



SNAP 3-Month Time Limits in TN



SNAP 3-MONTH TIME LIMITS (OR WORK REPORTING REQUIREMENTS) ARE IN EFFECT!

Certain people who receive SNAP (food stamps) must provide proof of work hours to keep benefits. A person subject to time limits only receives 3 months of benefits in a 3-year period unless exempt or meeting requirements.

WHO IS AFFECTED:

- Ages 18-64
- Non-disabled
- Households without children or dependents under 14

WORK REPORTING REQUIREMENTS:

Complete 20 hours per week or 80 hours per month of the following:

- Paid work;
- Work for trade (e.g. work in exchange for rent or other goods);
- Unpaid work/volunteering;
- Workforce development programs offered by American Job Centers;
- SNAP Employment & Training (E&T);
- Adult Education (HiSET and GED classes); OR
- Meet the requirements for Temporary Assistance for Needy Families program (also called TANF or Families First)

WHO IS EXEMPT:

- Younger than 18 or older than 64;
- Live with a child under 14 (does not need to be a relative);
- Earn \$217.50 pre-tax per week, regardless of hours worked;
- Have a short or long-term disability or issue that makes it hard to work;
- Are pregnant;
- Applied for or are currently receiving unemployment;
- Participate in a drug or alcohol addiction program;
- Enrolled at least half-time in college or tech school;
- Care for a disabled person or child
- Are unfit to work for other reasons

If exempt, tell DHS and find out what documentation to provide to keep your benefits. OneDHS.tn.gov or 866-311-4287

IF SUBJECT TO TIME LIMITS:

1. Contact DHS to enroll in qualifying activities.
2. Contact TJC if you or someone you know is wrongfully subjected to time limits and has lost SNAP benefits.