

Secure your SNAP Benefits

New Work Requirements for Food Assistance

food
BANK
COUNCIL OF MICHIGAN



If you receive **SNAP food benefits** in Michigan, you may need to meet new work requirements (known as

Time Limited Food Assistance, or TLFA) to keep receiving your food assistance. If you do not meet the requirements or meet an exemption, your SNAP benefits may be limited to three months every three years.

You may receive a letter from the Michigan Department of Health and Human Services (MDHHS) about TLFA. Don't panic — this does not mean you will immediately lose SNAP benefits. Help is available to walk you through the process and see if you meet an exemption.

WHAT ARE THE NEW REQUIREMENTS?

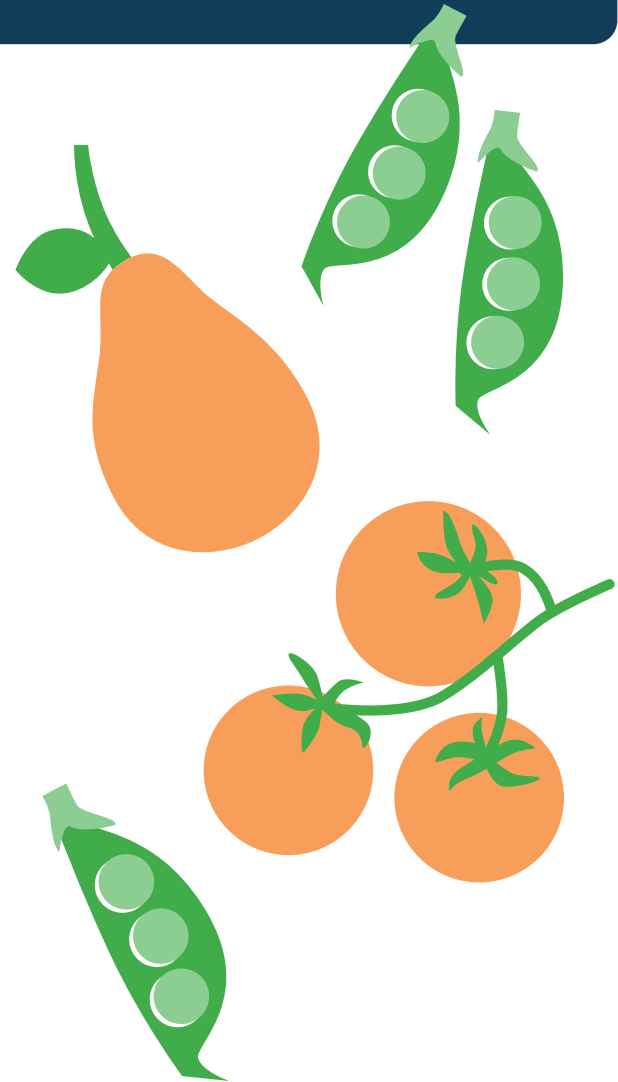
Adults ages 18-64 may need to work or take part in training or volunteering to keep their food benefits. If you are not exempt, you must fulfill one of these to keep your SNAP benefits:

- Work at least 20 hours per week
- Participate in an approved job training or workfare program through Michigan Works!
- Volunteer with a nonprofit organization (visit the Time Limited Community Service Activity page on MiBridges to see approved organizations: michigan.gov/MIBridges)

WHAT TO DO NEXT

Contact MDHHS to learn more about work requirements and understand if you meet an exemption. They can walk you through the process for meeting work requirements in Michigan.

➔ [Flip page to see if you meet an exemption](#) ➔



**CALL MDHHS TODAY:
1-844-464-3447**

Visit michigan.gov/MIBridges and call your local MDHHS Office to make sure your address and information is up to date.

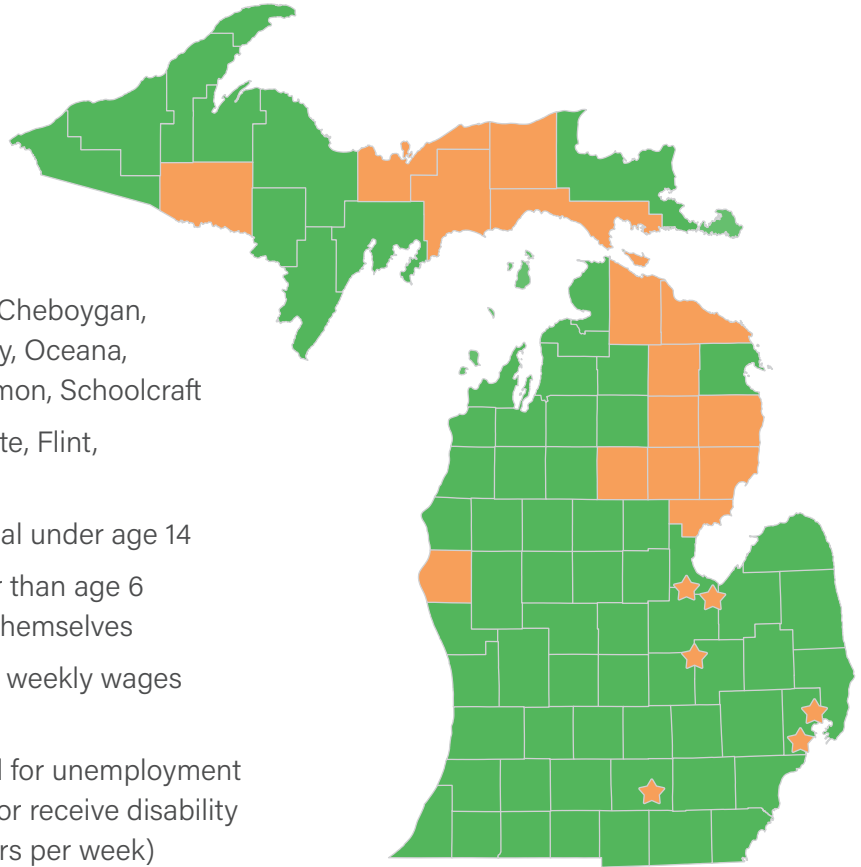
If you need assistance finding your local food pantry or food bank, please contact the **Food and Other Resources (F.O.R.) Helpline:**
1-888-544-8773

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WHO IS EXEMPT?

Many people will **not** need to fulfill these work requirements, including those who:

- Are under age 18 or 65+
- Live in an exempt city or county:
 - Exempt Counties: Alcona, Alger, Arenac, Cheboygan, Iosco, Iron, Luce, Mackinac, Montmorency, Oceana, Ogemaw, Oscoda, Presque Isle, Roscommon, Schoolcraft
 - Exempt Cities: Bay City, Detroit, Eastpointe, Flint, Jackson, Saginaw
- Are in a SNAP group that includes an individual under age 14
- Are responsible for the care of a child younger than age 6 or another person who needs help caring for themselves
- Already work at least 30 hours a week or earn weekly wages of at least \$217.50
- Receive unemployment benefits; have applied for unemployment benefits (including those appealing a denial); or receive disability benefits (unable to work for more than 20 hours per week)
- Are unable to work because of a physical or mental health reason (Note: Verification from a physician or mental health professional may be needed.)
- Attend college or a training program at least half time (Note: College students are subject to other eligibility rules)
- Meet work requirements for another program, like the Family Independence Program (FIP)
- Are in an inpatient or outpatient drug or alcohol addiction treatment program
- Are pregnant
- Are Native American/Indigenous



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Not sure if you meet one of these?

Call your local MDHHS office as soon as possible.