

Frequently Asked Questions

Implementing HR1 Changes to SNAP Eligibility Oct. 1, 2025

What is happening?

The federal government is making states change who can get food benefits through the Supplemental Nutrition Assistance Program (SNAP). Oregon will start using the new rules on **Oct. 1, 2025**.

The changes won't happen to everyone at once — they will roll out over the next year.

- **For people who already get SNAP:** The changes will happen to those who applied or recertified on and after July 4, 2025. For others already getting SNAP, the changes will happen over time throughout the next year. Notices will be sent to the first group of people who are impacted around Oct. 15, 2025. The first group will have SNAP benefit changes or closures on Nov. 1, 2025.
- **For people who apply or reapply for SNAP after Oct. 1, 2025:** The new rules will apply right away.

These changes will cause many people in Oregon to get less SNAP or lose their benefits completely. This includes older adults, immigrants, and people living in rural communities with limited access to transportation.

Who will be impacted?

There are three main groups of people who will be impacted:

1. **Adults ages 18–64 without a disability and without children aged 14 and under** in their SNAP group. This is called “ABAWD” status.
 - Many will have to meet work rules for the first time to keep getting SNAP.
2. **Refugees, Asylees, and certain other lawfully present immigrants**
 - These individuals will no longer be eligible for SNAP, including children, older adults and those with a disability.

3. Households getting help with heating or energy bills

- If they don't include an older adult or someone with a disability, their SNAP may be reduced.

When will changes be made for people already receiving SNAP?

Changes won't affect everyone at the same time. They will happen over time throughout the next year.

1. Able-bodied Adults Without Children (ABAWDs)

- Beginning Oct 1, 2025, people with ABAWD status in 6 counties (Multnomah, Washington, Clackamas, Yamhill, Benton, and Hood River) will be reviewed at application or renewal to see if they have to meet work rules.
- People who don't meet work rules may lose SNAP benefits after 3 months.

2. Refugees, Asylees, and Other Conditionally Allowed Immigrants

About **3,000** people, including children, will lose SNAP.

- About **1,000** people who applied or renewed their SNAP between July 4 and Oct. 1, 2025 will get notices around Oct. 15, 2025. Their SNAP will end on **Oct. 31, 2025**.
- Another **2,000** people will lose SNAP when they have to renew (recertify), which usually happens every 6 months.

3. Households Receiving Energy Assistance

- About **9,600** households who applied or renewed between July 4 and Oct. 1, 2025 will get notices around Oct. 15, 2025.
- Their SNAP will be reduced on Nov. 1, 2025.
- Another **20,000** households will see benefits go down when they recertify.

When will the new rules affect people who are applying or reapplying?

If you **apply or reapply for SNAP after Oct. 1, 2025**, the new rules will apply right away.

How will people be notified of changes to their SNAP benefits?

Watch your **mail** and your **ONE Online** account for any messages about your SNAP benefits.

You can also:

- Sign up for [news alerts](#) from ODHS
- Follow ODHS on [social media](#)
- Visit the ODHS [website](#)

A list of options is available in [English](#) and [Spanish](#). Community partners also will help ODHS get the word out and support people through changes.

What does it mean to have ABAWD status?

If you have an ABAWD status you are required to do 80 hours of work activities a month through:

- Paid employment (including self-employment).
- Unpaid work activities (such as bartering or volunteering).
- Participating in a SNAP Employment and Training Program.
- A combination of work and other activities.

These rules are to help people find and keep jobs while still getting the food assistance they need.

If you are required to follow the ABAWD Work Rules, you can only get food benefits for three months in a three-year period if you do not do the monthly 80 hours. This is called the SNAP time limit for people with an ABAWD status.

Some people don't have to follow the ABAWD Work Rules. These are called ABAWD exemptions.

Learn more about ABAWD and exemptions on our [website](#).

What else should people know about work requirement (ABAWD) changes?

The federal changes significantly expand who is subject to work requirements:

- Age threshold increases from 55 to 65.
- Age of dependents decreases from 18 to 14.
- Exemptions removed for people experiencing homelessness, veterans, and former foster youth.
- New exemption added for individuals identified as "Indian," "urban Indian," or "California Indian."
- Counties can only receive waivers if unemployment exceeds 10%. No Oregon county currently qualifies, though some tribal lands may be eligible.

Estimated statewide loss could reach \$347 million in benefits over a single biennium, in addition to major administrative and system implementation costs.

What else should people know about the loss of SNAP eligibility for refugees, asylees and other conditionally allowed individuals?

The federal changes remove eligibility for nearly 3,000 people, including refugees, asylees and other conditionally allowed individuals. This includes children and disproportionately affects mixed-status families.

The rule removed SNAP eligibility for the following groups:

- Individuals lawfully permitted for permanent residence under the Immigration and Nationality Act (INA), including Amerasians.
- Iraqi or Afghan individuals granted a special immigrant visa status.
- Refugees
- Asylees
- Victims or family members of victims of severe forms of trafficking
- Individuals whose deportation is being withheld under section 243(h) of the INA
- Parolees
- Individuals who are granted conditional entry
- Individuals who are a battered spouse or dependent child

This change increases risks of child hunger and food insecurity.

What else should people know about the Standard Utility Deduction (SUD) and Energy Assistance reductions?

Energy assistance will now count as income for most households when their monthly benefit amounts are calculated. Only households with an older adult or someone with a disability can exclude energy assistance.

In total about 29,000 Oregon households are projected to see an average SNAP benefit decrease of \$58 per month.

Cuts to the Standard Utility Deduction (SUD) will reduce benefit levels for households with high energy costs, further straining low-income families.

How do people contact ODHS with questions?

Go to benefits.oregon.gov or beneficios.oregon.gov to find ways to contact ODHS online, in person or by phone.

Why is this happening?

In July 2025, the federal budget known as HR1 was approved by Congress and signed by President Trump. HR1 deeply undercuts the core purpose of SNAP —providing reliable food support to those in need. The budget bill makes sweeping restrictions, funding shifts, and cuts that disproportionately impact low-income families, older adults, children, immigrants, and the financial stability of households. These changes are among the provisions in HR1 that will cause reductions or loss of food benefits for hundreds of thousands of people in Oregon whose health and safety depend on SNAP.

The Congressional Budget Office (CBO) projects approximately \$295 billion in cuts nationally to SNAP through 2034—by far the deepest reduction in the program’s history, equaling about 30% of SNAP’s funding. Most of these cuts represent lost grocery benefits for individuals and families.

What is the role of SNAP in Oregon?

SNAP is a cornerstone of Oregon’s fight against hunger, helping more than 1 in 6 people in Oregon, approximately 27 percent of households, afford groceries. This includes children, working families, older adults, and people with disabilities. But even with SNAP benefits, many families still struggle to meet their basic needs, especially amid the rising cost of food and housing. Everyone deserves access to healthy food, and the Oregon Department of Human Services (ODHS) is committed to making sure people in Oregon receive the right amount of SNAP food benefits they qualify for.