



Meet Your SNAP Work Reporting Requirements

As of November 1, 2025, SNAP recipients must now report at least 20 hours of work, education, training, and/or volunteering per week (or 80 hours per month) if they:

- Are 18–64 years old;
- Do not live in a SNAP household with a child under 14; and
- Are physically and mentally able to work.



Need Help? Do you have questions about how to report work, education, training, or volunteering activities?

- Contact your caseworker at your [local county assistance office \(CAO\)](#).



Recipients who do not meet these requirements or an exemption are only eligible to receive three months of SNAP benefits within a three-year period.



Report Changes

Don't miss any important information about your benefits. Keep your address up-to-date with DHS. You can report changes:

- Online using the COMPASS website at dhs.pa.gov/compass.



Scan. Update.
Scan with mobile device to go to dhs.pa.gov/compass



More Information

Learn more about federal changes to SNAP benefits at dhs.pa.gov/work



Learn more.
Scan with mobile device to go to dhs.pa.gov/work