the requirement **ONLY** if unemployment over 10%. No county in Illinois *currently* meets this threshold.

Who is Exempt from Work Requirements?

WHO is impacted?

- IDHS is working behind the scenes to systematically categorize those who they already know are exempt from work requirements through existing data sources.
- Customer statements are sufficient to verify exemptions (aka a "self-attestation")
 - IDHS will only request additional information if questionable or contradicting information is provided.
- Medical/Social Service Providers *can* complete a form attesting to someone's inability to work or maintain work but not required.



For the following slides we will talk about exemptions to the general work requirements / provisions AND the ABAWD work requirements together because it is often easier to screen for the full universe.

Who is Exempt from Work Requirements?

A person is exempt from the SNAP Work Requirement if they are:

- under age 18 or 65 years of age or older; or
- physical or mental limitations that impact their ability to work, including experiencing chronic homelessness, domestic violence, and/or other barriers; or
- pregnant; or
- living in a SNAP household (purchase and prepare) with a child under age 14, even if the child is ineligible for SNAP; or
- Individuals who are an Alaskan Native, American Indian, American Urban Indian, or California Indian (as defined in the Indian Health Care Improvement Act); or
- residing in a waived (exempt) county; or
- Caring for a child under age 6 or a person who needs help caring for themselves; or
- Going to school, college, or training program at least half time (subject to student eligibility rules); or
- Meeting the work rules for TANF; or
- Receiving unemployment benefits or applied for unemployment benefits; or
- Participating regularly in alcohol or drug treatment program; or
- Working at least 30 hours a week or earning at least \$217.50 (federal minimum wage \$7.25 multiplied by 30 hours) a week. The person can be employed or self-employed.

Who is Exempt from Work Requirements?

A person is exempt from the SNAP Work Requirement if they are:

- under age 18 or 65 years of age or older;**

Explanation	Data Source(s)	Advice
<p>A person <u>under age 18</u> is exempt up until the month of their 18th birthday. The clock starts the first full month. If the birthday lands on the 1st, that's considered a full month. Otherwise, the month <u>after</u> is the full month.</p> <p>A person <u>turning 65 years old</u> becomes exempt in the month of their birthday.</p>	Date of birth (DOB)	<p>Ensure the individual's DOB is accurately reported to IDHS.</p> <p>If an update to a DOB is needed, report the change through one of the following:</p> <ul style="list-style-type: none">• Manage My Case (MMC)• Change Report Form (IL444-1978)• Call IDHS Helpline (1-800-843-6154)

Who is Exempt from Work Requirements?

A person is exempt from the SNAP Work Requirement if they are:

- ❑ physical or mental limitations that impact their ability to work, including experiencing chronic homelessness, domestic violence, and/or other barriers;

Explanation	Data Source(s)	Advice
<p>This includes but is not limited to:</p> <ol style="list-style-type: none">1. receiving SSI / SSDI, or other disability benefits,2. having an application or appeal for SSA or SSI disability benefits pending,3. receiving or applying for any temporary or permanent disability benefits from another government or private source,4. having physical or mental challenges that make it difficult to work consistently, even if you have not applied for any disability benefits.	<p>SSA data match – SSI / SSDI active cases. Customer DOES NOT need to verify.</p> <p>Pending applications / appeals – must notify IDHS that appeal relates to disability benefits SSI / SSDI.</p>	<p>If an individual has a physical or mental challenges that make it difficult to work consistently, report through one of the following:</p> <ul style="list-style-type: none">• Manage My Case (MMC)• Change Report Form (IL444-1978)• Unable to Work Determination Form (IL444-2340) completed by their medical/social service provider• SNAP Exemption Form (IL444-2341)

Who is Exempt from Work Requirements?

A person is exempt from the SNAP Work Requirement if they are:

- pregnant;

Details	Data Source(s)	Advice
<p>At any stage of pregnancy, a person is exempt through at least their recertification period post pregnancy.*</p> <p>A statement that they are pregnant is sufficient evidence to receive an exemption, unless it contradicts other information provided by the household or found through clearances.</p> <p><i>*Note: Physical or mental complications during or post-pregnancy that impact an individual's ability to work can be considered an exemption under the unfit to work definition discussed previously.</i></p>	N/A	<p>Ensure the individual has accurately reported their pregnancy status through one of the following:</p> <ul style="list-style-type: none">• Manage My Case (MMC)• Change Report Form (IL444-1978)• Unable to Work Determination Form (IL444-2340) completed by their medical/social service provider• SNAP Exemption Form (IL444-2341)

Who is Exempt from Work Requirements?

A person is exempt from the SNAP Work Requirement if they are:

- ❑ living in a SNAP household (purchase and prepare) with a child under age 14, even if the child is ineligible for SNAP;

Details	Data Source(s)	Advice
<p>Everyone who is age 18 through 64 in the SNAP household is exempt if there is a child under age 14 in the same SNAP household.</p> <p>Exemption lasts <u>until the first full month</u> of a child's 14th birthday when there is no other child in the SNAP household under the age of 14.</p> <p>A month is considered a full month when the child's birthday:</p> <ul style="list-style-type: none">• is on the 1st day of the month; or• the month after a child's 14th birthday, if not on the 1st day of the month.	<p>Date of birth (DOB) of household members</p>	<p>Ensure the individual has correctly reported all the people in their home. You may request to add an individual(s) to your case through:</p> <ul style="list-style-type: none">• Manage My Case (MMC)• Change Report Form (IL444-1978)• SNAP Exemption Form (IL444-2341)

Who is Exempt from Work Requirements?

A person is exempt from the SNAP Work Requirement if they are:

- ❑ Individuals who are an Alaskan Native, American Indian, American Urban Indian, or California Indian (as defined in the Indian Health Care Improvement Act);

Explanation	Data Source(s)	Advice
<p>As defined in the Indian Health Care Improvement Act (IHCIA).</p> <p>See: Indian Health Care Improvement Act Indian Health Service (IHS)</p> <p><i>*Note: IDHS is still waiting on additional guidance from USDA about the implementation of this exemption.</i></p>	<p>"Race" question in the SNAP application</p>	<p>Ensure the individual's indigenous status is reported correctly under the "Race" question on application for benefits .</p> <p>If already receiving SNAP benefits, an individual can update or report their race through one of the following:</p> <ul style="list-style-type: none">• Manage My Case (MMC)• Change Report Form (IL444-1978)• SNAP Exemption Form (IL444-2341)

Who is Exempt from Work Requirements?

A person is exempt from the SNAP Work Requirement if they are:

- residing in a waived (exempt) county; ****Currently not applicable in IL.****

Explanation	Data Source(s)	Advice
<p>At times, certain counties in the state may be exempt from the SNAP work requirements. When this occurs, all individuals living in that county are exempt from the work requirements.</p> <p><i>*Note: No county in Illinois currently meets this.</i></p>	Household address	<p>If an individual is approved for SNAP and the county they live in becomes exempt, they will be notified.</p> <p>If a county's exemption status changes or they move to a different county, they may be subject to the work requirements.</p>



Who is Exempt from Work Requirements?

A person is exempt from the SNAP Work Requirement if they are:

- Caring for a child under age 6 or a person who needs help caring for themselves;

Explanation	Data Source(s)	Advice
<p>Only one adult may claim this exemption. When there is more than one adult in the home, the adult that provides the majority of the care qualifies for the exemption.</p> <p>The child/person does not have to live in the home.</p>	N/A	<p>Ensure the individual has accurately reported the child under age 6/person outside of their home who they are caring for through one of the following:</p> <ul style="list-style-type: none">• Manage My Case (MMC)• Change Report Form (IL444-1978)• SNAP Exemption Form (IL444-2341)

Who is Exempt from Work Requirements?

A person is exempt from the SNAP Work Requirement if they are:

- Going to school, college, or training program at least half time;

Explanation	Data Source(s)	Advice
<p>School includes a business, technical, trade or vocational school as well as high school, college or graduate school. A training program includes an employment training program or, if receiving TANF, the TANF Work and Training program.</p> <p>Note, "half-time" is as defined by the school or program.</p> <p><i>*Note: Students of higher education must meet specific requirements to be eligible for SNAP.</i></p>	N/A	<p>Ensure an individual has accurately reported their school or training enrollment status through one of the following:</p> <ul style="list-style-type: none">• Manage My Case (MMC)• Change Report Form (IL444-1978)• SNAP Exemption Form (IL444-2341)

Who is Exempt from Work Requirements?

A person is exempt from the SNAP Work Requirement if they are:

- Meeting the work rules for TANF;

Explanation	Data Source(s)	Advice
<p>To receive TANF cash assistance – nonexempt adults must generally in qualifying work activities</p> <ul style="list-style-type: none">• One parent households – 20 hours a month• Two parent households – 30 (or 35) hours a month• **Households can also meet requirement if IDHS determines they are making "satisfactory progress" toward self-sufficiency goals. <p><i>Note: IDHS is still working through how precisely the work requirements for these two programs interact with expansion of the SNAP work requirement to include parents of children 14 or older.</i></p>	N/A	Households receiving TANF should continue notifying IDHS of their participation in qualifying work activities and following other TANF work rules.

Who is Exempt from Work Requirements?

A person is exempt from the SNAP Work Requirement if they are:

- Receiving unemployment benefits or applied for unemployment benefits;

Explanation	Data Source(s)	Advice
Exemption is granted if someone is either receiving unemployment compensation OR a person has applied for / has a pending appeal for unemployment compensation.	Data match with IDES - Unemployment Insurance (UI) benefits (including pending)	Ensure an individual has accurately reported your application for Unemployment Insurance Benefits or that you are receiving them through one of the following: <ul style="list-style-type: none">• Manage My Case (MMC)• Change Report Form (IL444-1978)• SNAP Exemption Form (IL444-2341)

Who is Exempt from Work Requirements?

A person is exempt from the SNAP Work Requirement if they are:

- Participating regularly in alcohol or drug treatment program;

Explanation	Data Source(s)	Advice
<p>This includes drug/alcohol treatment programs such as those administered by DHS-Division of Behavioral Health & Recovery.</p> <p>This does not include Alcoholics Anonymous (AA) or Narcotics Anonymous (NA).</p> <p><i>Note: Suffering from substance addiction that impact their ability to work due to a physical or mental limitation could be considered an exemption under the unfit to work definition discussed previously.</i></p>	N/A	<p>Ensure you have accurately reported your participation in a drug/alcohol program through one of the following:</p> <ul style="list-style-type: none">• Manage My Case (MMC)• Change Report Form (IL444-1978)• Unable to Work Determination Form (IL444-2340) completed by their medical/social service provider• SNAP Exemption Form (IL444-2341)

Who is Exempt from Work Requirements?

A person is exempt from the SNAP Work Requirement if they are:

- ❑ Working at least 30 hours a week or earning at least \$217.50 (federal minimum wage \$7.25 multiplied by 30 hours) a week. The person can be employed or self-employed.

Explanation	Data Source(s)	Advice
<p>This includes if you are self-employed working at least 30 hours per week or earning at least \$935 in gross monthly income.</p> <p>It also includes:</p> <ul style="list-style-type: none">• migrant and seasonal farm workers who are under contract to work at least 30 hours per week or earn at least \$935 in gross monthly income, and• AmeriCorps VISTA volunteer working 30 or more hours a week paid, unpaid, or paid in-kind (living stipend)	<p>Equifax – The Work Number (TWN)</p>	<p>Ensure an individual has accurately reported their hours worked and income through one of the following:</p> <ul style="list-style-type: none">• Manage My Case (MMC)• Change Report Form (IL444-1978)• SNAP Exemption Form (IL444-2341) <p>If hours or income change, they may be subject to the SNAP work requirements.</p>

Changes in Exemption Status?



What if a SNAP recipients exemption status changes during the certification period?

- **Loss of an exemption:** if during the certification period an individual has a change that results in the loss of an exemption, the State agency cannot begin assigning countable months until it screens the individual to determine whether any other exemption applies.
 - **If the change is not reported** – IDHS cannot begin counting months until screening. Note: screening can happen systematically.
 - Under simplified reporting, households are **NOT obligated to report** the loss of an exemption that occurs during the certification period.
- **Newly qualifying for an exemption:** If during the certification period an individual has a change that results in them now meeting an exemption, the state agency must act promptly to apply the exemption. If information is not questionable, the state will approve exemption and remove any countable months accrued since exemption request was received.
 - **If the change is not reported** – IDHS will keep applying countable months if applicable, and the household may not get those countable months back, even if the change is reported later.

IDHS is working to distribute full SNAP benefits, now that the federal government shutdown has ended. We anticipate that the remaining benefit payments will be made over the coming days, with all SNAP recipients receiving their full November benefits by Nov. 20. Customers should continue applying and managing their cases as normal.

Got Medicaid? *Get ready to renew!* Use Manage My Case to access your benefits, check your redetermination due date, and verify your mailing address. If you're due, renew online right away.

Login - A new way to log in to ABE and Manage My Case. For more information and Troubleshooting tips visit the [ABE Customer Support Center](#).

Welcome to ABE

Helping people in Illinois lead healthy and independent lives

Use this site to apply for and manage your healthcare, food, and cash assistance benefits.

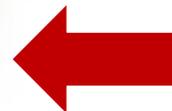
[Check if I Should Apply](#)

[Apply for Benefits](#)

[Manage My Case](#)

[Check if I Should Apply for Summer EBT](#)

[Check if I Meet SNAP Work Requirements](#)





Let's see if you are meeting SNAP Work Requirements.

Check which work requirements you need to meet for SNAP.

Please Enter Your Date of Birth 



MM/DD/YYYY

← Previous

Next

← [Back to Home Page](#)



NOTE: The screener will allow browsers to translate to other languages, as needed!

Veamos si cumple con los Requisitos de Trabajo del programa SNAP.

Consulte qué requisitos de trabajo necesita cumplir para SNAP.

Ingrese su fecha de nacimiento 



MM/DD/AAAA

← Anterior

Siguiente

← [Volver a la página de inicio](#)

Let's see if you are meeting SNAP Work Requirements.

Check which work requirements you need to meet for SNAP.

Are you the main caretaker of a child under the age of 6 who lives outside of your home? ?

No Yes

Based on what you told us, you may qualify for an exemption from the SNAP work requirements. Ensure you have accurately reported the child under age 6 outside of your home who you are caring for through Manage My Case, a Change Report form or completing an Exemption Request form.

[Link to Change Report form](#)

[Link to Manage My Case](#)

[Link to SNAP Exemption form](#)

Submit your forms by uploading them to ABE Manage My Case (MMC), in person, or by mail to your local FCRC.

[← Previous](#)

Next

Let's see if you are meeting SNAP Work Requirements.

Check which work requirements you need to meet for SNAP.

Are you currently pregnant? ?

No Yes

Based on what you told us, you are likely exempt from the SNAP work requirements. Ensure you have accurately reported your pregnancy status through Manage My Case, a Change Report form or an Unable to Work Determination form completed by your medical/social service provider.

You may also request this exemption by completing the Exemption Request form.

[Link to Change Report form](#)

[Link to Manage My Case](#)

[Link to SNAP Exemption form](#)

[Link to Unable to Work Determination form](#)

Submit your forms by uploading them to ABE Manage My Case (MMC), in person, or by mail to your local FCRC.

[← Previous](#)

Next

Let's see if you are meeting SNAP Work Requirements.

Check which work requirements you need to meet for SNAP.

Are you the main caretaker for an incapacitated or disabled person? ?

No Yes

Based on what you told us, you're likely exempt from the SNAP work requirements.

If you are caring for an incapacitated or disabled individual outside of your home, ensure this is reported with an Exemptions Request form.

If this person lives in your home, make sure you have accurately reported this through Manage My Case or a Change Report form. You may also request this exemption by completing the Exemption Request form.

[Link to Change Report form](#)

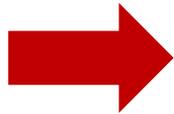
[Link to Manage My Case](#)

[Link to SNAP Exemption form](#)

Submit your forms by uploading them to ABE Manage My Case (MMC), in person, or by mail to your local FCRC.

[← Previous](#)

Next



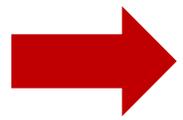
NOTE: Answering yes to anything in the screener suggests an individual “may” qualify for an exemption and links to MMC and/or forms.

Let's see if you are meeting SNAP Work Requirements.

Check which work requirements you need to meet for SNAP.

What is your current county of residence? ?

Cook



Based on what you have told us, you likely will be required to meet the SNAP work requirements.

You can meet the SNAP Work Requirement by doing one or a combination of the following:

- Work at least 80 hours per month. Work can be for pay, for goods or services, unpaid or as a volunteer.
- Participate in a work program at least 80 hours per month. A work program could be SNAP Employment and Training or another federal, state or local work program.
- Participate in workfare for the number of hours assigned to you each month (the number of hours will depend on the amount of your SNAP benefit).

You can report that you are meeting the SNAP work requirements through Manage My Case or a Change Report form. You may also request an exemption by

NOTE: Answering “no” to everything will lead to a page that says the individual IS REQUIRED to meet the SNAP work requirements.

Will discuss more at next webinar!

Next Steps: Forms

- [Manage My Case \(MMC\)](#)
- [Change Report Form \(IL444-1978\)](#)
- [Unable to Work Determination Form \(IL444-2340\)](#) completed by their medical/social service provider
- [SNAP Exemption Form \(IL444-2341\)](#)

Forms

Search Forms

1. by Name/Number - in the "Form" field enter all or part of the form name or number.
2. by Division - choose the desired division from the "Division" field.
3. [Search Forms Help](#)
4. if 'PROCESS WITH DOCUSIGN' is listed next to a form, this means the form can be processed through DocuSign. To use DocuSign please visit [DocuSign Forms](#).

Important! Please use *Adobe Acrobat* or *Reader* to open PDF forms. See [How to Open PDF Forms](#).

Form:

Division:

Language:

Manage My Case (MMC)

Advice:

- Go to “Manage My Work Requirements”
- Check all the boxes that apply.
- Click “Submit Exemption Request”

ABE APPLICATION FOR BENEFITS ELIGIBILITY Help | Print Logged in: hannahstevens@mailinator.com Logout

| Am I Eligible? | Apply For Benefits | Appeals |

Hello, Hannah. You are logged in.

ALERT

- Go Green today! Update your Preferred Delivery Method in [Communication Preferences](#) to receive Electronic Only notices.

Case Summary Benefit Details Contact Information Account Management

Report My Changes Click this button to report changes to your DHS or HFS Office.

Apply for Other Benefits Click this button to apply for additional benefits.

Manage My SNAP Work Requirements Click this button to manage your SNAP Work Requirements.

Welcome to the Case Summary Page. This page gives you a look at your benefits, and lets you know if there is anything you need to do to receive or continue benefits. From this page you can find information about your [benefit status](#), [verifications](#), [notices](#), [application or change report status](#).

We have taken a number of steps to keep your information private and secure. To learn more, [view your security and account management information](#).

As a head of household, you can control benefit information displayed to other adults in your household.

What is the status of my benefit programs?

You have requested or are receiving the benefits mentioned below. Click on the “Click Here” link for each program to view a summary of your benefits. This information is current as of **November 13, 2025 11:06 AM**.

Follow this link and select Other Changes to [Cancel Your Case](#).

Benefit	Description	Summary
	Food Assistance Program	Food Assistance Program Details
	Healthcare Coverage Program	Healthcare Coverage Program Details

MMC Part 2

Hello, Hannah. You are logged in.

Manage My SNAP Work Requirements

The following members of your household are required to comply with the work requirements:

- Hannah Stevens

These members who are aged 18 to 64 are required to comply with special work requirements to continue receiving SNAP benefits otherwise they will be limited to 3 months of benefits during the period of 01/01/2024 through 12/31/2026.

Continue reading on how you can meet these work requirements. You may also be eligible for an exemption.

Meeting SNAP Work Requirements

Work requirements can be met by one or a combination of the following:

- Working (paid or unpaid) an average of 20 hours per week (80 hours per month). To report a new job or changes to an existing job, use [Report My Changes](#) to submit a change report.
- Volunteering through approved community-work organizations for 20 hours per week (80 hours monthly). To report community service, click on the following hyperlink: [IL444-2610 - SNAP Activity Report](#).
- Participating in the SNAP E&T activities (basic education, vocational training, work experience, community workfare, or Earnfare).

Contact your local FCRC for additional information.

Individuals Requesting Exemptions

Some individuals are exempt from participating in work requirements. For example, individuals who are pregnant are not required to comply. If you believe a household member listed above may qualify for an exemption, select the checkbox next to their name below and then select an exemption reason.

Note: If you are requesting an exemption due to being physically and/or mentally unable to work, a signed written statement or form [IL444-2340-SNAP Work Requirement Request-Medical-Service Provider Affidavit to Work Determination](#) must be completed by a healthcare professional.



Hannah

Request an Exemption - Hannah

Please check the box(es) next to any reasons that apply to the individual. Once you have selected all the necessary boxes, click "Submit Exemption Request" to continue.

- I am physically or mentally unable to work.
- I am pregnant.
- I live in a SNAP Household with a child under 14.
- I am experiencing chronic homelessness.
- I am an Alaska Native, American Indian, American Urban Indian, or California Indian, as defined in the Indian Health Care Improvement Act.

Back

Submit Exemption Request

SNAP Exemption Form (IL444-2341)

Advice:

- Fill in all the information that you can.
- Check all the boxes that apply.
- Sign and date the form.
- Others can help filling out the form, but the neighbor must sign/mark unless you are an approved representative.

Customer Signature: 

Date: 

Once the form is completed you can:

- Submit this form electronically by selecting Manage My SNAP work requirement button from your Manage M dashboard at abe.illinois.gov; or
- Return it by mail or in-person to your Family Community Resource Center; or
- Mail it to the Central Scanning Processing Unit (CSU P.O. Box 19138, Springfield, IL 62794)

This section to be completed by the Family Community Resource Center

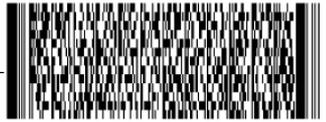
Instructions: If verification is needed, allow the exemption while the verification request is pending.

**Note: Anything below the dotted line is to be completed by the IDHS caseworker!*



State of Illinois - Department of Human Services

SNAP WORK RULES - REQUEST FOR EXEMPTION

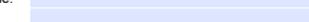


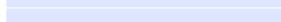
4460433-0212-4348-0271-35040301140

Date: 

Case Name: 

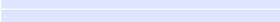
Case Number: 

Address: 

Office Name: 

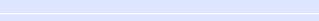
Address: 

Office Address: 

City/State/Zip: 

Phone: 

Tenemos este aviso en español. Para solicitar avisos en español, por Internet vaya al sitio ABE-MMC o llamas al 1-800-843-6154 (TTY 1-866-324-5553 TTY/ Nextalk, 711 TTY Relay).

TTY: 

Fax: 

You can manage your account online at: ABE.illinois.gov.

Complete this section to request an exemption from the SNAP work requirement. You may be asked to provide proof that you qualify for an exemption. If your request is denied you will need to meet the SNAP work requirement to maintain your eligibility for SNAP. You have the right to appeal the decision.

I,  request to be exempt from meeting the SNAP work requirement because (select all that apply):

<input type="checkbox"/>	I have a physical or mental condition that prevents me from working or makes it difficult to maintain work.
<input type="checkbox"/>	I am experiencing chronic homelessness.
<input type="checkbox"/>	I am pregnant.
<input type="checkbox"/>	I live in a SNAP household with a child under age 14.
<input type="checkbox"/>	I am attending a school, college, or training program at least half-time.
<input type="checkbox"/>	I have applied for or am receiving unemployment benefits.
<input type="checkbox"/>	I am in a drug or alcohol addiction treatment program or suffering from substance addiction.
<input type="checkbox"/>	I am currently receiving TANF and am participating and complying with the TANF work and training requirements.
<input type="checkbox"/>	I am an Alaskan Native, American Indian, American Urban Indian, or California Indian (as defined in the Indian Health Care Improvement Act).
<input type="checkbox"/>	I am providing care for another person who needs help caring for themselves. (This person does not have to be living in your home).
<input type="checkbox"/>	I am responsible for the care of a child under the age of 6. (Does not have to be your child or living in your home).
<input type="checkbox"/>	I am an AmeriCorps VISTA volunteer working 30 or more hours a week paid, unpaid, or paid in-kind (living stipend).
<input type="checkbox"/>	I am a migrant or seasonal farm worker under contract with an employer to begin employment within 30 days for an average of 30 hours per week or earning wages at least equal to \$217.50 per week before taxes and other deductions (federal minimum wage \$7.25 multiplied by 30 hours).



IL444-2341 (R-08-25)
Printed by Authority of the State of Illinois



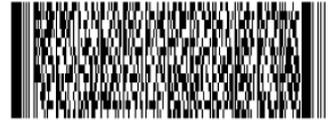
SNAP Work - Request for Exemption
-0- Copies

Unable to Work Determination Form (IL444-2340)

Advice:

- Fill in all the information that you can.
- Sign and date the form.
- A medical/social service provider must *also* complete and sign and date the form OR submit a letter in its place with the same information.
- Medical records are NOT needed.

**Note: The purpose of this form is ONLY to provide an exemption to the SNAP Work Requirement. It is not certifying the individuals is unable to engage in any gainful employment.*



4e6b4c33-62c2-4349-b27f-35048b3b1140

Date:

Case Name:

Address:

City:

State:

Zip Code:

Case Number:

Office Name:

Office Address:

Phone:

TTY:

Fax:

Medical/Social Service Provider:

Please help us determine if the person named below is mentally or physically fit for employment. Please answer the questions in the appropriate section of this form for your profession and sign in the signature section. You do not need to provide medical records. A letter from a medical or social service provider can be provided instead completing and submitting this form. The letter must include all necessary information.

This information will help us determine if this person is unfit to participate in work requirements, per Section 6(o) of the Food and Nutrition Act of 2008. This form is authorized by 89 Ill. Adm. Code 121.160 and is voluntary. There are no penalties for failure to respond.

To be completed by SNAP Customer:

I, (please print name)

living at (please print address)

request verification of my:

physical or mental condition

participation in a drug and alcohol program

participation in homelessness services

participation in domestic violence services

I hereby authorize the release of the medical information and/or rehabilitation participation requested to the Illinois Department of Human Services.

Signature: Date:

To be completed by Healthcare Professional**

Does this person have a temporary or permanent mental and/or physical condition which restricts their ability to:

- Work a job 20 hours per week? Yes No

- Participate in a work and training program activity for 80 hours per month? Yes No

- Is this person pregnant? Yes No



Next Steps: Submitting



Customers can request an exemption at any time by:

- ❑ Contacting their local DHS Office / Family Community Resource Center (FCRC) in person, via phone call, etc.
- ❑ Submitting one of the forms by:
 - ❑ uploading it to ABE Manage My Case (MMC)
 - ❑ faxing to the Central Scanning Unit (number),
 - ❑ Bringing in person or by mail to a local FCRC/DHS office

For questions call the IDHS Help Line at **1-800-843-6154**

To find the closest FCRC/DHS office, [IDHS: Office Locator](#)

For help with MMC, contact ABE.questions@illinois.gov

**Note: A service provider may support an individual with completing this process.*

Next Steps: Confirming



Currently, customers can confirm an exemption at any time by:

- Contacting their local DHS Office / Family Community Resource Center (FCRC) in person, via phone call, etc.
- Call the IDHS Help Line at **1-800-843-6154**
- Check ABE Manage My Case (MMC)

Next Steps: Timeline



Dec 1, 2026
Now!

Feb 1, 2026
*Work Requirements
Time Clock Starts*

Mar 1, 2026
Month 2 starts

May 1, 2026
First SNAP recipients removed for non-compliance.

Jan 31, 2026
Illinois' statewide ABAWD waiver ends

Feb 28, 2026
Last day to submit an exemption that counts for this month.

Apr 1, 2026
Month 3 starts

Best time to screen and apply for exemptions!

But exemptions can be applied for at any time
**Remember a situation can change, including age!*

Opportunities to Take Action!

Community partners can help minimize customers losing SNAP benefits.



Help **communicate SNAP changes** to customers



Help customers **navigate changes to eligibility** requirements



Help **test new wording in application or other materials** to ensure it's easy to understand



Help IDHS **learn more about challenges** customers are facing



Help customers **understand changes to application and work** requirements

Need Help?

- Go online to the Illinois Application for Benefits Eligibility (ABE) at [ABE.Illinois.gov](https://abe.illinois.gov). Use Manage My Case to access your benefits, check your redetermination due date, and verify your mailing address
- Visit your local DHS Office / Family Community Resource Center (FCRC) aka "one-stop" centers for cash & medical assistance, food stamps, and job services. See [IDHS: Office Locator](#) to find the closest one
- Call the IDHS Help Line at **1-800-843-6154**
- Identify your area's local SNAP Outreach Plan partner.

More Information

Visit the following resource centers online:

- IDHS SNAP Federal Impact Center - <https://www.dhs.state.il.us/?item=174038>
- We Got You Illinois - <https://wegotyouillinois.org/>
- Illinois Commission to End Hunger - <https://www.endhungerillinois.org/>

Or sign up for:

- Benefits Access Group Monthly Meeting by emailing Lynette.mackenzie2@illinois.gov
- Illinois Anti-Hunger Advocates Monthly Meeting - <https://us06web.zoom.us/meeting/register/tZctdumpqz0oGd1O2zW6K-2JU8r9tUcY9T#/registration>

More Information

REGISTER for Save Our SNAP: Deep Dive Series on Pending Changes in Illinois

For individuals and organizations that support Illinois neighbors to enroll in and navigate the program, the commission will also be hosting a webinar series in early 2026 to dive deeper into the technical policy changes and implementation. This series is ideal for benefit enrollers/navigators, social service providers, and policy experts.

- Friday, December 12th from 11am-noon CT
- Tuesday, January 13th from 1-2 pm CT
- Tuesday, February 10th from 1-2 pm CT

Register --> https://us06web.zoom.us/webinar/register/8517634239421/WN_iagh1CRTR8q3Jk9hJOJbnQ

Q & A