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 18-52
- Non-disabled
- Households without children or dependents

WHO IS EXEMPT:
- Younger than 18 or older than 52;
- Live with a child under 18 (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;
- Are homeless;
- Are formerly in foster care and under 25;
- Are a veteran
- 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 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.

OneDHS.tn.gov or 866-311-4287

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)

If exempt, tell DHS and find out what documentation to provide to keep your benefits.