



Changes to SNAP

What you need to know

A federal law passed in 2025 (H.R. 1) changes how the Supplemental Nutrition Assistance Program (SNAP) operates nationwide. Oklahoma Human Services is required to implement these updates:

#1



Work Requirements

New work requirements apply to adults **ages 18–64**, who must complete **80 hours per month** of work, training, or approved activities. Parents and caregivers must meet these requirements if their youngest child is **14 or older**. Individuals who do not comply may have time-limited benefits.

#2



Exemptions

Under recent federal changes, the following individuals are no longer automatically exempt from SNAP work requirements: **veterans, individuals experiencing homelessness, former foster youth ages 18–24, and parents or caregivers whose youngest child is age 14 or older**. Individuals may still qualify if they meet the work requirements or qualify for a different exemption.

#3



Program Changes

Nutrition education services supported through **SNAP-Ed will no longer be available** through the program. States and community partners may evaluate other ways to provide similar support.

#4



State Responsibilities

SNAP administrative costs are shared, shifting from a **50/50 federal-state split to 75% state and 25% federal over time**. States will take on a larger share of program costs and may face additional financial penalties if their payment error rate **exceeds 6%**.

You Must Report Changes

Keep your information up to date and avoid interruptions to your benefits.



Have you changed jobs or hours?



Have your household members changed?



Has your monthly cost of housing changed?



Have you moved recently?

To report a change,
scan the QR code or visit

OKDHSlive.org



OK SNAP Works

If you need help meeting SNAP work requirements or finding qualifying activities, support is available.



More
Than a Job.

What is OK SNAP Works?

OK SNAP Works connects SNAP recipients with FREE education, employment training, job search, placement, and support services to help meet work requirements – helping Oklahomans build lasting careers and economic independence.



Education

GED, Literacy, Vocational,
and Post-Secondary
Training



Job Training

Job Search Support,
Placement Assistance, and
Retention Services



Support Services

Transportation, Child Care,
Textbooks, Exam Fees,
PPE, and Uniforms

Who Can Participate?

OK SNAP Works is available to those who meet the following general requirements:

- Oklahoma Resident
- Age 16 or older
(some exceptions apply)
- Unemployed or working less than 30 hours per week
- Current SNAP Recipient
- Not Receiving TANF or other Federal Program
- Able to work
- Ready to start today!



Scan the QR code to learn more and get connected through Oklahoma Human Services at **oklahoma.gov/okdhs/oksnapworks**