

Protect SNAP Benefits in Pennsylvania



What's Happening

By November 1, 2025, **new federal rules will expand work requirements** to include adults ages 18-64 receiving Supplemental Nutrition Assistance Program (SNAP) benefits.

These changes come as part of the authorized federal budget and could **significantly impact food security** for Pennsylvanians with disabilities, those living in poverty, and older adults.

Source: Pennsylvania Department of Human Services, 2025, KFF Medicaid Waiver Tracker, 2015



Quick Facts

- New Able-Bodied Adults Without Dependents (**ABAWD**) **work requirements** expand the age in 2025 (i.e., 18-52) and 2026 (i.e., 18-64).
- Individuals must now work or participate in **an approved activity at least 80 hours per month** to maintain eligibility.
- The **3 months in 3 years limit** means that if someone loses work even for a short time, they can be locked out of SNAP for the remainder of the three-year cycle.
- **People with disabilities not meeting the formal exemption criteria may lose benefits** if documentation or verification is delayed.
- Changes may **increase administrative burden** for County Assistance Offices as a result of six-month recertification cycles and new tracking requirements.

Source Pennsylvania Department of Human Services SNAP Work Requirements (2025)



What's at Risk

- Increased food insecurity for individuals with disabilities who may be unable to meet hourly work requirements but do not qualify for exemptions.
- Eligible Pennsylvanians may lose benefits due to **reporting delays or documentation errors**.
- Local food banks and community organizations could **face higher demand as thousands lose access to monthly grocery assistance**.
- **Rural and small-town communities may be hit the hardest** due to fewer local job opportunities, transportation barriers, and already limited access to assistance.

Sources: PA DHS, 2025; Center for American Progress 2025



How Pennsylvanians Can Act



- **Contact state and federal lawmakers** to urge them to expand exemptions for individuals with disabilities and ensure equitable access to SNAP.
- **Share your story** with SJAC about how SNAP supports your family, independence, or health.
- **Support local advocacy organizations** such as food pantries, disability coalitions, and social justice groups.
- **Stay informed** on SNAP updates through Pennsylvania DHS and www.sjacolition4change.org.