



SNAP-101 and DFD Programs Overview

Alecia Eubanks

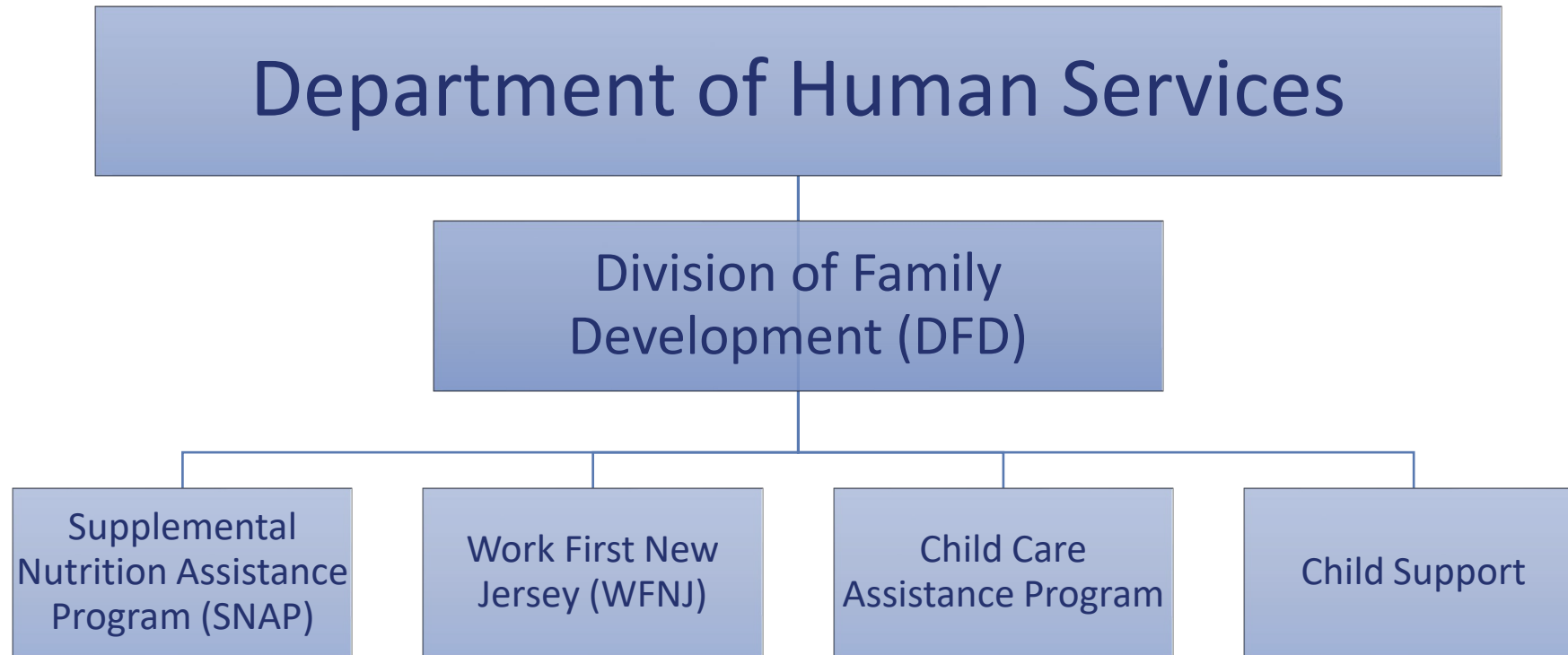
Assistant Director, Program Operations

We Are Here to Help



- New Jersey's largest agency
- Serves about 2.1 million New Jerseyans
- Serves about one in five state residents.
- Serves about one out of every five state residents and one out of every three children

We Are Here to Help



Please note Medicaid is a separate program through the Division of Medical Assistance and Health Services (DMAHS).



Supplemental Nutrition Assistance Program (SNAP)



What is SNAP?

New Jersey Supplemental Nutrition Assistance Program (NJ SNAP) is a food assistance program to help income-eligible individuals and families buy the groceries they need.



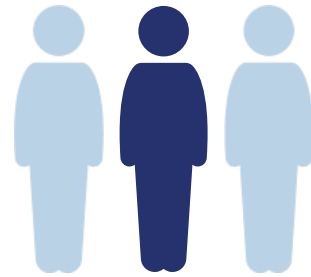
SNAP Stats

Roughly \$2B in SNAP benefits were issued during State Fiscal Year 2025.

In NJ, SNAP serves:



About 750K people, of which more than **40%** are children



1 in 3 individuals with a disability



1 in 5 individuals age **60 and over**



SNAP dollars are spent at 6K authorized retailers throughout the state.

SNAP in New Jersey

Federally Funded

State Supervised

County Administered



NJ SNAP Eligibility

Eligibility Requirements

- You must be a New Jersey resident
- You must be a citizen or have an eligible immigration status
- Income verification is required
- There are resource limits (for some households)

You are automatically eligible for NJ SNAP if you receive another assistance benefit such as:

- Supplemental Security Income (SSI)
- Temporary Assistance for Needy Families (TANF)
- General Assistance (GA)



NJ SNAP Benefit Amounts

Determination based on:

- Size and composition of eligible household members
 - Household: typically any group of people who purchase/prepare food together
- Household income
- Shelter costs
- Medical Expenses (Persons 60 years of age or older, and those with a disability)

The gross monthly income eligibility amounts and maximum benefit amounts are set yearly and can be found on the NJ SNAP website at: [NJSNAP.gov](https://njsnap.gov) >Get SNAP > Who is Eligible for SNAP?

New Jersey has a minimum benefit amount of \$95.

NJ SNAP Benefit Amounts



Household Size and Composition

Typically, any group of people who purchase and prepare food together is considered a household.



Household Income

All earned and unearned income unless excluded under program regulations.



Shelter Costs

A portion of monthly shelter costs are deducted from gross income.



Medical Expenses

A portion of medical expenses incurred by any elderly or disabled household member are deducted from the household's gross income.

New Jersey has a minimum benefit amount of \$95.



SNAP Gross Monthly Income Eligibility Standard/Maximum Benefit Amounts

*Figures Valid
October 2026 - September 2027*

Household Size	Maximum Allowable Monthly Gross Income	Maximum Benefit Amount
1	\$2,461	\$306
2	\$3,337	\$562
3	\$4,212	\$808
4	\$5,088	\$1,023
5	\$5,964	\$1,217
6	\$6,839	\$1,463
7	\$7,715	\$1,616
8	\$8,591	\$1,841
Each Additional	+\$876	+\$225*

*Maximum benefit for a household of 18 or more is \$3,887

Eligibility Income

Earned Income:

Wages and salaries as compensation for services performed as an employee.

Income from a job

Self-employment

Training allowances, on-the-job training

Work study, apprenticeship, or fellowship with a work requirement

Unearned Income

Direct money payments that can be considered a gain or benefit

WFNJ TANF and GA

Supplemental Security Income (SSI)

Unemployment Insurance Benefits (UIB)

Excess educational assistance, pensions, disability payments, and retirement benefits

Child support, alimony

Direct monetary support for bills



Income Exclusions for SNAP Eligibility

Income of an ineligible student

Loans

Private and educational up to covered costs

Vendor Payments

Earned income of a student

Under the age of 18

Non-monetary or in-kind benefits

Meals, Clothing, and Public Housing



Citizenship Status for Eligibility

- In a qualified non-citizen category, such as a legal permanent resident (green card), and meet a qualifying condition:
 - Live in U.S. for at least 5 years
 - 40 qualifying work quarters
 - Receive disability related-assistance or benefits due to blindness or having a disability
 - Qualified non-citizen children under 18, lawfully residing in the United States



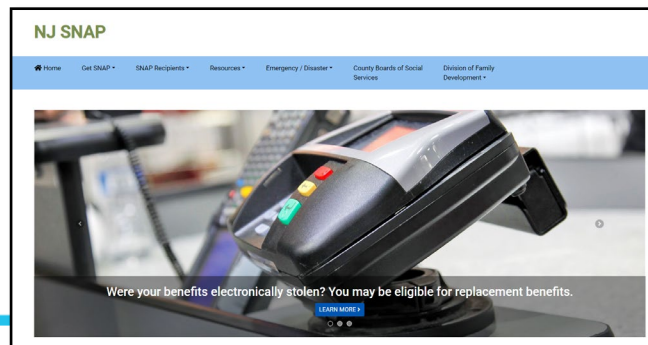
Citizenship Status for Eligibility

- Ineligible non-citizens do not qualify for SNAP, but other family members can
- For example:
 - Ineligible non-citizen parent with three children
 - Children are eligible, but the parent is not
 - Household size = three
- There is no time limit for how long eligible non-citizens can receive SNAP

NJSNAP.gov

SNAP Website

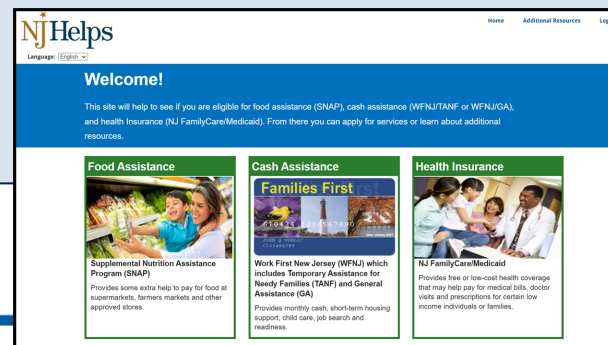
- Learn about the program
- Learn how and where to use SNAP benefits
- Get program updates



NJHelps.gov

Screening Tool

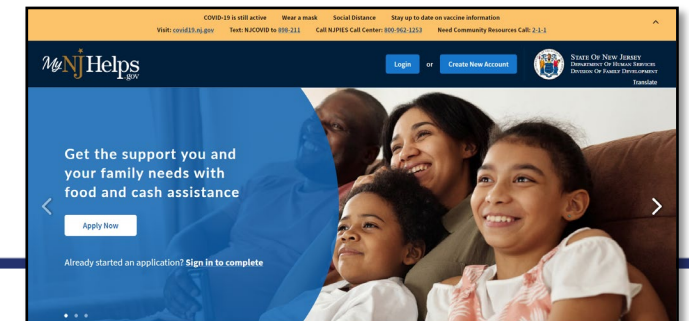
- Screen for health insurance, food, and cash assistance
- Answer nine simple questions
- Five minutes to complete



MyNJHelps.gov

Online App System

- Apply for assistance
- Complete unfinished applications
- Check application status
- Upload supporting documents
- Takes 20-45 mins to apply



Ways to Apply

A

Online

Visit
www.MyNJHelps.gov
to apply

B

By Mail

Download an application
at www.njsnap.gov or
request one from the
County Social Services
Agency or a SNAP
Navigator

C

In Person

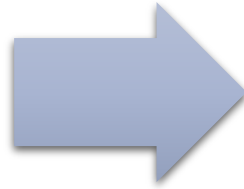
Apply at the County
Social Services Agency
or with the assistance of
a SNAP Navigator

Find a list of current
SNAP Navigators at
www.njsnap.gov

The SNAP Application Process

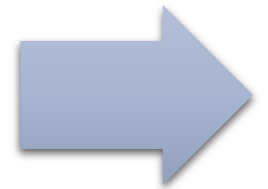
Complete and submit application

- Applications may be submitted online, by mail, at a local office, or with a SNAP Navigator.



Interview with the County Social Service Agency

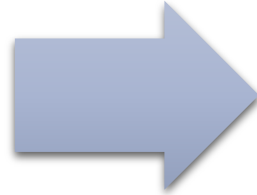
- County staff will go over the application and ask questions about anything that is unclear or incomplete.
- Scheduled in advance
- Usually via phone



The SNAP Application Process

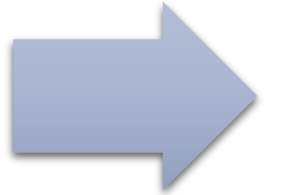
Provide documentation as needed

- List of required documents can be found on NJSNAP.gov
- Documents can be submitted at mynjhelps.gov, in-person, or by mail
- County staff will tell you what you need to submit in the interview and by letter.



Applications processed within 30 days

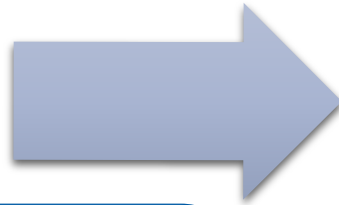
- Possible eligibility within 7 days for expedited processing
- Application status can be checked at mynjhelps.gov



The SNAP Application Process

Eligibility notification by mail

- Notice indicates approval or denial, benefit amount, and certification length. This information listed also on MyNJHelps.gov client portal
- If approved, benefit card sent by mail in separate envelope



Interim Reporting Form (IRF)

- Halfway through certification period, a form must be completed.
- Confirm on form if information reported at certification is the same or if anything changed.
- Case will close if form is not completed and returned.

The SNAP Application Process

Recertification

- SNAP certification periods may be granted for up to 24 months.
- At the end of a certification period, you will need to complete a recertification application in order to continue benefits.
- The County will send you a letter about two months before the end of your certification period.

MyNJHelps gov is more than just an application!

It is easy to create an account and link your case for 24/7 access to your info.



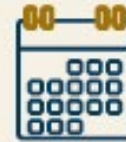
Check your case status



Know when to recertify



Upload documents



Report changes that affect your case



Complete your Interim Reporting Form (IRF)



View the members in your household



See your benefit amount



Request a Families First card replacement

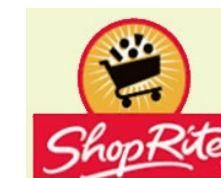
Using SNAP Benefits

- Benefits are placed on a Families First Electronic Benefits Transfer (EBT) card at the beginning of the month for the household to use at participating retailers
- When the card arrives, you will need to create a PIN number. Do not write the PIN on the card or keep the PIN with the card.
- EBT cards can be used at most grocery stores and some farmer's markets
- May only be used to purchase food items and cannot be used to purchase prepared foods



Using SNAP Benefits

- You can also use your EBT card to buy groceries at some stores online for pick up or delivery through the store's ordering system or Instacart
- Benefits cannot be used to cover any service fees or delivery cost
 - You should have a secondary form of payment for any fees
- Visit www.NJSNAP.gov for a full list of stores





Warning! Fraudulent SNAP Benefit Activity

- EBT Phishing Scams
 - Phony (fake) text messages and emails
 - Trying to obtain card numbers and PINs
- Benefit Skimming
 - Machine tampering
 - Benefits stolen when EBT Families First cards are used
- Immediately report lost or stolen cards or benefits



Protecting SNAP Benefits

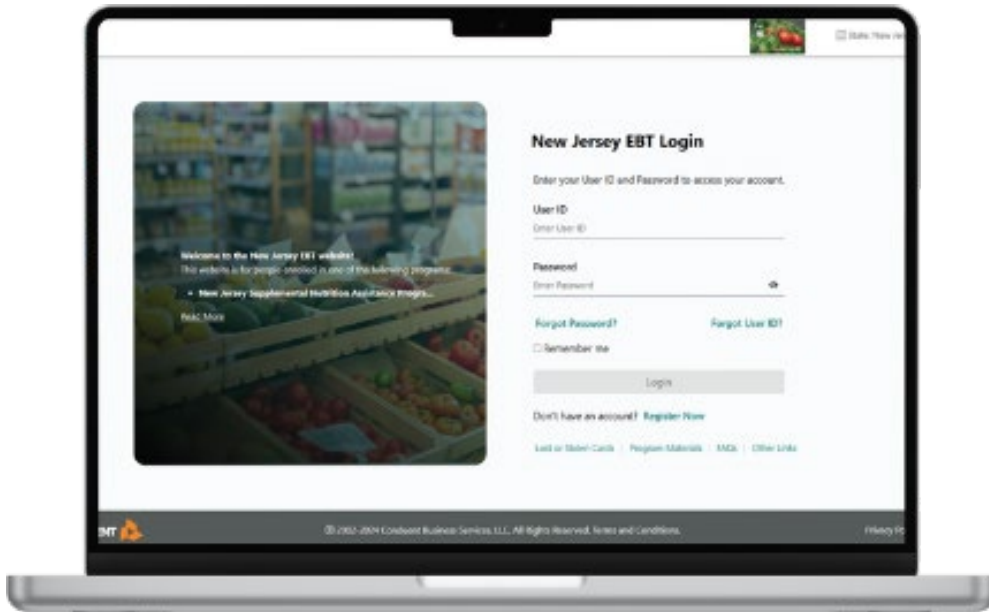
- Keep your card locked when not in use
 - Lock your card using the ConnectEBT app or at NJFamiliesFirst.gov
 - Choose Lock My Card Everywhere
- More Protection with the new Chip/Tap Card
 - Insert chip or tap-to-pay for more secure transactions
 - New card has 3-digit security code and card expiration date for more secure online ordering



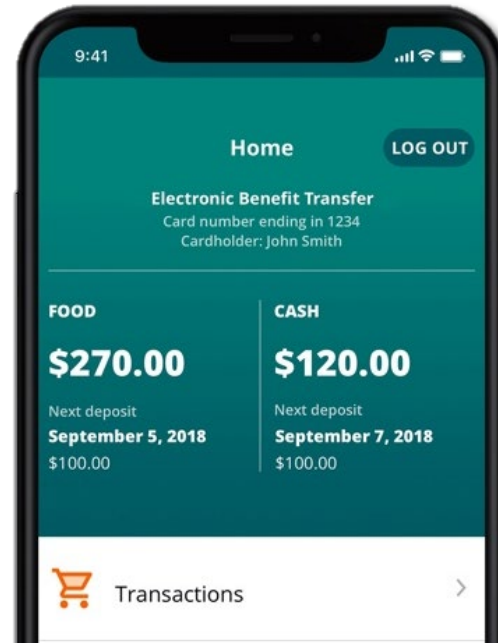
SNAP Online Activity

- Recipients can check their benefits, change their PIN, report a lost, stolen, or damaged card, and see their transaction history, quickly and securely online

NJFamiliesFirst.gov



ConnectEBT



- Available in English and Spanish on the Apple App Store or the Google Play Store
- ConnectEBT is the only official app for New Jersey and links directly to your account.

Maintaining Eligibility

- Midway through the certification period, most households must complete an Interim Reporting Form (IRF) to report any household changes
- Households complete a recertification process at the end of the certification period in order to continue receiving benefits
- If the client needs to report changes outside of these periods, they can enter changes in their account online at MyNJHelps.gov or contact their County Social Services Agency
- Older adults, and individuals with a disability, are eligible for 24 months before needing to recertify

Interim Reporting Form (IRF)

- This will be sent to you automatically by mail or to complete online.
- When you receive this form, you need to take action. If you don't submit the IRF form, your SNAP case will close.
- You can complete your IRF and submit supporting documentation online at MyNJHelps.gov.
- If you are certified for 12 months, expect to get it about 4 months into your certification period.
- If you are certified for 24 months, expect to get it about 10 months into your certification period.

NEW JERSEY SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (NJ SNAP)
INTERIM REPORTING FORM
FOR MONTH OF _____

COMPLETE ONLINE: www.MyNJHelps.gov
Or RETURN TO: NJ Division of Family Development
Office of NJ SNAP - IRF Unit
PO BOX 718
TRENTON, NJ 08625 or FAX: (609) 341-2250

DATE: _____
CLIENT NAME: _____
CASE NUMBER: _____

****If you complete online, please DO NOT also return by mail or fax****

MUST BE RETURNED BY _____ 15th _____ OR YOUR CASE WILL CLOSE _____ 1st _____
MONTH YEAR MONTH YEAR

INSTRUCTIONS

You must submit a new Interim reporting form (IRF). We need this information to make sure that you are receiving the right amount of SNAP benefits. This is not your recertification. You will be notified when you are due for recertification.

You can now view your current case information, complete your IRF, and upload supporting documents online by creating or logging into your account at www.MyNJHelps.gov. For the questions below you must provide current information for all the people in your household. You can use a separate sheet of paper to explain any of your answers or give additional information. Please send copies on full size paper, and do not use staples or tape when sending in your form.

You must complete, sign and return this form to the above address, or to your local County Social Service Agency, by the date shown on this page. Do not send in a form from a past reporting period. If you need help to complete this form, call the DFD Call Center and select option number 1 for SNAP at (800) 792-9773.

Able-bodied Adults without Dependents (ABAWDs) must report when their weekly work hours fall below the 20-hour weekly average as well as when their gross income exceeds 185% of the federal poverty level (FPL).

NOTICE

- If this form is late, not signed, or incomplete, you may not receive your NJ SNAP timely.
- If you do not return this form, action will be taken to close your case.

Your current monthly NJ SNAP BENEFITS are \$ _____ based on the number of people in your household and the household's countable income.

SINCE YOUR MOST RECENT SNAP APPLICATION
(Select Yes or No in only one box in black or blue ink):

	YES	NO	Additional Instructions
1. Has your household moved?	☐	☐	If Yes, complete section 1
2. Has your household's share of rent/mortgage/utilities changed?	☐	☐	If Yes, complete section 2
3. Did anyone move into, or leave, your household?	☐	☐	If Yes, complete section 3
4. Have you, or anyone in your household, started a new job, lost a job, or started to receive income from a new source?	☐	☐	If Yes, complete section 4
5. Has your household's monthly EARNED income (before taxes) changed by more than \$125?	☐	☐	If Yes, complete section 4.1
6. Has your household's monthly UNEARNED income changed by more than \$125?	☐	☐	If Yes, complete section 4.2
7. Is any household member paying new child support for a child not living in the home or did existing payments change more than \$50?	☐	☐	If Yes, complete section 5
8. Has anyone in your household won \$4500 or more in lottery or gambling winnings?	☐	☐	

If you answered NO to all of the questions above, do NOT complete sections 1-5 on pages 2 and 3. Skip to the Certification section on the bottom of page 3 and sign there.

Older Adults in SNAP

- An older adult, as it relates to SNAP, is an individual who is age 60 and over
- An individual with a permanent disability and 60 years of age or older (and spouse) living with others may be a separate household if they are unable to purchase and prepare their own meals

Individual with a Disability Defined

- In SNAP, you are considered an individual with a disability if you meet ONE of the following criteria:

Receive Supplemental Security Income (SSI) or Social Security disability or blindness payments

Receive an annuity under the Railroad Retirement Act and are eligible for Medicare or are considered disabled under SSI

Receive state disability or blindness payments based on SSI rules

Receive a disability retirement benefit from a governmental agency because of a permanent disability

A totally-disabled veteran who is permanently homebound, or in need of regular aid and attendance

The surviving spouse/child of a veteran receiving VA benefits and is considered permanently disabled

Households with Special Circumstances: Household Composition

- Persons with a disability who live in certain nonprofit group living arrangements (small group homes with no more than 16 residents) may be eligible for SNAP benefits, even if the group home prepares their meals for them.
- Persons who are 60 years of age or older and are unable to purchase/prepare meals separately because of a permanent disability, the person and the person's spouse may be a separate SNAP household, if the others they live with have incomes below the limit established under federal SNAP rules.

Household with Special Circumstances: Income

- A SNAP household with an older adult or person with a disability may exceed the gross income limit, but must still meet the net income limit.
 - An eligibility worker at County Social Service Agency will calculate income according to SNAP rules.
- For SNAP purposes, “income” includes both earned and unearned income.
- Because veterans’ and disability benefits are not explicitly excluded from income, they are counted when determining a household’s eligibility for SNAP.

Households with Special Circumstances: Income and Resources

- Special Needs Trust (SNT)
 - Funds held in an SNT are not counted as a resource if inaccessible to the household, but can be counted as income if withdrawn
- NJ ABLE
 - Funds held in NJ ABLE accounts are excluded as income and resources when determining financial eligibility for SNAP, Work First New Jersey or Medicaid

Deductions for Individuals with Special Circumstances: Medical Expense Deductions

- Some medical costs more than \$35/month may be deducted unless paid for by insurance or a non-household member
 - Only the amount over \$35 each month may be deducted
- Some examples are:
 - Most medical and dental expenses
 - Nursing care
 - Certain Transportation Costs
 - Health Insurance Premiums
 - Inpatient/Outpatient Hospital Expenses
 - Prescriptions
 - Attendant care
 - Home health aide
 - Medical supplies
 - ADA approved service animal related expenses
 - Hearing aides
 - Eyeglasses

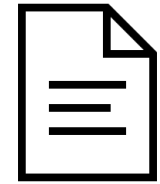
Deductions for Individuals with Special Circumstances:

Excess Shelter Cost Deductions

- If one person in the household is elderly or has a disability, all allowable shelter costs that are more than half of the household's income, may be deducted
- The eligibility worker will determine what shelter deductions the household is eligible to receive

Households with Special Circumstances: Authorized Representative

- May apply, interview, receive communication and be designated as a payee to shop with SNAP benefits, on behalf of the SNAP recipient
 - SNAP Navigators can be an Authorized Rep for communication but NOT as a payee
- Representative must be designated in writing
- Can have multiple representatives for different purposes
- Residents of state-certified group living arrangements can
 - Apply on their own behalf;
 - Designate their own authorized rep; or
 - Utilize an authorized representative employed by the facility



Apply

Interview



Shop



Other Supports Available

- Home Energy Assistance (LIHEAP)
 - Administered by the Department of Community Affairs (DCA)
 - Helps pay for heating and cooling bills
 - Available to SNAP households with a household member who is elderly or has a disability
 - Profile information is automatically sent to DCA to enroll



Other Supports Available

- NJ SNAP Utility Program (NJ SNAP-UP)
 - Energy assistance program to help off-set costs of energy for certain SNAP households with a household member who is elderly or has a disability
 - \$21 cash benefit automatically added to EBT Families First card of active SNAP households
 - Benefit provided once a year for active SNAP households
 - SNAP-UP benefit does not affect participation in LIHEAP



Other Supports Available

- Amazon Prime
 - Discounted membership
 - Free food delivery
- Discounted YMCA membership
- Affordable Connectivity plan
 - Discounted Wi-Fi or technology device
- Families First Discovery Pass
 - Free/Discounted tickets to cultural programs in NJ
 - www.FamiliesFirstDiscoveryPass.com

NJ SNAP Community Resources

- SNAP Navigators (A list of agencies is available on ***NJSNAP.gov***)
- Food banks/food pantries available in every county
- NJ 2-1-1



Work First New Jersey (WFNJ)



Work First New Jersey (WFNJ)

WFNJ provides temporary cash assistance (time limit of 60 months, with certain exceptions), as well as supportive services such as job search and readiness, child care, transportation, and short-term housing support.



WFNJ – General Assistance (GA)

- State-funded
- Single adults/couples without children
- There is a lifetime limit of 60 months, with possible extensions in certain circumstances.



WFNJ - GA

There are two grant amounts based on household size – one for those considered employable and one for those considered unemployable.

Household Size	Maximum Allowable Income Levels	Maximum <u>Employable</u> Benefit
1	\$278	\$185
2	\$381	\$254

Household Size	Maximum Unemployable Benefit
1	\$277
2	\$382

WFNJ – Temporary Assistance for Needy Families (TANF)

- Federally-funded
- Provides temporary cash payments to families with minor children with little to no income
- There is a lifetime limit of 60 months, with possible extensions in certain circumstances.
- Must have a relative child in home

WFNJ - TANF

- “Parent” refers to natural and/or adoptive parent(s), parent-person(s) or legal guardian(s).
- The term "parent-person" refers to any person related by blood, marriage, civil union, adoption or legal guardianship
- An applicant who is a needy parent-person may apply for TANF benefits for their children or themselves
- Non-needy caretakers/parent-persons
 - Eligible to apply for benefits for children in their care
 - Not eligible for assistance
 - Not considered to be members of the TANF household



WFNJ - TANF

Household Size	Maximum Allowable Income Level	Maximum Benefit Amount
1	\$321	\$214
2	\$638	\$425
3	\$839	\$559
4	\$966	\$644
5	\$1,092	\$728
6	\$1,221	\$814
7	\$1,341	\$894
8	\$1,442	\$961
Each Additional	+ \$99	+ \$66



WFNJ - Emergency Assistance (EA)

- For families experiencing homelessness or are at risk of homelessness
- Only available to WFNJ and Supplemental Security Income (SSI) recipients
- There is a separate application for EA that will be processed by the County Social Services Agency.
- Time-limited to 12 months with possible extensions available
- Can provide:
 - Shelter placement/costs
 - Security deposit and 1st month's rent
 - Back rent/utilities as well as ongoing rental assistance
 - Moving expenses and essential furnishings

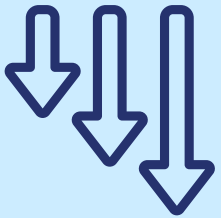
WFNJ Benefits

- Access cash benefits using the same Families First EBT card as SNAP benefits
- Can be used at supermarkets to purchase non-SNAP items



H.R.1 Federal Changes to SNAP

Changes to Relationship With the Low-Income Home Energy Assistance Program (LIHEAP)



The H.R.1 law changes the relationship between SNAP and the LIHEAP heating and cooling program. **This will result in many SNAP recipients, who are not elderly or disabled, receiving reduced SNAP benefits.**



In addition, this change would have an administrative impact that could increase the state's Payment Error Rate, which could, in turn, cost the state more in SNAP benefits.

SNAP-Ed

H.R.1 **eliminated SNAP-Ed**, a program that received \$9.9M during Federal Fiscal Year 2025 to teach NJ residents with low incomes how to make healthy, budget-friendly food choices and lead more active lives.





Noncitizen Eligibility for SNAP

H.R.1 limits the categories of noncitizen statuses eligible to receive SNAP benefits

Effective April 10, 2026, the only noncitizen statuses which may be eligible to receive NJ SNAP are:

- U.S. Nationals;
- Lawful Permanent Residents (LPR) or Green Card holders;
- Cuban and Haitian Entrants (CHE); and
- Compact of Free Association (COFA) citizens.



Noncitizen Eligibility

H.R.1 changes who may be eligible, as long as they meet all other SNAP financial and non-financial eligibility requirements.

Pre H.R.1:

- Lawful permanent residents (LPR) or Green Card holders
- Compact of Free Association (COFA) citizens
- Cuban entrants
- Haitian entrants
- Refugees
- Asylees
- Survivors of Human Trafficking
- Non-citizens battered by family members while in the United States
- Persons whose deportation is withheld due to threat of serious harm or torture upon deportation
- Those granted parole into the United States for a period of at least one year
- American Indians Born in Canada
- Members of Federally Recognized Tribes Born Abroad

Post H.R.1:

- Lawful permanent residents (LPR) or Green Card holders
- Compact of Free Association (COFA) citizens
- Cuban entrants
- Haitian entrants
- ~~• Refugees~~
- ~~• Asylees~~
- ~~• Survivors of Human Trafficking~~
- ~~• Non-citizens battered by family members while in the United States~~
- ~~• Persons whose deportation is withheld due to threat of serious harm or torture upon deportation~~
- ~~• Those granted parole into the United States for a period of at least one year~~
- ~~• Members of Federally Recognized Tribes Born Abroad~~

Mixed-Status SNAP Households

- Noncitizen household members who are not in an eligible immigration category, or decline to provide documentation of immigration category or SSN, are considered non-applicants.
 - All remaining members of the household may still apply for NJ SNAP.
- Children cannot apply for SNAP. Ineligible parents may apply for their eligible children.
 - Non-applicants are not required to provide information regarding their immigration status or SSN to the CSSA
 - Non-applicants in the SNAP household may be required to provide other information, such as income and resources, which may affect eligibility of other household members.
 - The CSSA must include the pro-rata share of non-applicant household members' income when determining NJ SNAP eligibility and benefit levels for the remaining household members (e.g. eligible children)

Basic SNAP Work Rules*

SNAP recipients between the ages of 18 and 59, unless exempt, must:

- register for work
- accept an offer of suitable employment
- not voluntarily quit or reduce work hours below 30 hours/week without a good reason
- Comply with Work First New Jersey Temporary Assistance for Needy Families (WFNJ/TANF) work rules, if receiving TANF benefits
- Comply with Unemployment Insurance Benefits (UIB) work requirements, if receiving UIB
- Comply with Able-Bodied Adults without Dependents (ABAWD) rules, if subject to the ABAWD time limit

*The SNAP Basic Work Rules were not modified by H.R.1

Basic SNAP Work Rules: Exemptions

SNAP recipients do not have to meet the SNAP basic work rules if:

- younger than age 16 or age 60 and older
- responsible for a child under age 6 or a person who needs care
- working at least 30 hours a week or earning at least the Federal Minimum Wage multiplied by 30 hours (\$7.25/hour or \$217.50/weekly as of March 2026)
- applied for or receiving UIB
- physically or mentally unfit for work as determined by a medical professional or receipt of disability benefits
- attending school, college, or a training program at least half-time
- meeting the WFNJ TANF work rules
- participating in a drug or alcohol treatment and rehabilitation program

Able-Bodied Adults Without Dependents (ABAWDs) Time Limits

- Individuals subject to the ABAWD work rules are SNAP recipients of a specific age, with no eligible dependents, and are subject to a time limit of receiving SNAP benefits for only three months during a three-year period.
- The ABAWD work rules are separate from the basic SNAP work rules. Individuals can be subject to one, both, or neither.
- Individuals subject to the ABAWD work rules accrue a “countable month” for any month that they are not meeting the work requirement. If they accrue three months within that three-year period, they lose SNAP benefits
- Individuals subject to the ABAWD work rules can receive SNAP for more than three months in a three-year period (known as the ABAWD time limit) if:
 - Meeting the ABAWD work requirements; or
 - Meet an exception from the ABAWD time limit.

ABAWD Work Requirement

- Working at least 80 hours a months, or an average of 20 hours a week
 - Working means:
 - Work for pay
 - Self-employment
 - Volunteer work
 - In-kind work (working in exchange for goods or services instead of cash)
- Participating in a work program, such as SNAP Employment and Training, for at least 80 hours a month
- Any combination of work or work program for at least 80 hours a month
- Participating in a workfare program for the number of hours assigned each month

ABAWD Criteria Changes

- ABAWD age range went from 18-54 to between the ages of **18 and 64** (the month after turning 18 and the month of turning 65)
- Work requirement exception went from those with dependent children from households with children under the age of 18 to **households with children under the age of 14**.
- Removed the following exceptions:
 - Age 18 to 24 and in foster care when they turned 18;
 - Lacking a regular nighttime residence or living in a shelter, halfway house, temporary residence (for not more than 90 days), or a place not ordinarily used for sleeping; or
 - Currently serving/have ever served in the military, including the reserves, regardless of the conditions of any discharge or release.

ABAWD Exemptions

An individual subject to the ABAWD work rules may be exempt from the ABAWD time limit rules if meeting any one of the following exemptions:

- Younger than age 18;
- Age 65 and over;
- In a SNAP household with a child under age 14;
- Exempt from SNAP Basic Work Rules and between the ages of 18 and 59;
 - If age 60-64, the exemption must be a reason other than age
- Pregnant;
- Physically or mentally unfit for work as determined by the County Social Service Agency worker;
- An Indian (Native American, Alaska Native, Indigenous Person, Tribal Member), Urban Indian, or a California Indian as defined in the Indian Health Care Improvement Act; or
- Live in a waived area.

Official Information Online: NJSNAP.Gov

Resources > Federal Changes

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Program Updates Due to Changes in Federal Law

Beginning July 4, 2025

Able-Bodied Adults without Dependents

- Changes the age of individuals who must comply with the 80 hours/month work requirement from 18-54 to 18-65
- Changes work requirement exception for those with dependent children from households with children under the age of 18 to households with children under the age of 14
- Ended most waivers that excepted work requirements under certain conditions

New Jersey was under a waiver for all counties except Morris through January 31, 2026. As of February 1, 2026, only Camden City and Cape May County are under a time limit waiver.

Learn more at about these changes at [NJSNAP.gov](https://njsnap.gov).

Beginning April 10, 2026

Applications approved prior to April 10, 2026:

- HR 1 changes listed below to noncitizen eligibility status are **effective at recertification**
- Households who lose eligibility at recertification due to HR 1 noncitizen changes are not subject to a claim for over-issuance for benefits received during their certification period due to noncitizen eligibility changes

How can you prepare for these changes?

Learn about SNAP eligibility, work rules, and ABAWD time limits on [NJSNAP.gov](https://njsnap.gov) or by contacting your CSSA for more information.

If you receive notices from your CSSA, make sure to read them and follow any instructions to help you keep your benefits.

SNAP Recipients > Staying on SNAP

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Staying on SNAP

Once you have been approved for SNAP there are some things you need to do to keep receiving benefits. Your SNAP case was granted for a limited amount of time, which we call a certification period. Most people are certified for either 12 or 24 months. You must complete an Interim Reporting Form (IRF) halfway through your certification period if you want to continue benefits. Two months before your certification period expires, you will be sent a letter that it is time to recertify. You will need to complete a recertification if you want to continue to receive SNAP benefits.

Work Requirements

If you are a SNAP participant between the ages of 16 through 59 who are not specifically exempted, you must follow the Basic SNAP Work Rules in order to keep your benefits. You must:

- Register for work
 - This is done automatically at application, recertification, and/or when someone gets added to your SNAP household.
- Provide job status or availability for work on Applications, Recertifications, Interim Reporting Forms (IRF) and upon request from your County Social Service Agency (CSSA).
- Accept a job if it is offered to you unless it is unsuitable. Examples of an unsuitable job offer include:
 - Your commute would be over 2 hours per day
 - You don't have regular transportation to and from the job
 - The job pays less than the state or federal minimum wage
- Not voluntarily quit your job or reduce your work hours below 30 hours a week without a good reason
- Comply with the Work First New Jersey Temporary Assistance for Needy Families (WFNJ/TANF) work assistance, if you also receive WFNJ/TANF cash assistance
- Comply with the New Jersey Department of Labor requirements, if you receive unemployment insurance benefits
- Meet the Able-bodied Adults without Dependents (ABAWD) rules as well as the SNAP Basic Work Rules, if you are determined to be subject to the ABAWD Time Limit. Learn more in our [ABAWD Frequently Asked Questions](#).

Official Flyers

NJSNAP.gov

- Resources > Materials



Need Help Paying for Groceries?

New Jersey's Supplemental Nutrition Assistance Program (SNAP) provides food assistance to individuals and families with benefits to buy groceries at most food retailers, stretching your food budget! If you are eligible, you can receive benefits **month for food shopping.**

How do I know if I'm eligible?
Your household must meet certain requirements to be eligible for SNAP.

For most applicants, your monthly household income must not be higher than the amounts in the chart to the right. However, if a household member is age 60+ or has a disability, they may still be eligible even if their gross income exceeds these amounts.

What is a SNAP household?
Typically, any group of people who purchase/prepare food together. However, individuals age 60+ or individuals with disabilities can apply on their own, even when living with others.

How do I receive my benefits?
Benefits are issued on a Families First Electronic Benefits Transfer (EBT) card that works like a debit card. This card can be used in most grocery stores, some farmer's markets and online.

State of New Jersey | Department of Human Services



SNAP Facts: Work Requirements

If you are a SNAP recipient between the ages of 18 and 64, you may be subject to Able-Bodied Adults Without Dependents (ABAWD) work rules and time limits under federal rules.

You are subject to ABAWD work rules and time limits if you are a SNAP recipient who:

- Is between the ages of 18 and 64;
- Does not reside in a SNAP household with a child under age 14; and
- Is considered physically and mentally fit for work.

To keep your SNAP benefits, you must spend an average of at least 80 hours each month doing one or any combination of the following activities:

- Working, either paid or in-kind;
- Participating in a job program or similar approved work activity; and/or
- Volunteering.

You may be exempt from the time limit if you are:

- Under age 18, or age 65 and over;
- An adult in a SNAP household with a child under age 14;
- Pregnant;
- Physically or mentally unfit for work as determined by the SNAP worker;
- Exempt from SNAP Basic Work Rules (if aged 60-64, exemption must be for something other than age); and/or
- An Indian (Native American, Alaska Native, Indigenous Person, Tribal Member), Urban Indian or a California Indian as defined in the Indian Health Care Improvement Act.

Learn more about work activities or exemptions at [NJSNAP.gov](https://www.njsnap.gov) or by contacting your County Social Service Agency.

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Public Charge

Public Charge Historical Background

- The Personal Responsibility and Work Opportunity Act of 1996 (PRWORA) and the Immigration and Nationality Act (INA) provided understanding for public charge.
- Under these acts, it was understood that:
 - non-citizens should generally not depend on public resources
 - the availability of public benefits should not be an incentive to emigrate to the United States
 - an applicant applying for a visa, admission or adjustment of status may be denied if it is determined the applicant is likely at any time to become a public charge.
 - factors that must be considered in the determination are age, health, family status, assets, resources, financial status, education and skills



Public Charge 2026 Final Rule

2026 Final Rule is the current rule:

- Published on July 16, 2026, effective September 18, 2026.
- Removed most of the definitions from regulation and previous exemptions.
- Affords officials broad discretion to consider any information, any individualized case-specific factors and relevant circumstances and **encourages officials to consider the receipt of means-tested benefits such as SNAP in analysis.**
- Directs that receipt of means tested benefits such as SNAP is a breach of a public charge bond.

Could see impacts to Mixed Status households and possibly CHEs who are in a status that then apply to adjust their status to LPR.

Questions & Answers



Q?

A!