

2026 SNAP Requirements Guide College Student Edition



The One Big Beautiful Bill has introduced several changes to the requirements and rules of the SNAP Program, which could affect your eligibility for benefits. This guide outlines the new requirements and exemptions to help you understand how these changes could impact you, as a College Student.

What are the Work Requirements?

Enrolled at least half-time: You do not need to work to qualify for SNAP. You must still meet other general eligibility rules, but there is no student work requirement.

Enrolled less than half-time: You must meet one work-related requirement to qualify. You can be eligible by:

- Working 30+ hours per week (paid, volunteer, housing trade, etc.)
- Being in an employment or job-training program

What if I have a Meal Plan?

You cannot receive SNAP benefits if your meal plan provides more than half of your total weekly meals (meaning more than 50% of your daily 3 meals).

Examples of Meal Plans

If your meal plan only covers 40 meals per semester, that equals roughly 13 days of full meals (3 meals per day). Because this does not cover half of your meals for the entire semester, you would still be eligible for SNAP if you meet the other program requirements.

The Arkansas Foodbank and its SNAP Help Center is dedicated to providing the most current and accurate information.

For more information or if this material is outdated, please visit: arkansasfoodbank.org/snap/ or humanservices.arkansas.gov/

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