

2026 SNAP Requirements Guide

Seniors Edition 60+



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 60+ senior.

What are the Work Requirements?

If you are 60 to 64 years old, SNAP may classify you as an Able-Bodied Adult Without Dependents (ABAWD). This group is subject to what's known as the Time Limit Rule. This rule means you can receive only 3 months of SNAP benefits within a 3-year period unless you meet at least one of the following:

- You work, volunteer, or participate in a training program for at least 20 hours per week, or
- You earn at least \$217.50 per week

You could be exempt if you:

- Have a mental or physical disability that prevents you from working,
- Care for a child under 14 years of age,
- Receive Disability, SSI or unemployment benefits, or have applied,
- Attending school or a 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For more information or if this material is outdated, please visit: arkansasfoodbank.org/snap/ or humanservices.arkansas.gov/

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