

SNAP Time Limits

Who is Subject to Time Limits? An individual has an Able Bodied Adults Without Dependents (ABAWD) status when they are between the ages of 18 to 52 with no children on their SNAP case under age 18. Some people may be exempt because of where they live or because they meet an exemption.

Who is at risk of losing benefits? Each month that a person with an ABAWD status has not shown participation counts towards their 3-month time limit. Individuals began accruing time limit months in July.

Each month, a notice will be sent to the SNAP household explaining the counting month and how to meet participation requirements. After the third countable month, the household will be closed or reduced.

Why is this important? Starting in October, approximately 20,000 individuals in Oregon will begin to lose SNAP benefits each month due to reaching the time limit.

Steps to Regain SNAP Eligibility

Step 1: Contact the ODHS ABAWD team at:
Phone 1-833-947-1694, Monday through Friday,
8 a.m. to 5 p.m.
Email at snap.abawdteam@odhsoha.oregon.gov



Step 2: ODHS will refer the customer to a WorkSource case manager to set up a plan.

Step 3: The customer will need to stay in contact with their WorkSource case manager about their progress and weekly work search activities.

Resources

ODHS Info and FAQ: <https://www.oregon.gov/odhs/food/Pages/snap-time-limits.aspx>

WorkSource Oregon Info: <https://worksourceoregon.org/step>