Important Reminder for SNAP Recipients:
New Work Requirements in the District

Are you between the ages of 18 and 64 and receive SNAP benefits in the District? You may need to meet new work requirements to continue receiving benefits. Here is what you need to know.

BETWEEN 18-64 YEARS

There are new work requirements for people **ages 18 to 64 who receive SNAP benefits in the District and do not meet an exemption.** As of June 1, 2026, when you recertify or apply for SNAP, you will be told if you need to meet the new work requirements.

You may qualify for an exemption if you are: pregnant, live with a child under 14, have a physical or mental health condition that makes it hard to work, receive disability-related benefits, or meet another exemption.

If you do not qualify for an exemption, **you must work or do training for 80 hours per month, or volunteer** at the SNAP Volunteer Program for a smaller number of hours.

*If you do not have an exemption and do not meet the work requirements, **you cannot receive SNAP for more than 3 months in a 3-year period.***

To learn whether you or someone in your household may be affected by the new rules, **use the Pre-Screener Tool. You can find out in under 10 minutes** if you may need to follow new SNAP work requirements, and you can also access relevant forms at the same link.

workrequirements.dc.gov

DHCF Department of Health Care Finance

DC DEPARTMENT of HUMAN SERVICES

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MURIEL BOWSER, MAYOR