

# **Benefits Navigators Communities of Practice**

## **2026 SNAP Work Requirement Provisions**

**Illinois Board of Higher Education & Illinois Community College Board**  
**March 24, 2026**

**Welcome from IBHE and ICCB!**



# Agenda

- **Announcements**
- **Introductions**
- **Greater Chicago Food Depository Presentation**
  - Save our SNAP Efforts following H.R. 1
- **Illinois Department of Human Services Presentation**
  - H.R. 1 SNAP Changes and the Impact for Illinois
- **Discussion Activity**
- **Closing**

# Introducing the IBHE Student Success Strategy Team

The Student Success Strategy team coordinates student-focused programs, grants, and partnerships to help improve student outcomes as outlined in the agency's strategic plan. The team works in close partnership with colleges and universities across Illinois to support their efforts to improve student success and close equity gaps.



**Jill Gebke**

Director, Student Success Strategy



**Jeremy Kingery**

Sr. Assoc. Director Student Access & Success



**Hannah Church**

Student Success Specialist



**Lauryn Lucas**

Student Success Specialist

## HOUSE Summit

- Thursday, May 21st at Illinois State University's Student Bone Center, 200 N University St Normal, IL 61761.
- For questions or more information, contact Hannah Church at [church@ibhe.org](mailto:church@ibhe.org)
- Register here:



# Meet Our Speakers



## Illinois Department of Human Services

Sheena Panoor  
Associate Director, Office  
of Workforce Development



## Greater Chicago Food Depository

Autumn Clark  
Manager of Public Benefits  
Partnerships

Roni Lee  
Public Benefits Enrollment  
Specialist

# **GREATER CHICAGO FOOD DEPOSITORY**

**Save our SNAP Efforts following H.R. 1**

Autumn Clark and Roni Lee

# OUR AGENDA



Food Depository Intro and SNAP Work



Save Our SNAP



Policy Initiatives



Expansion of Benefits Services



Benefits Hub

# OUR MISSION IS TO END HUNGER

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We believe food is a basic human right.

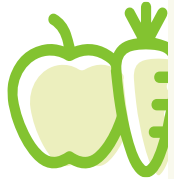
To achieve our mission, we work in partnership with a network of community-based organizations and individuals.

Together, we connect our neighbors with healthy food, lift our voices and advance solutions that address the root causes of hunger – poverty, systemic inequity, and structural racism.

Together, we are greater. **Together, we can end hunger.**



# WHAT WE DO:



## WHERE OUR FOOD COMES FROM

- Donated, purchased or received through federal government programs
- Purchase food in bulk to meet the needs of our community and ensure the availability of nutritious and culturally-relevant options



## DELIVERING ON OUR MISSION

- Majority distributed across soup kitchens, shelters, food pantries & mobile programs
- Partners serve food in a variety of ways. Many offer additional services, including mental health, housing assistance, etc.



## PREPARING FOR DISTRIBUTION

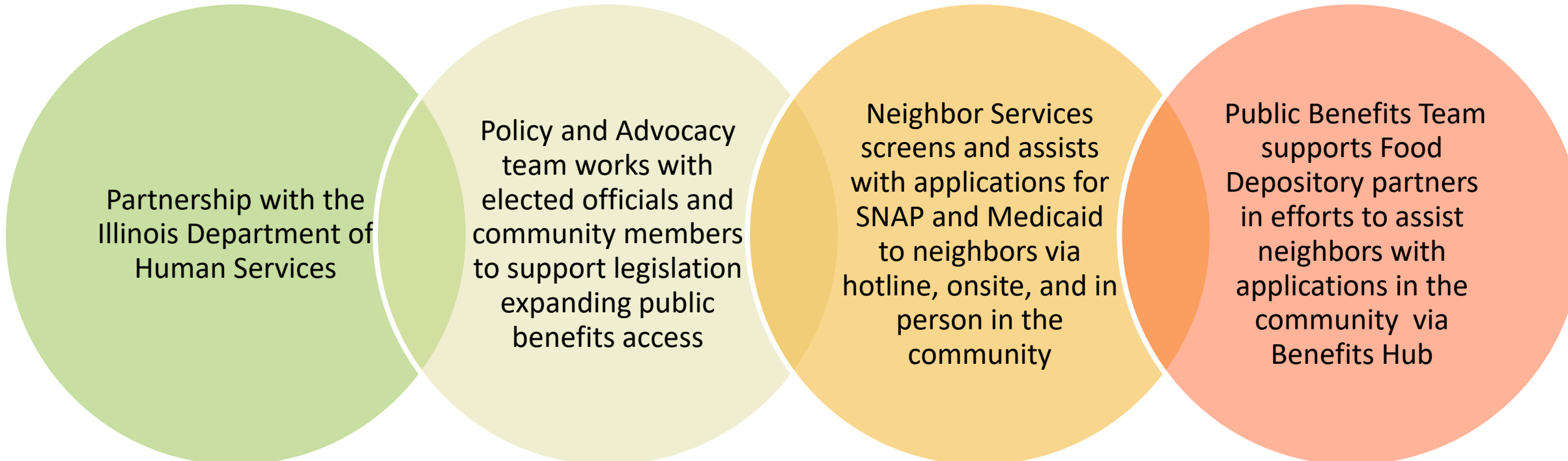
- Volunteers help prepare for distribution; Food inspected, sorted, repacked, labeled
- Our vehicles distribute food safely to food pantries & programs across Cook Cty.



## ADVANCING SOLUTIONS THAT ADDRESS THE ROOT CAUSES OF HUNGER

- Help connect people to benefits, provides paid job training and advocate for change
- Strive to bolster the emergency food system by investing in partners across our network

# PUBLIC BENEFITS WORK



Partnership with the  
Illinois Department of  
Human Services

Policy and Advocacy  
team works with  
elected officials and  
community members  
to support legislation  
expanding public  
benefits access

Neighbor Services  
screens and assists  
with applications for  
SNAP and Medicaid  
to neighbors via  
hotline, onsite, and in  
person in the  
community

Public Benefits Team  
supports Food  
Depository partners  
in efforts to assist  
neighbors with  
applications in the  
community via  
Benefits Hub

**SAVE OUR SNAP**



**GREATER  
CHICAGO  
- FOOD -  
DEPOSITORY.**

**SAVE OUR SNAP**

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# OPERATION SAVE OUR SNAP (SOS)

*Coordinating across departments to keep the safety net intact*

## The PURPOSE

Implement a coordinated cross-departmental response to the changes in SNAP by centering our neighbors and working in partnership with leaders across Cook County and Illinois.

## Key OBJECTIVES

- Advocate to **keep the SNAP program** intact in Illinois
- Advocate for State and Federal agencies to **manage program change with compassion and dignity**
- **Maintain a baseline of SNAP utilization** in Illinois and Cook County
- Connect neighbors who fall off the program with **3 meals every day.**

# STRATEGIES TO DEFEND SNAP:

*WORKING IN PARTNERSHIP TO KEEP ILLINOIS FAMILIES FED*



**Administrative  
Advocacy and  
Strategic  
Relationships  
with State  
Government**



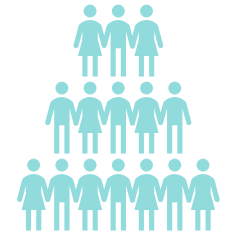
**Build Awareness  
About The  
Changes**



**Increase  
Capacity To  
Enroll And  
Retain SNAP  
Participants  
Across Cook  
County**



**Support For  
SNAP  
Beneficiaries at  
Risk of Benefit  
Loss**



**Create a  
Movement of  
SNAP Advocates**

**POLICY INITIATIVES**



# **POLICY INITIATIVES**

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# ADVOCATE AT MANY LEVELS

## FEDERAL

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### *Short-term*

Delay the SNAP Cost Shift to States

### *Longer-term*

Reverse the Cuts to SNAP in H.R. 1 and Strengthen Program

## STATE

### *2026*

Pass bills for assistance for populations that lose SNAP

### *2027*

Advocate for Illinois budget to include the full benefit cost share to keep SNAP intact

## LOCAL COMMUNITIES

Mitigate harm by keeping as many people as possible enrolled in SNAP

Gather stories and data about the impacts of H.R. 1

Connect neighbors to emergency food resources and other programs

# POLICY PRIORITIES FOR 2026

## FRESH Act

Creating an emergency assistance fund – called Families Receiving Emergency Support for Hunger (FRESH)– that will provide a one-time payment of \$600 (roughly 3 months of the average SNAP benefit).

**S.B.3277 (Sims)/ H.B.4730 (Avelar)**



## Expand State Support

Expand existing state-funded SNAP-like program (VTTC Food) to provide ongoing food assistance to those immigrants losing SNAP

**S.B.3167 (Guzmán)/ H.B.4831  
(L. Hernandez)**



## Keep Legislators Informed

Creating a bi-partisan, bi-cameral working group convened by the Illinois Commission to End Hunger focused on H.R. 1 implementation.

**S.B.3276 (Sims)/ H.B.5062 (Lilly)**



**EXPANSION OF BENEFIT SERVICES**



# **EXPANSION OF BENEFITS SERVICES**

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# NEIGHBOR SERVICES AND SUPPORT

## Pre HR 1

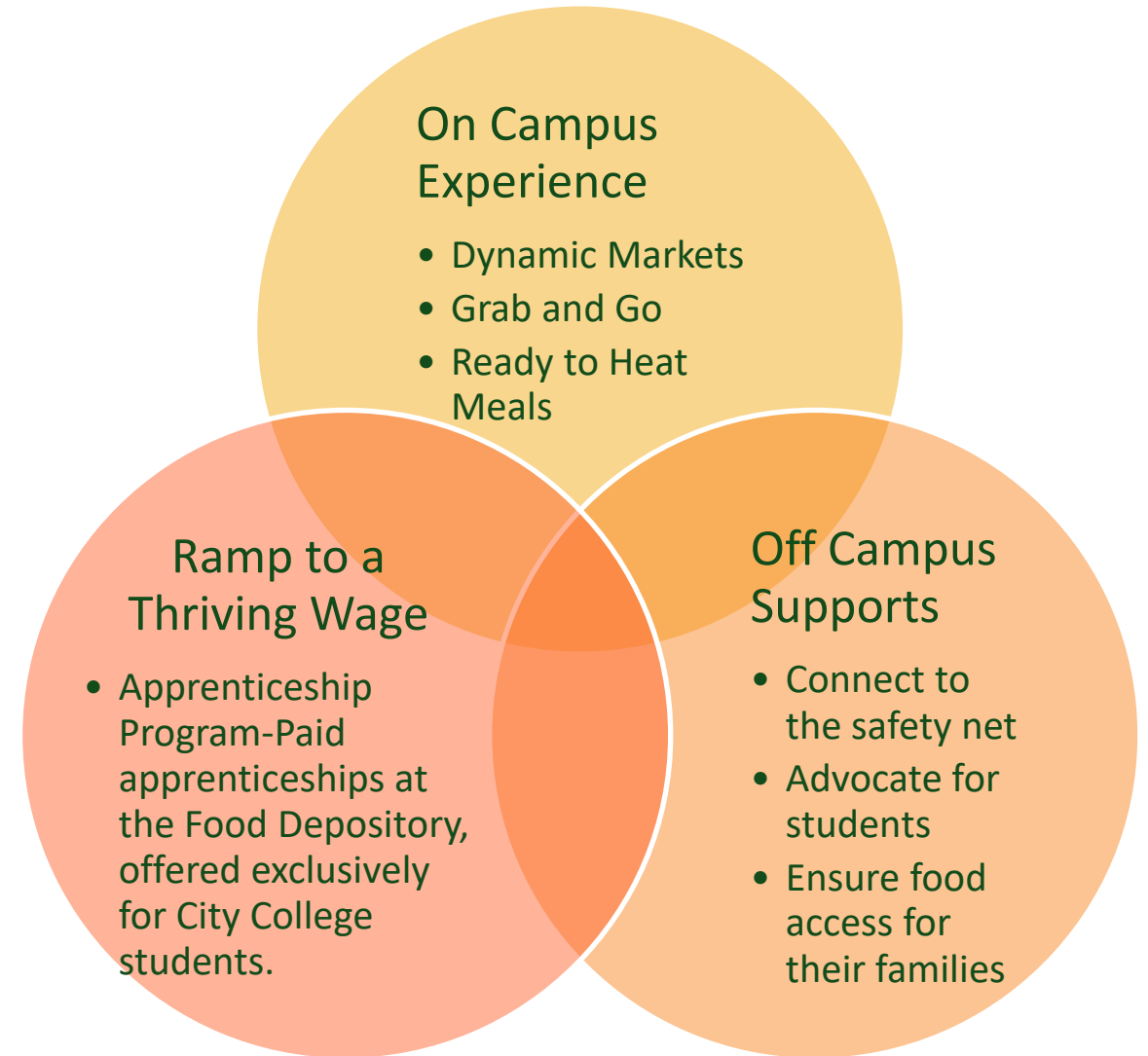
- SNAP and Medicaid Screening and Applications via hotline and in-person at community sites (priority was phone assistance)
- Internal metrics focused on screening and application numbers
- Neighbor initiated case management
- 10 Partners trained to enroll neighbors
- Priority areas based on food insecurity stats

## Post HR 1

- Increased number of Benefits Specialists and created Partner Support Specialist role
- Increased presence at community sites
- Added in-person assistance onsite at the Food Depository
- Support with work requirement exemption screenings and requests
- Metrics shift to include work requirement exemption forms
- Expanded Partner engagements to include Outreach, Referral, Hosting, and Enrollment
  - 98 Partners engaged
- Priority communities shifted to include high SNAP gap areas and high SNAP utilization areas

# COLLEGE STUDENTS & CITY COLLEGES CHICAGO

- Food Depository has increased its focus on college students in recognition of the additional barriers they face when accessing SNAP and food resources
- The Food Depository has committed to a vision where every student at City Colleges of Chicago has sufficient food for them and their family, and a path to a thriving wage career.
- Two full time Public Benefits Enrollment Specialists that are on CCC campuses four times a week each week offering services on SNAP, Medicaid, and referrals for WIC



**BENEFITS HUB**



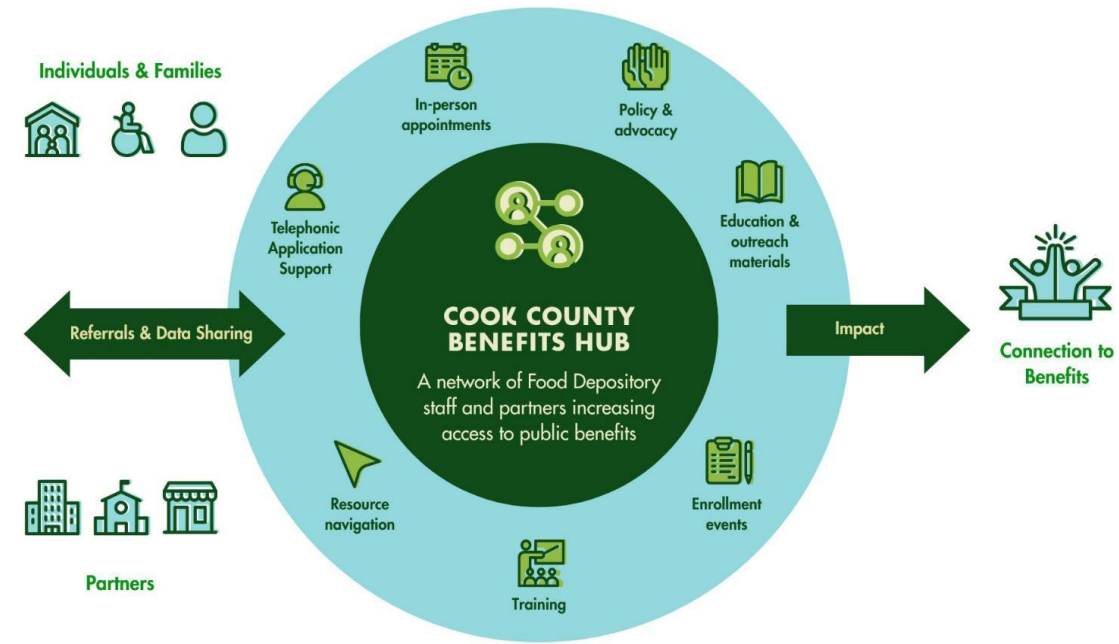
# **BENEFITS HUB**

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# INCREASE PARTNERSHIPS & PRESENCE OF “HUB”

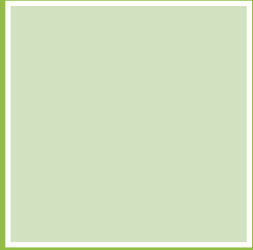
## What is the Benefits Hub? *(official name and logo TBD 😊)*

- A network of partners dedicated to **ensuring every neighbor in Cook County is enrolled in the benefits they are eligible for.**
- With this vision in mind, this network will:
  - **Coordinate outreach strategies** to address gap areas of service
  - **Share aggregate data** on public benefits participation
  - **Simplify the latest benefits policies** and procedures to implement them
  - Developing **consistency in training** on benefits screening and enrollment efforts, including sharing of **best practices**
  - Providing **administrative advocacy opportunities**



# SPECTRUM OF PARTNERSHIP :

## MEETING OUR PARTNERS WHERE THEY ARE



### Education Partners

- Trained to understand the basics of nutrition programs, eligibility, understanding of how to refer; promotion of programs



### Referral Partners

- Provide warm, trackable, referrals to enroll neighbors into nutrition programs



### Hosting partners

- Host enrollers at in person events



### Enrollment Partners

- Have existing capacity and proven ability to provide direct application support and case management or already provide application assistance but need additional support



**QUESTIONS**



**QUESTIONS?**

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# **ILLINOIS DEPARTMENT OF HUMAN SERVICES**

## **H.R. 1 SNAP Changes and the Impact for Illinois**

Sheena Panoor

# HRI SNAP CHANGES AND IMPACTS FOR ILLINOIS





**SNAP IN  
ILLINOIS**



**\$4.7B in SNAP benefits** issued to Illinoisans annually:

- ~1M households
- ~1.9M people

Notably:

- Includes 44,217 **Veterans**<sup>1</sup>
- 37% SNAP households have **older adults**<sup>1</sup>
- 45% SNAP households have **children**<sup>1</sup>
- 44% SNAP households have a person with a **disability**<sup>1</sup>

1. [https://frac.org/wp-content/uploads/SNAP\\_FactSheets\\_022525\\_IL14.pdf](https://frac.org/wp-content/uploads/SNAP_FactSheets_022525_IL14.pdf)

# Summary of HRI's Cumulative Impact



**~440K**  
ILLINOISANS

Changes in HRI were initially estimated to impact more than **~440K Illinoisans who would potentially be subject to work requirements** and therefore be at risk of not receiving SNAP benefits.



**\$1B**  
ILLINOIS  
INDUSTRIES

Federal government's actions to pull back from SNAP investment could cause **wage losses of up to \$1 Billion** annually across Illinois industries along the supply chain from farms to tables.



**\$7.2B**  
ECONOMIC  
IMPACT

For every \$1 in SNAP benefit, there is an economic impact of \$1.54 on communities<sup>2</sup>, the threat to the entire \$4.7B, **threatens \$7.2B in positive economic impact for IL.**



**~1.7M**  
ILLINOISANS

Compounded impact on more than **1.7 million Illinoisans** who rely on both SNAP and Medicaid.

# **Able-Bodied Adults Without Dependents (ABAWDs)**



# Characteristics of the ABAWD Population\*



Instability	Limitations	Lack of Employment	Little Consistency	Rural Challenges
<p>Experiencing instability and managing immediate crises.</p>	<p>Higher rates of homelessness and mental and physical limitations that may not qualify as a full disability but impact the ability to work 80 hours a month.</p>	<p>Often disconnected from the workforce or working in low-paid jobs with unpredictable hours that don't offer benefits like paid sick leave.</p>	<p>Lack of consistent mailing address and less responsive to traditional means of communication, such as phone, email, and regular mail than other SNAP recipients.</p>	<p>Rural participants have even less access to job opportunities, training programs, transportation, and broadband internet access.</p>

***The ABAWD time limit substantially reduces SNAP participation and does not increase employment or earnings.\*\****

\*\*Source: Urban Institute Report: [The Impact of SNAP ABAWD Time Limit Reinstatement in Nine States](#), June 2021

\*ABAWD characteristics may shift with the OBBBA addition of individuals in households with school-age children and 55-64 year-olds.

- SNAP recipients age 18-64 who are subject to the time limit **lose eligibility for SNAP** once they have **received 3 full months of benefits in a three-year period** without meeting the work requirement or an exemption.
- Individuals who exhausted their three months can **regain eligibility** by either:
  - Meeting an exemption, or
  - Meeting the work requirement for 80 hours in 30 consecutive days.These individuals remain eligible in the three-year period as long as they continue to be exempt or meet the work requirement.
- Individuals who regain eligibility by meeting the 80-hour requirement but later stop meeting can receive **one additional set of three consecutive “bonus” months** during the three-year period.
- In Illinois:
  - The time limit returned on **February 1, 2026**.
  - Approximately **220,000 SNAP recipients** are at risk of losing SNAP benefits on May 1, 2026.
  - The current three-year period ends on December 31, 2026. The new three-year period begins and the **time limit resets on January 1, 2027**.

# Exemptions from SNAP Work Requirements\*

Younger than age 18,  
or age 64 or older

Pregnant

Parent or other  
member of the SNAP  
household with a  
child under 14 years  
of age

Taking care of a child  
younger than age 6  
(does not have to live  
in the home)

Indian, Urban Indian,  
California Indian, and  
other Indians who  
are eligible for Indian  
Health Services

Already working at  
least 30 hours a  
week OR earning  
\$217.50 or more per  
week

Providing care for  
another person who  
needs help caring for  
themselves ( does  
not have to live in  
the home)

Meeting work  
requirements of  
another program  
(TANF or  
unemployment  
compensation)

Going to school,  
college, or training  
program at least half  
time

Applied for or are  
receiving  
unemployment  
benefits

Not able to work the  
required hours  
because of a physical  
or mental health  
reason

Participating  
regularly in a drug or  
alcohol addiction  
treatment program

Residing in a waived  
(exempt) county  
(NOT APPLICABLE  
IN ILLINOIS)

People experiencing  
chronic  
homelessness

Otherwise exempt  
from the SNAP Work  
Provision

*\*This includes exemptions from the work provisions and work requirement.*



# **Work Requirement Screening Tool**

## Welcome to ABE

### Helping people in Illinois lead healthy and independent lives

Use this site to apply for and manage your  
healthcare, food, and cash assistance benefits.



[Check if I Should Apply](#)

[Apply for Benefits](#)

[Manage My Case](#)

[Check if I Should Apply for  
Summer EBT](#)

[Check if I Meet SNAP  
Work Requirements](#)

[ABE Provider Sign In](#)

[Community Partner Registration](#)

[Illinois.gov](https://www.illinois.gov) - IL Application for Benefits Eligibility (ABE) ABE Home Page

## Manage My Case

1

Create an ILogin account and connect to ABE



2

Link the ILogin / ABE profile to case information



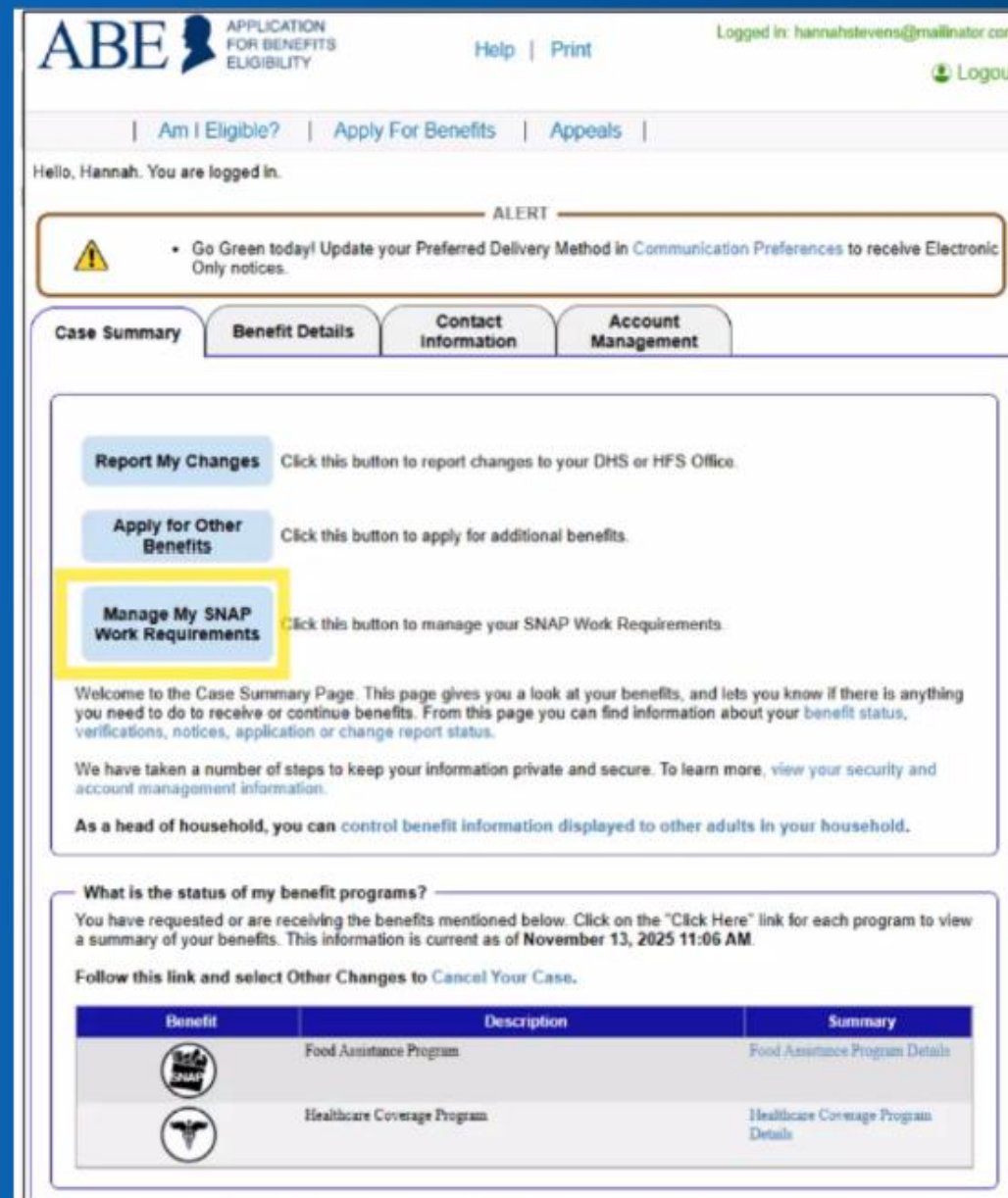
3

Complete identity verification, also called ID proofing



# Supporting ABAWDs in Meeting Work Requirement

## Manage My Case Landing Page



**ABE** APPLICATION FOR BENEFITS ELIGIBILITY Help | Print Logged in: hannahstevens@mailinator.com Logout

| [Am I Eligible?](#) | [Apply For Benefits](#) | [Appeals](#) |

Hello, Hannah. You are logged in.

**ALERT**

- Go Green today! Update your Preferred Delivery Method in [Communication Preferences](#) to receive Electronic Only notices.

**Case Summary** | **Benefit Details** | **Contact Information** | **Account Management**

**Report My Changes** Click this button to report changes to your DHS or HFS Office.

**Apply for Other Benefits** Click this button to apply for additional benefits.

**Manage My SNAP Work Requirements** Click this button to manage your SNAP Work Requirements.

Welcome to the Case Summary Page. This page gives you a look at your benefits, and lets you know if there is anything you need to do to receive or continue benefits. From this page you can find information about your benefit status, verifications, notices, application or change report status.



We have taken a number of steps to keep your information private and secure. To learn more, [view your security and account management information.](#)

As a head of household, you can [control benefit information displayed to other adults in your household.](#)

**What is the status of my benefit programs?**

You have requested or are receiving the benefits mentioned below. Click on the "Click Here" link for each program to view a summary of your benefits. This information is current as of **November 13, 2025 11:06 AM**.

Follow this link and select **Other Changes** to [Cancel Your Case.](#)

Benefit	Description	Summary
	Food Assistance Program	<a href="#">Food Assistance Program Details</a>
	Healthcare Coverage Program	<a href="#">Healthcare Coverage Program Details</a>

## Customers can request an exemption at any time by:

- Contacting their local FCRC in person, via phone call etc.
- Submitting form IL444-2341 SNAP Work Requirement- Request for Exemption (You can find the form on the ABE Manage My Case website)



Note: Customers generally do not have to provide proof of the exemption. However, if the exemption is questionable, IDHS may ask for verification.

Customers can upload documents and [forms](#) to show proof of meeting the Work Requirement or of being exempt through Manage My Case

*A service provider may support an individual with completing this process.*

**For help with Manage My Case: [ABE.questions@illinois.gov](mailto:ABE.questions@illinois.gov)**

**The FCRC may excuse someone from work requirements if they are mentally or physically unable to work but verification may be needed in some cases.**

Form IL444-2340 SNAP Work Provision and Work Requirements – Unable to Work Determination can be used to document the customer's situation. This form can be completed by:

- Healthcare Professionals
- Staff/Social Workers with direct knowledge of the potential exemption may complete:
  - Drug and Alcohol Treatment Programs
  - Homelessness Service Providers
  - Domestic Violence Services Providers

# Mitigating Payment Error Rates



**Payment Error Rate** – paying too little or too much in SNAP benefits

- New law requires error rates above 10% to pay 15% of SNAP benefit costs in FY2027
- Illinois' PER was 11.6% - mostly due to technical and reporting errors

If Illinois' PER is not lowered, it could mean a penalty of \$705M

- Illinois cannot afford this penalty
- We may see a cut in SNAP eligibility in Illinois
- Or an end to SNAP in Illinois



**Illinois MUST lower its Payment Error Rate**

## Simplified Reporting

- Began October 23, 2025, for all households.
- Households generally must only report when their income (before taxes) goes above the SNAP income limit for their household size.

## 6-Month Certification Periods

- Households certified before October 23, 2025, will still have a 12-month certification period, with a mid-point report at 6-months.
- Households certified after October 23, 2025, will have to complete a full redetermination every 6 months, with NO mid-point report.
- **Interviews will occur at initial application, the first 6-month redetermination, and then every 12 months after that.**
- Older adult households with expanded 24-month certification periods are NOT impacted.

## **Verifying shelter costs**

- Previously, IDHS did not require proof of housing/shelter expenses.
- As of October 23, 2025, households are now required to submit proof of their housing/shelter expenses at initial application and redetermination. (NOT utilities)
- An application will NOT be denied for failure to verify. Instead shelter expenses will be excluded from budgeting until verified.

## **Update out-of-pocket medical costs**

- At initial application and redetermination, IDHS will ask recipients to verify any out-of-pocket medical costs.
- Previously IDHS would assume these costs stayed consistent and would not ask for ongoing verification.

# Action Steps to Address HRI Changes

- 1 Educate and engage participants and community partners** on all exemption pathways (e.g., physical and mental barriers to work) and ways to meet the work requirement through a comprehensive communications and outreach plan and trainings for community partners.
- 2 Expand our voluntary SNAP Employment and Training (E&T) program** to help ABAWDs meet the work requirement and ensure statewide coverage. SNAP E&T will remain voluntary.
- 3 Leverage our existing workforce system** (outside of SNAP E&T) and provider network to help ABAWDs meet the work requirement.

*Our efforts to support ABAWDs with the return of the time limit will be leveraged as a foundation for implementing Medicaid work requirements.*

# Meeting the Work Requirement



# To meet the work requirement a person must, for an average of 20 hours per week (i.e., 80 hours per month):

Work  
(paid or unpaid)

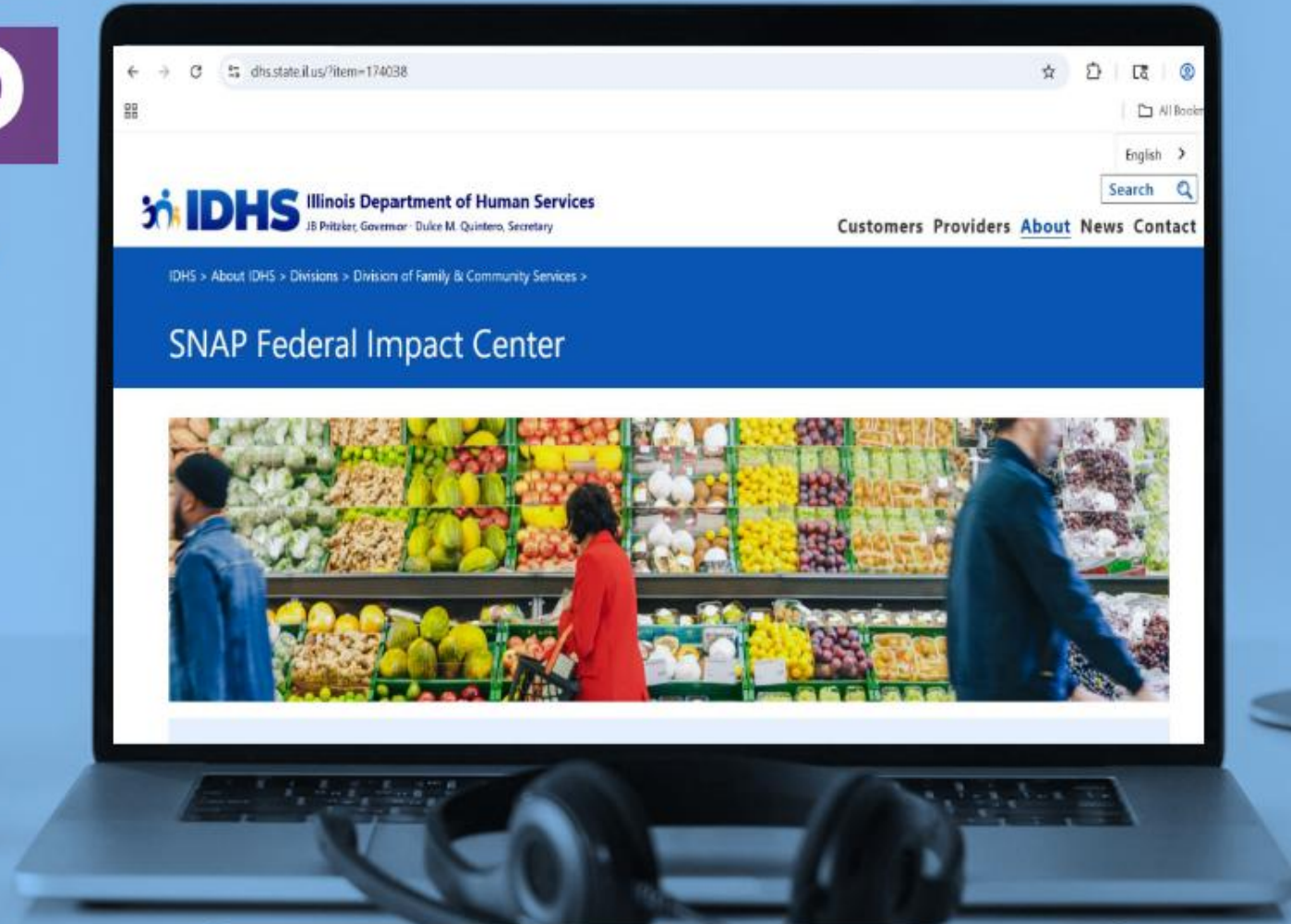
Take part and comply with an approved work program (e.g., Workforce Innovation and Opportunity Act, Title I, SNAP, E&T) that offers activities such as basic education, vocational training, work-based learning

Do self-initiated community service with a community-based organization

Any combination of the above

**STAY**

**ENGAGED**



**[SNAPfederalimpact.Illinois.gov](https://SNAPfederalimpact.Illinois.gov)**

# Question & Answer



**FORMS**

# IL 444-5175 SNAP Work Rules Notice

## Work registrants and/or ABAWDs should receive this notice at:

- Initial certification
- Renewal
- When previously exempt household member or new household member becomes subject to the work rules.



## SNAP WORK RULES



445b4c33-d2c2-4349-b27f-35048b3b1140

Date: [Redacted]

Case Name: [Redacted]

Address: [Redacted]

City, State, Zip: [Redacted]

Case Number: [Redacted]

Office Name: [Redacted]

Office Address: [Redacted]

Phone: [Redacted]

TTY: [Redacted]

You can manage your account online at:  
[ABE.illinois.gov](http://ABE.illinois.gov)

Tenemos este aviso en español. Para solicitar avisos en español, por Internet vaya al sitio ABE-MMC o llamas al 1-800-843-6154 (TTY 1-866-324-5553 TTY/ Nextalk, 711 TTY Relay).

This notice tells you about the work rules that apply to people who receive Supplemental Nutrition Assistance Program (SNAP) benefits and are able to work. There are two types of work rules, Work Provisions and Work Requirements.

**If these work rules are not followed, your SNAP benefits may decrease or stop if there is not a good cause reason. A household member(s) needs to meet work rules to receive SNAP benefits. The name of the individual(s) is listed below.**

- The person(s) listed below is required to comply with the Work Provisions. To learn more about the requirements that must be followed to get SNAP, read the Work Provisions included with this notice.

1. Name: [Redacted]  
2. Name: [Redacted]  
3. Name: [Redacted]

- The person(s) listed below is required to comply with the Work Provisions and the Work Requirement. To learn more about the requirements that must be followed to get SNAP, read the Work Provisions and the Work Requirement rules included with this notice.

1. Name: [Redacted]  
2. Name: [Redacted]  
3. Name: [Redacted]

### VOLUNTARY SNAP EMPLOYMENT & TRAINING PROGRAM (SNAP E&T)

Information about the Supplemental Nutrition Assistance Program Employment and Training (SNAP E&T) Program is also included with this notice. SNAP E&T is a voluntary program to help SNAP customers acquire work skills and find employment and can help you meet the work rules. To learn more, read the SNAP Employment and Training Program section of this notice.

# IL 444-2341 SNAP Work Rules - Request for Exemption



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Date:

Case Name:

Address:

Address:

City/State/Zip:

Case Number:

Office Name:

Office Address:

Phone:

TTY:

Fax:

Tenemos este aviso en español. Para solicitar avisos en español, por Internet vaya al sitio ABE-MMC o llamas al 1-800-843-6154 (TTY 1-866-324-5553 TTY/Nextalk, 711 TTY Relay).

You can manage your account online at: [ABE.illinois.gov](http://ABE.illinois.gov).

Complete this section to request an exemption from the SNAP work requirement. You may be asked to provide proof that you qualify for an exemption. If your request is denied you will need to meet the SNAP work requirement to maintain your eligibility for SNAP. You have the right to appeal the decision.

I,  request to be exempt from meeting the SNAP work requirement because (select all that apply):

<input type="checkbox"/>	I have a physical or mental condition that prevents me from working or makes it difficult to maintain work.
<input type="checkbox"/>	I am experiencing chronic homelessness.
<input type="checkbox"/>	I am pregnant.
<input type="checkbox"/>	I live in a SNAP household with a child under age 14.
<input type="checkbox"/>	I am attending a school, college, or training program at least half-time.
<input type="checkbox"/>	I have applied for or am receiving unemployment benefits.
<input type="checkbox"/>	I am in a drug or alcohol addiction treatment program or suffering from substance addiction.
<input type="checkbox"/>	I am currently receiving TANF and am participating and complying with the TANF work and training requirements.
<input type="checkbox"/>	I am an Alaskan Native, American Indian, American Urban Indian, or California Indian (as defined in the Indian Health Care Improvement Act).
<input type="checkbox"/>	I am providing care for another person who needs help caring for themselves. (This person does not have to be living in your home).
<input type="checkbox"/>	I am responsible for the care of a child under the age of 6. (Does not have to be your child or living in your home).
<input type="checkbox"/>	I am an AmeriCorps VISTA volunteer working 30 or more hours a week paid, unpaid, or paid in-kind (living stipend).
<input type="checkbox"/>	I am a migrant or seasonal farm worker under contract with an employer to begin employment within 30 days for an average of 30 hours per week or earning wages at least equal to \$217.50 per week before taxes and other deductions (federal minimum wage \$7.25 multiplied by 30 hours).



# IL444-2340 SNAP Work Requirement Request – Unable to Work Determination Form



461b4c33-42c2-4349-b27f-35048b3e1140

Date: [Redacted]

Case Name: [Redacted]

Address: [Redacted]

City: [Redacted]

State: [Redacted]

Zip Code: [Redacted]

Case Number: [Redacted]

Office Name: [Redacted]

Office Address: [Redacted]

Phone: [Redacted]

TTY: [Redacted]

Fax: [Redacted]

**Medical/Social Service Provider:**

Please help us determine if the person named below is mentally or physically fit for employment. Please answer the questions in the appropriate section of this form for your profession and sign in the signature section. You do not need to provide medical records. A letter from a medical or social service provider can be provided instead completing and submitting this form. The letter must include all necessary information.

This information will help us determine if this person is unfit to participate in work requirements, per Section 6(o) of the Food and Nutrition Act of 2008. This form is authorized by 89 Ill. Adm. Code 121.160 and is voluntary. There are no penalties for failure to respond.

**To be completed by SNAP Customer:**

I, (please print name) [Redacted]

living at (please print address) [Redacted]

request verification of my:

- physical or mental condition
- participation in a drug and alcohol program
- participation in homelessness services
- participation in domestic violence services

I hereby authorize the release of the medical information and/or rehabilitation participation requested to the Illinois Department of Human Services.

Signature: [Redacted]

Date: [Redacted]

**To be completed by Healthcare Professional\*\***

Does this person have a temporary or permanent mental and/or physical condition which restricts their ability to:

- Work a job 20 hours per week? Yes  No
- Participate in a work and training program activity for 80 hours per month? Yes  No
- Is this person pregnant? Yes  No

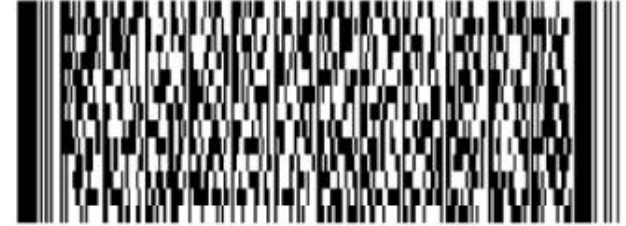


# IL444-2340 SNAP Work Requirement Request – Unable to Work Determination Form



State of Illinois - Department of Human Services

## SNAP WORK RULES - UNABLE TO WORK DETERMINATION



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### To be completed by Staff/Social Worker at a Drug and Alcohol Treatment Program\*\*

This person is participating in a program that reduces their ability to:

- Work a job 20 hours per week? Yes  No
- Participate in a work and training program activity for 80 hours per month? Yes  No

### To be completed by Staff/Social Worker at a Homelessness Services Provider or Shelter\*\*

This person is experiencing chronic homelessness that reduces their ability to:

- Work a job 20 hours per week? Yes  No
- Participate in a work and training program activity for 80 hours per month? Yes  No

### To be completed by Staff/Social Worker at a Domestic Violence Services Provider or Shelter\*\*

This person is a survivor of domestic violence and therefore has a reduced ability to:

- Work a job 20 hours per week? Yes  No
- Participate in a work and training program activity for 80 hours per month? Yes  No

**\*\*REQUIRED\*\***

### SIGNATURE AND CONTACT INFORMATION

I certify that the information provided above is true and accurate.

\_\_\_\_\_

\_\_\_\_\_

## Knowledge Check #1

- When does the SNAP time limit and work requirement return in Illinois?

## Knowledge Check #1: ANSWER

- When does the SNAP time limit and work requirement return in Illinois?

**ANSWER:** February 1, 2026.

## Knowledge Check #2

- How many months of SNAP benefits can an ABAWD receive in the 3-year period without meeting the SNAP work requirement or qualifying for an exemption?

## Knowledge Check #2: ANSWER

- How many months of SNAP benefits can an ABAWD receive in the 3-year period without meeting the SNAP work requirement or qualifying for an exemption?

**ANSWER:** Three (3) months

## Knowledge Check #3

- In Illinois, when does the current 3-year period end?

## Knowledge Check #3: ANSWER

- In Illinois, when does the current 3-year period end?

**ANSWER:** December 31, 2026

## Knowledge Check #4

- **True or False:** An ABAWD can regain eligibility at any time during the 3-year period by becoming exempt or meeting the work requirement for 30 consecutive days.

## Knowledge Check #4: ANSWER

- **True or False:** An ABAWD can regain eligibility at any time during the 3-year period by becoming exempt or meeting the work requirement for 30 consecutive days.

**ANSWER:** True

- Time limit returned in Illinois **in February 2026**.
- ABAWDs can only get SNAP benefits for **3 months in the 3-year period** unless they meet the work requirement or are otherwise exempt.
- ABAWDs may **regain eligibility** during the 3-year period if they **become exempt** or **begin meeting the work requirement**.
  - **ABAWDs who regain eligibility by meeting the 80-hour requirement are eligible for one additional set of three consecutive countable months** if they later stop meeting the requirement and notify their eligibility worker
- In Illinois, the **3-year period began January 1, 2024, and ends December 31, 2026**.
- On **January 1, 2027**, the clock resets and a new 3-year period begins.



# DISCUSSION ACTIVITY

SNAP – Student Exemptions

## Many College Students Qualify for SNAP

### Must Meet SNAP Student Exemption

- Student enrolled half-time or more
- In an institution of higher education (IHE)
- **Only** eligible for SNAP if they meet a student exemption.
- If they meet a student exemption and are eligible for SNAP, they would also be exempt from SNAP work rules.

### Do NOT Need to Meet Student Exemption

- Student enrolled less than half-time,  
OR
- Enrolled half-time or more in a school that is **not considered an IHE**
- They do not need to meet a student exemption to be eligible for SNAP.
- If they are enrolled at least half-time, they would be exempt from SNAP work rules.

# SNAP Student Exemptions

Under age 18 or age 50 or older.

Experiencing Physical or mental health barriers to working while attending school.

Working at least 20 hours/week in paid employment, or self-employed and working 20 hours/week and earning federal minimum wage x 20.

Participating in a State or Federally funded work study program.

Participating in an on-the-job training program.

Caring for a child under age 6, or caring for a child 6 to 11 and lacking child care.

Single parent enrolled full-time in college and taking care of a child under 12.

Receiving TANF.

Assigned to or self-placed in an IHE through: SNAP E&T, WIOA Title I, Trade Act Program, certain other E&T programs for low-income households.

## Who is a student for SNAP eligibly purposes?

**Three criteria** determine whether an individual is considered to be enrolled in an institution of higher education (IHE) for SNAP eligibility purposes.



Enrollment Status



Type of School



Type of Curriculum

## Enrollment Status

- Individuals enrolled in an IHE **at least half-time** are only eligible for SNAP if they meet a student exemption.
- The IHE determines what is considered half-time enrollment.

*Individuals enrolled less than half-time do not have to meet a student exemption to be eligible for SNAP. They may be SNAP-eligible if they meet all other SNAP eligibility requirements.*

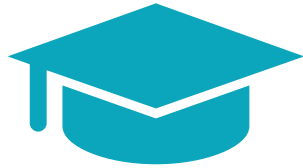
## Type of School and Type of Curriculum



**A business, technical, trade, or vocational school, in a curriculum that normally requires a high school diploma or equivalent (GED) for enrollment in the curriculum.**

**A regular curriculum at a college or university that offers degrees, regardless of whether a high school diploma is required.**

# College or University Offering Degree Programs



## Regular curriculum:

Varies from school to school

Generally includes degree programs  
(associate's, bachelor's, graduate degrees)



## Programs outside the “regular curriculum”:

Remedial education

Continuing or community education

Professional development

English for speakers of other languages

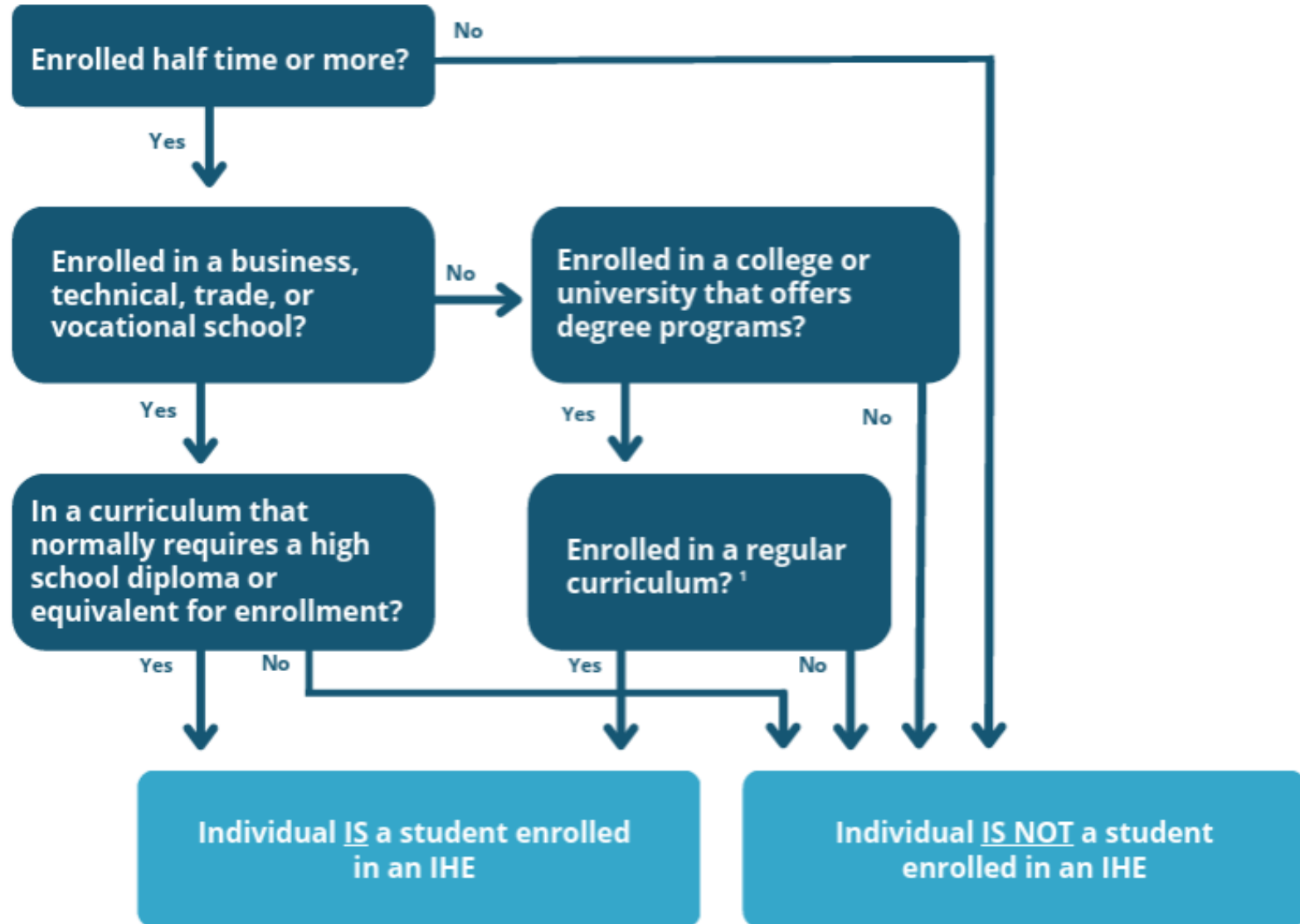
Workforce development/training  
programs

Occupational training

Short-term certificate programs

**\*\*A community college student who is enrolled in a program outside of the regular curriculum *does not have to meet SNAP student eligibility rules but can still get the half-time or more enrollment exemption from work rules.***

# Determining Whether an Individual is Enrolled in an IHE



# Business, Technical, Trade, or Vocational School 1

## Example 1:

Angela is enrolled half time in a beauty school that requires either a high school diploma or equivalency exam for enrollment.

## Business, Technical, Trade, or Vocational School 1 Cont.

### Example 1:

Angela is enrolled half time in a beauty school that requires either a high school diploma or equivalency exam for enrollment.

**Angela is an individual enrolled in an IHE for SNAP purposes and therefore must meet SNAP student eligibility rules.**

## Business, Technical, Trade, or Vocational School 2

### Example 2:

Brian is enrolled half time in a technical school. The school requires a high school diploma or GED for their degree programs.

Brian is enrolled in a one-year certificate program that does not require a HS diploma or GED.

## Business, Technical, Trade, or Vocational School 2 Cont.

### Example 2:

Brian is enrolled half time in a technical school. The school requires a high school diploma or GED for their degree programs.

Brian is enrolled in a one-year certificate program that does not require a HS diploma or GED.

**Brian is not a student at an IHE for SNAP purposes and does not need to meet SNAP student eligibility rules**

## College or University Offering Degree Programs 3

### Example 3:

Catrina enrolled half-time in an ESL certificate program at Northern Virginia Community College. Certificate program does not require high school diploma or equivalent.

## College or University Offering Degree Programs 3 Cont.

### Example 3:

Catrina enrolled half-time in an ESL certificate program at Northern Virginia Community College. Certificate program does not require high school diploma or equivalent.

**Because she is not enrolled in the college's regular curriculum, Katrina is not a student at an IHE for SNAP purposes and does not need to meet SNAP student eligibility rules**

# College or University Offering Degree Programs 4

Example 4:

Derek enrolled full-time in a bachelor's degree program at Harvard University.

## College or University Offering Degree Programs 4 Cont.

### Example 4:

Derek enrolled full-time in a bachelor's degree program at Harvard University.

**Derek is a student at an IHE for SNAP purposes, because he is enrolled in the regular curriculum, and he must meet SNAP student eligibility rules.**

# Student Eligibility and Work Requirement 5

## Example 5:

Eduardo is 18 years old, taking one general education credit per semester at a community college that offers associate's degrees. The college considers half-time to be two classes/semester.

- Is Eduardo enrolled in an IHE?
- Does he have to meet a student exemption?
- Does he have to comply with work requirements?

## Student Eligibility and Work Requirement 5 Cont.

### Example 5:

Eduardo is 18 years old, taking one general education credit per semester at a community college that offers associate's degrees. The college considers half-time to be two classes/semester.

- Is Eduardo enrolled in an IHE?
  - **N/A, he is enrolled less than half time.**
- Does he have to meet a student exemption?
  - **No, he is enrolled less than half-time.**
- Does he have to comply with work requirements?
  - **Yes, unless he meets another work requirement exemption. The student exemption to the work requirements only applies to students enrolled half-time or more.**

# Student Eligibility and Work Requirement 6

## Example 6:

Francesca is 58 years old, enrolled half-time in a re-skilling workforce development program at a community college that offers associates degrees.

- Is Francesca enrolled in an IHE?
- Does she have to meet a student exemption?
- Does she have to comply with work requirements?

## Student Eligibility and Work Requirement 6 Cont.

Example 6:

Francesca is 58 years old, enrolled half-time in a re-skilling workforce development program at a community college that offers associates degrees.

- Is Francesca enrolled in an IHE?
  - **No, she is enrolled outside the regular curriculum.**
- Does she have to meet a student exemption?
  - **No, she is not enrolled in an IHE.**
- Does she have to comply with work requirements?
  - **If she submits verification to show she is enrolled half-time or more in a recognized program, she will likely qualify for an exemption (if she is otherwise eligible for SNAP).**

# Student Eligibility and Work Requirement 7

## Example 7:

Andi is 32 years old, enrolled half-time in the workforce empowerment initiative (WEI) at Black Hawk College.

- Is Andi enrolled in an IHE?
- Does they have to meet a student exemption?
- Does they have to comply with work requirements?

## Student Eligibility and Work Requirement 7 Cont.

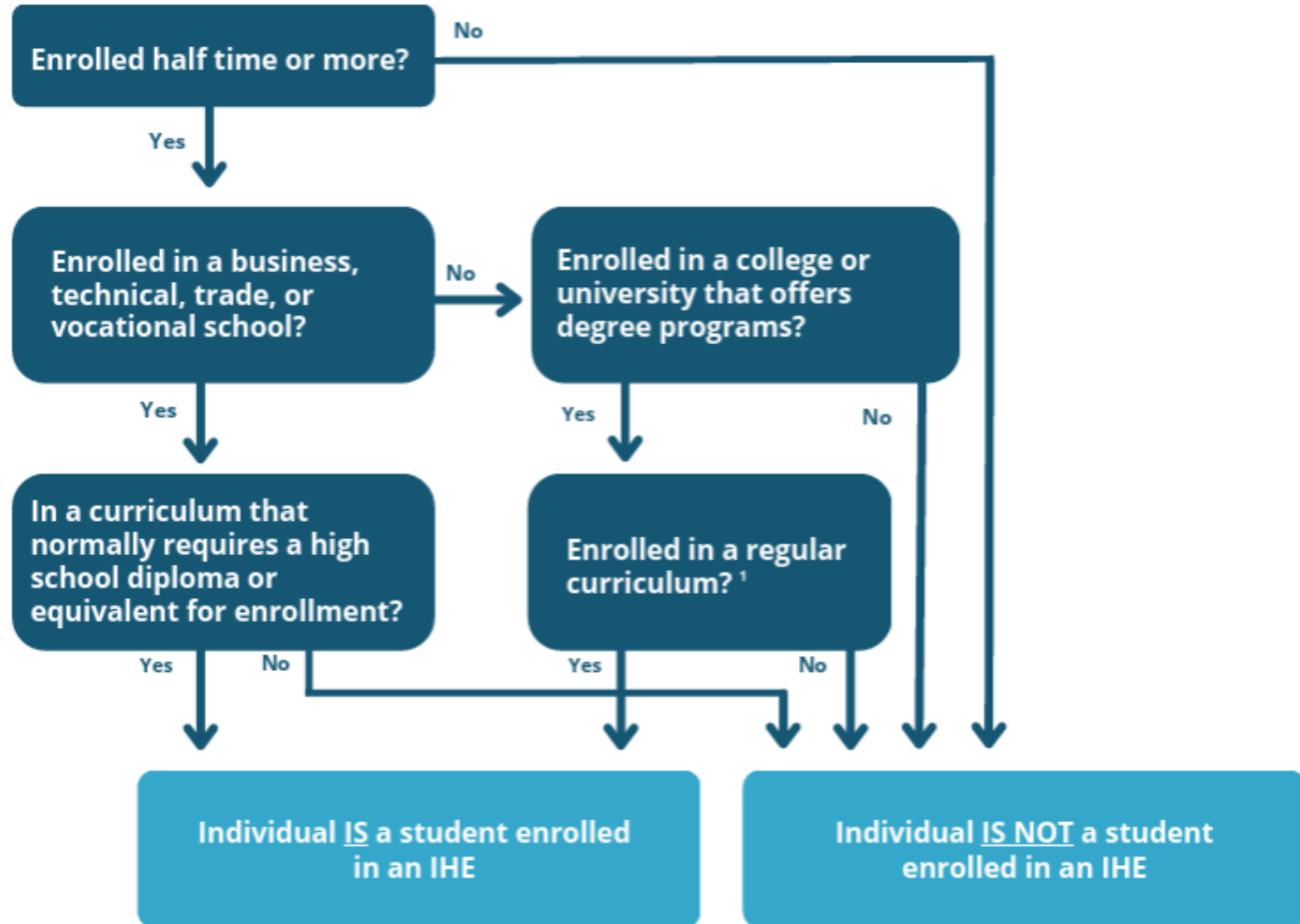
Example 7:

**\*\*We are currently working to clarify this example with ICCB and IDHS SNAP policy. Here's the current draft and we will provide more information once official.**

Andi is 32 years old, enrolled half-time in the workforce empowerment initiative (WEI) at Black Hawk College.

- Is Andi enrolled in an IHE?
  - **No, WEI is made up of non-credit and career and technical education programs and therefore falls outside of “regular curriculum”**
- Do they have to meet a student exemption?
  - **No, they are not enrolled in an IHE.**
- Does she have to comply with work requirements?
  - **If they submits verification showing they are enrolled half-time or more in WEI, they will likely qualify for a work rules exemption (if they are otherwise eligible for SNAP)**

# Determining Whether an Individual is Enrolled in an IHE



# SNAP Student Exemptions Revisited

Under age 18 or age 50 or older.

Experiencing Physical or mental health barriers to working while attending school.

Working at least 20 hours/week in paid employment, or self-employed and working 20 hours/week and earning federal minimum wage x 20.

Participating in a State or Federally funded work study program.

Participating in an on-the-job training program.

Caring for a child under age 6, or caring for a child 6 to 11 and lacking child care.

Single parent enrolled full-time in college and taking care of a child under 12.

Receiving TANF.

Assigned to or self-placed in an IHE through: SNAP E&T, WIOA Title I, Trade Act Program, certain other E&T programs for low-income households.

## Student at IHE Employment and Training Exemption

- Program is part of the regular curriculum.
- Individual needs to meet a student exemption.
- A student exemption would apply if the individual was assigned to or self-placed in one of the following programs:
  - WIOA Title I, SNAP E&T, Trade Act
  - Employment or training program for low-income households:
    - Operated or supervised by a state or local government
    - Program meets the Perkins CTE definition, has a direct link to employment, and offers basic adult education, vocational training, work-based learning or other allowable activities.
    - Program serves a substantial number of low-income households.

## Resources

### **Memo and Flowchart on Student Eligibility Rules**

Feb. 7, 2023, Supplemental Nutrition Assistance Program - Institutions of Higher Education and Student Eligibility Rules

[www.fns.usda.gov/snap/ihe-student-eligibility-rules](http://www.fns.usda.gov/snap/ihe-student-eligibility-rules)

### **Questions and Answers on Student Exemptions**

Dec. 20, 2024, Supplemental Nutrition Assistance Program – Questions and Answers on Student Exemptions

[SNAP – Questions and Answers on Student Exemptions | Food and Nutrition Service](#)

### **SNAP Students Webpage**

[www.fns.usda.gov/snap/students](http://www.fns.usda.gov/snap/students)

## Discussion Questions – Not Recorded

We would love to hear your insight and encourage you to please unmute yourself to share your thoughts aloud or drop your answers in the chat!

What challenges or barriers have you most frequently encountered when helping your students in applying for SNAP or other food assistance programs?

Do your institutions currently have strategies for monitoring or tracking voluntary **community service** hours for students?

# Thank You for Attending!

## Contact Us

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