

Fixed Clock Reset: Talking Points/FAQs

What is the SNAP work rules time limit?

Time-limited SNAP recipients can only receive three months of benefits in a state-wide 36-month eligibility period, unless they meet the work requirement or an exemption.

Why do I have to follow the SNAP time-limited work rules?

Generally, you have to follow the time-limited work rules if you:

- Are 18-64 years old
- Do not live with a dependent/child under age 14
- Do not have a mental or physical health condition stopping you from working.

I never had to follow these rules before, why now?

A new federal law, known as the Big Beautiful Bill, signed into law by President Donald Trump on July 4, 2025, made major policy changes to SNAP, including expanding time-limited work rules to an additional 27,000 Minnesotans.

When are the statewide eligibility periods?

The previous 36-month eligibility period was from Jan. 1, 2023 – Dec. 31, 2025.

The current 36-month eligibility period is from Jan. 1, 2026 – Dec. 31, 2028.

What happens when the state reaches a new 36-month eligibility period?

All SNAP recipients who have to follow the time-limited work rules will be eligible for three months of benefits until the end of the 36-month eligibility period. Time-limited recipients can get more than three months of benefits by meeting the work requirement or having an exemption.

What if I was currently receiving SNAP?

Active SNAP cases will continue to receive SNAP as long as they are eligible. Active time-limited recipients will get three months of eligibility (without meeting the work requirement) from Jan. 1, 2026 – Dec. 31, 2028.

What if I used all three months in the previous time period?

You will need to re-apply for SNAP to confirm your eligibility. If you're eligible for SNAP, you may be entitled to three months of benefits from Jan. 1, 2026 – Dec. 31, 2028 (without meeting the work requirement).

Do I need to re-apply?

If you are currently receiving SNAP, you will continue to receive SNAP in the new 36-month eligibility period.

If you are not currently receiving SNAP, you will need to re-apply to confirm that you are eligible.

How can I get more than three months of SNAP?

You have to meet the work requirement or have an exemption to qualify for more than three months of SNAP benefits.

How do I qualify for an exemption?

If you meet an exemption, you do not have to meet the work requirement to get SNAP benefits. Qualifying exemptions include:

- You are a caretaker for a person who cannot care for themselves
- You are a caretaker for a dependent child under age 6
- You are living with a child who is under age 14 who is part of the same SNAP household
- You are physically or mentally unable to work
- You are an American Indian/Alaskan Native, Urban Indian or California Indian as defined in the Indian Health Care Improvement Act
- You are pregnant
- You are receiving or have applied for unemployment compensation
- You are taking part in an alcohol or other drug abuse treatment or rehabilitation program
- You are enrolled at least half-time in a recognized school or institution of higher learning
- You are participating in Minnesota Family Investment Program or Diversionary Work Program and in compliance with employment service requirements for the program
- You are working 30 or more hours per week or are earning weekly wages of \$217.50 or more
- You are experiencing other boundaries to getting or keeping employment, such as experiencing homelessness or domestic violence

How do I meet the work requirement?

Spend at least 80 hours each month doing one or a combination of the following activities:

- Working
- Taking part in a job training or work program or
- Volunteering.

Each month you meet the work requirement, you earn an additional month of SNAP eligibility.

How can I get help meeting the work requirement?

SNAP Employment and Training is a program that can help people on SNAP with their careers, employment and education goals. Trained coaches from the program can create a plan based on your needs and goals so you can:

- Find a good job
- Find free training for in-demand jobs
- Get financial support for transportation, clothing, fees, tuition, equipment, bills and emergency needs.

What happens if I don't follow the time-limited work rules?

If you have not met the work requirements or verify an exemption for three full months that you receive SNAP benefits, you will lose your benefits until the next 36-month period (January 2029).

If you lose your SNAP benefits, you can re-apply if you start to meet your work requirements or meet one of the exemptions.