

## Talking Points

### Implementing HR1 Changes to SNAP Eligibility Oct. 1, 2025

#### SNAP eligibility changes happening Oct. 1, 2025

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 and immigrants, and people living in rural communities with limited access to transportation.

#### Three groups 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 under age 14** in their SNAP group (called ABAWDs)
  - 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.

## Benefit changes will happen over the next year

If you already get SNAP, the changes won't affect everyone at once. They will happen over time throughout the next year.

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

### 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 must meet work rules to keep their SNAP benefits.

- 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 their SNAP is recalculated, 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 Nov. 1, 2025.
- Another **20,000** households will see benefits go down when their SNAP is recalculated.

## People will get notices before benefits change

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 for getting updates from ODHS is available in [English](#) and [Spanish](#).

Community partners also will help ODHS get the word out and support people through changes.

## Contact ODHS with questions

Go to [benefits.oregon.gov](https://benefits.oregon.gov) or [beneficios.oregon.gov](https://beneficios.oregon.gov) to find ways to contact ODHS online, in person or by phone.