

2026 SNAP Requirements Guide Parents & Guardians 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 parent.

What are the Work Requirements?

If you fall in the age range of 16–59, you must meet the General Work Requirement. This means you must be actively looking for work, working at least 30 hours per week, or earning at least \$217.50 per week before taxes.

If you are 18–64 years old and do not have a child under 14, you are considered an Able-Bodied Adult Without Dependents (ABAWDs) and must follow the Time-Limit Rules. If you are not working at least 20 hours per week, you can only receive SNAP benefits for 3 months within a 3-year period.

You could be exempt if:

- Have a mental or physical disability that prevents you from working,
- Care for a child under 14 years of age, pregnant, or a household member needs at-home care
- Receive Disability, SSI, unemployment benefits or have applied,
- Going to school or training program at least half time,
- Meeting the work rules for Temporary Assistance for Needy Families (TANF)/Transitional Employment Assistance (TEA)
- Participate in a rehabilitation treatment program.

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For more information or if this material is outdated, please visit: arkansasfoodbank.org/snap/ or humanservices.arkansas.gov/

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