

Need to Regain Your SNAP Eligibility?



Were your SNAP benefits recently discontinued due to not meeting a work requirement?

A new application is required.



If you are a work required Able-Bodied Adult (ABA), you can only receive SNAP benefits for 3 months in a 3-year period unless you meet a work requirement or an exemption.

You can regain eligibility by:



MEETING AN APPROPRIATE EXEMPTION

1

Provide verification of exemption and you may be exempt from the work requirement.

OR



COMPLETING 80 HOURS OF WORK ACTIVITY

2

Complete 80 hours of work activity in a period of 30 consecutive days within the 60 days prior to your application.

OR



WAITING FOR COUNTABLE MONTHS TO EXPIRE

3

Regain eligibility as countable months expire from your 3-year limit.



Dept. of Health and Human Services
Cuyahoga Job and Family Services

Visit [our website](#) to learn more
about SNAP Work Requirements



How to Regain SNAP Eligibility:

To regain eligibility, a new application is required. If your countable months have not expired, you must provide verification that you have met an exemption or have already completed 80 hours of work activity.

MEET AN APPROPRIATE EXEMPTION

1

Provide verification of exemption. Exemptions include:

- Pregnant
- Assistance group contains a child under age 14
- Physically or Mentally unfit for employment
- Caring for an incapacitated person
- Enrolled in school/training half-time or more
- Working 30 hrs/week (or equivalent pay)
- Participating in a drug/alcohol treatment program
- Indian, Urban Indian, or California Indian
- Applying for or receiving Unemployment Compensation

OR

COMPLETE 80 HOURS OF WORK ACTIVITY

2

Complete 80 hours of work activity in a period of 30 consecutive days within the 60 days prior to your application. Hours can be made up of any combination of approved work activities, such as:

- Paid Employment (<https://greaterclevelandworks.org/>)
- Community Service/Unpaid work (<https://greaterclevelandvolunteers.org/>)**



**You must use the ABA Verification of Unpaid Hours (Form 7410) to document unpaid work hours for the work requirement. Find it on our website at <https://go.cuyahogacounty.gov/JFS07410>

OR

WAIT FOR COUNTABLE MONTHS TO EXPIRE

3

Regain eligibility as three countable months expire from your 3-year limit. Countable months are months when an individual receives SNAP benefits while not meeting the required work activity hours. These months count toward the 3-month time limit for Able-Bodied Adults (ABAs).



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