



OREGON DEPARTMENT OF
Human Services

FEDERAL SNAP CHANGES

The Oregon Department of Human Services (ODHS) is announcing federally required changes to the

Supplemental Nutrition Assistance Program (SNAP) in Oregon. These changes are required under House Resolution (H.R. 1), a federal law passed on July 4, 2025. More than 740,000 people in Oregon currently receive SNAP benefits, and ODHS expects more than 313,000 people enrolled in SNAP may be impacted by the H.R. 1 changes.

These changes will affect three main groups of SNAP recipients: **households receiving utility assistance, able-bodied adults ages 18 through 64 with no child under age 14 in their SNAP group, and certain lawfully present immigrants.**

Utility assistance and SNAP benefits:

- Households previously eligible for the Heating and Cooling Full Utility Allowance (FUA) through energy assistance programs like Low-Income Home Energy Assistance Program (LIHEAP) or “Heat and Eat” will see changes.
- Only households with at least one member who is age 60 or older or a member with a disability will automatically qualify for FUA.
- Approximately 29,000 households will lose this allowance, reducing their SNAP benefits by an average of \$58 per month.

Able-Bodied Adults Without Dependents (ABAWD)

- People who don’t meet work rules may lose SNAP benefits after 3 months.
- The work rules will apply to adults ages 18–64 without a disability or without children under age 14 in their SNAP household. Previously the work rules applied to adults ages 18 to 54 without a child under 18 in their SNAP household.
- People with ABAWD status must work or participate in a qualifying activity for at least 80 hours per month.
- Veterans, people experiencing homelessness and young adults aging out of foster care are no longer exempt from the work rules.

- Tribal Members and people who meet the federal definition of “Indian, Urban Indian, or California Indian” are newly exempt from the work rules.
- In January 2026 these ABAWD requirements will be implemented statewide.
- It’s estimated that 310,000 adults will have to be newly evaluated to see if they have to meet the work rules.

Refugees, Asylees and certain other lawfully present immigrants

- Refugees, asylees, trafficking survivors and other conditionally allowed non-citizens who were eligible for SNAP as of July 3, 2025, will lose eligibility under H.R. 1.

Contact ODHS

If you have questions or need help understanding these changes, contact ODHS:

- By phone: Call 1-800-699-9075 or 711 (TTY), relay calls welcome
- In person: Visit a local office ([find one online](#))
- By Mail: (Requests must be received by the deadline)
ONE Customer Service Center, PO Box 14015, Salem, OR 97309
- By email: Send requests to Oregon.Benefits@odhsoha.oregon.gov
- Online: Submit requests through a [ONE Online account](#)