

# FAQS ON CHANGING SNAP RULES

In July 2025, Republicans in Congress voted to pass the Big Ugly Bill. The Big Ugly Bill will give the top 1% over a TRILLION dollars over the next 10 years, using SNAP and Medicaid benefits to pay for it.

Below are some of the new eligibility restrictions and work requirements that Illinois residents should be aware of in 2026, with implementation starting Sunday, February 1.

## What Changes are Coming

- Paperwork: **Adults ages 18 to 64 must meet new reporting requirements.** They must work or volunteer a minimum of 80 hours per month or participate in certain training or education to receive SNAP benefits.
- **Adults who meet one of the following criteria may be exempt** from the requirement:
  - A parent or other member of a household that includes a child under 14
  - People who are medically certified as physically or mentally unable to work
  - People who are pregnant
  - Some Native Americans
  - A parent or other member of a household with responsibility for the care of an incapacitated person
  - A regular participant in a drug addiction or alcohol treatment and rehabilitation program
- **Due to the Big Ugly Bill, several populations that were exempt from these requirements no longer are. The populations most affected by this change will include:**
  - Adults between 55 and 64
  - Parents with older children (14 or older)
  - Veterans
  - People experiencing homelessness
  - Former foster youth ages 18 and older
  - People in areas with high unemployment. Starting in 2026, states can only waive work requirements in areas where unemployment exceeds 10 percent

## When Will This Happen

- **We expect these changes to take effect starting on February 1, 2026.** Any adult who does not meet these work requirements will be limited to three months of SNAP benefits.
- After this three-month period, **people must either meet the requirements for exemption above or risk losing their benefits starting May 1, 2026.**

## What You Should Do

- **If you are over the age of 64 or under 18, the new work requirements DO NOT apply to you.**
- For those between 18-64, you may identify a possible exemption (see above).

**Questions? Concerns? Contact my office.**

**Call 773-267-5926 or go to  
[quigley.house.gov](http://quigley.house.gov)**



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## Impact on Immigrant Families

The new requirements also limit the eligibility of legally present noncitizens.

Those who do not meet these requirements may be eligible for limited benefits.

### Newly affected populations because of the Big Ugly Bill include:

- People granted asylum
- Refugees
- Some legally present immigrants

STATUS	Eligible BEFORE the Bill	Eligible AFTER the Bill
Legal Permanent Resident (subject to the 5-year bar)	Yes	Yes
Cuban / Haitian entrant	Yes	Yes
Compact of Free Association (COFA) migrant	Yes	Yes
Refugee	Yes	NO
Asylee	Yes	NO
T-visa holder	Yes	NO
Parolee > 1 year	Yes	NO
VAWA Petitioner	Yes	NO

## How to know if you're affected

Through [abe.illinois.gov/access](http://abe.illinois.gov/access), you can:

1. Report changes to your home address, income, or household status.
2. Check if you meet the new SNAP work requirements.
3. Complete the required paperwork.

**CHECK THE NEW SNAP RULES HERE!**



## Will everyone need to reapply for SNAP?

**We don't know yet.** In November, the Trump Administration announced that they wanted to require every SNAP beneficiary to reapply, but they have not issued any further directions.

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