


# CHANGES TO THE TIME LIMIT


By law, certain adults without dependents can only receive SNAP benefits beyond three months in a three-year period unless they meet specific work requirements. We refer to this as the “time limit.”

These rules may vary based on where you live. Check with your [local SNAP agency](#) to see how the rules may apply to you.


## WHAT’S CHANGING?




**The time limit is back in effect.**  
The three-month time limit was largely paused during the pandemic and reinstated on July 1, 2023. That means that beginning October 1, 2023, individuals who do not meet the time limit work requirements may lose benefits. This will vary by location, as some areas have [waivers](#) of the time limit due to high unemployment.



**The time limit age range is increasing.**  
The age range of the time limit – originally 18-49 – is expanding over time to include adults ages 50-54. If they are not exempt, participants ages 18-54 will need to meet the time limit work requirements to continue receiving benefits.



**There are new exceptions to the time limit.**  
Veterans, individuals experiencing homelessness, and young adults aging out of foster care (age 24 or under and in foster care on their 18th birthday) do **not** need to meet the time limit work requirements to continue receiving benefits.



**State case-by-case exemptions are changing.**  
State agencies’ annual case-by-case, or discretionary, exemptions are decreasing from 12% to 8% of those subject to the time limit. In addition, in the future, state agencies will only be able to roll over unused exemptions from the previous fiscal year, rather than accumulating year after year.

## WHEN’S IT CHANGING?

