

SNAP BENEFITS — IMPORTANT CHANGES

EFFECTIVE NOVEMBER 1, 2025

Per the Pennsylvania Department of Human Services (DHS)

Keep Your SNAP Benefits Active

 You must do both!

- Keep your address up to date **with DHS** (call or update through COMPASS).
- Keep your address up to date **with the United States Postal Service** so you don't miss important mail.

New Work & Reporting Requirements

If you receive SNAP, you must complete and report at least **20 hours per week** (or **80 hours per month**) of work, education/training, or approved volunteering if you:

- Are **18–64** years old
- Do not have a dependent child **under age 14**
- Are physically and mentally able to work

Those who do not meet these requirements may receive **only three months** of SNAP benefits within a three-year period.



Report or ask questions: Customer Service Center
1-877-395-8930 (Philadelphia: **215-560-7226**).
You can also report changes in [COMPASS](#).

Exemptions from Work Requirements

You may be **exempt** if you meet any of the following:

- Living in a SNAP household with a child **under age 14**
- Pregnant
- Caring for an incapacitated person
- Unable to work due to physical or mental health condition
- Participating in drug/alcohol treatment program
- Student enrolled at least half-time in higher education
- Receiving unemployment benefits
- Homeless
- Former foster youth **under age 24**

What Counts as Work Activities

- Paid employment (part-time or full-time)
- Self-employment
- Unpaid work in exchange for goods/services
- Job training programs
- Education programs (including GED, college)
- Approved volunteer work
- Workfare programs
- Job search activities (limited time)



Keep records of your work activities and report them monthly to maintain your benefits.

This information is effective November 1, 2025. For the most current information, visit the Pennsylvania Department of Human Services website.

Need Help?

Customer Service: **1-877-395-8930** (Philadelphia: **215-560-7226**)

Online: compass.state.pa.us