

The Food and Nutrition Services (FNS) Program, formerly known as Food Stamps has a work requirement for some adults. **Some** adults may only receive FNS **for 3 months**, unless they are working.

**YOU ARE NOT REQUIRED TO WORK TO GET FNS IF YOU ARE:**

- Applying for or receiving Unemployment Benefits
- Getting Refugee or Work First Assistance
- A student in school at least half time
- Caring for an incapacitated person (who does not have to live with you)
- Operating a Home School at least 30 hours weekly
- Under the age of 18 or at least 50 years old
- Pregnant
- Physically or mentally unfit for work (even temporarily)
- Part of a FNS household with a child under 18 (even if the child is not eligible for FNS)
- In a drug or alcohol treatment program
- Unable to work due to Alcohol/Drug dependence (even if not in treatment)
- Homeless – Living in a Homeless Shelter or living on the street

**If none of the above exceptions are met, you must be working an average of 20 hours per week, in any combination of the following:**

- Paid Work (including your own business, even if you are making no money right now);
- Volunteering with a public, private or nonprofit agency such as Food Banks, Food Pantries, Schools, or Religious Organizations; or
- An approved Employment and Training (E&T) program.

**If you have been denied FNS because you were not meeting the work requirement, you may be able to get FNS for at least three more months if you:**

- Worked 80 hours in any 30-day period since you lost your FNS;
- Have started working, volunteering, or job training; or
- Are now unable to work or meet one of the other exceptions to the rule listed above.