



H.R. 1 Work Requirements: May 2026 Update

Supporting Connecticut residents. Making a difference.

SNAP Work Requirement Changes

As of December 1, 2025, certain adult SNAP recipients must do one of the following each month to keep SNAP benefits (unless exempt):

- Work at least 80 hours or make at least \$217.50 a week
- Be in a job training or work program, such as SNAP Employment & Training, for at least 80 hours
- Volunteer for at least 80 hours
- Do a mix of work, training and/or volunteer work that adds up to 80 hours



SNAP Work Requirement Changes

Who may be affected?

Anyone receiving SNAP who:

- Is 18–64 years old
- Does not live with a child under 14
- Can work (physically and mentally)

If the SNAP recipient is in one of the groups above, they can only get SNAP benefits for 3 months out of every 36 months unless the work rules are met or they are exempt.

How to report ?

SNAP recipients are expected to report any employment, education, volunteer, or training activities to DSS at application, renewal, or when changes occur. Supporting documentation may be uploaded through their MyAccount on [MyDSS](#) or [ConneCT](#).

Meet Marcus

Marcus is a 28-year-old single adult who lives alone and relies on SNAP for support.

- He works about 15 hours a week (approximately 60 hours a month).
- He also participates in an approved training program for another 20 hours a month.
- Marcus receives a Notice of Discontinuance for SNAP indicating that he is not meeting the work requirement.
- Marcus is confused, as he believes his part-time job and training hours should amount to the required 80 hours per month.
- Having gotten help from a community action agency in the past, he reaches out again to understand the notice and figure out what he should do next.



SNAP & Eligibility Support Path

Meeting with Community Action Agency

An Outreach Worker takes time to review Marcus' situation, looking at both his work hours and his participation in the training program.

Decision: Only his employment hours are currently reflected. His training activities do not appear to be reported or verified by DSS.

Result: Marcus may still be eligible, however DSS will need a verification of his training hours to ensure his case is accurate.



Outreach Worker Supports Marcus by:

Explaining SNAP work requirements in a clear and simple way.

Reviewing his notice and helping him understand why his benefits are being discontinued.

Discussing all his activities, including work and training program.

Identifying that his training participation may not have been reported or counted.

Assisting him in gathering and submitting the necessary verification.

Encouraging him to follow up with DSS so his case can be updated.

Connecting him to additional supports if needed while his ongoing eligibility is under review.

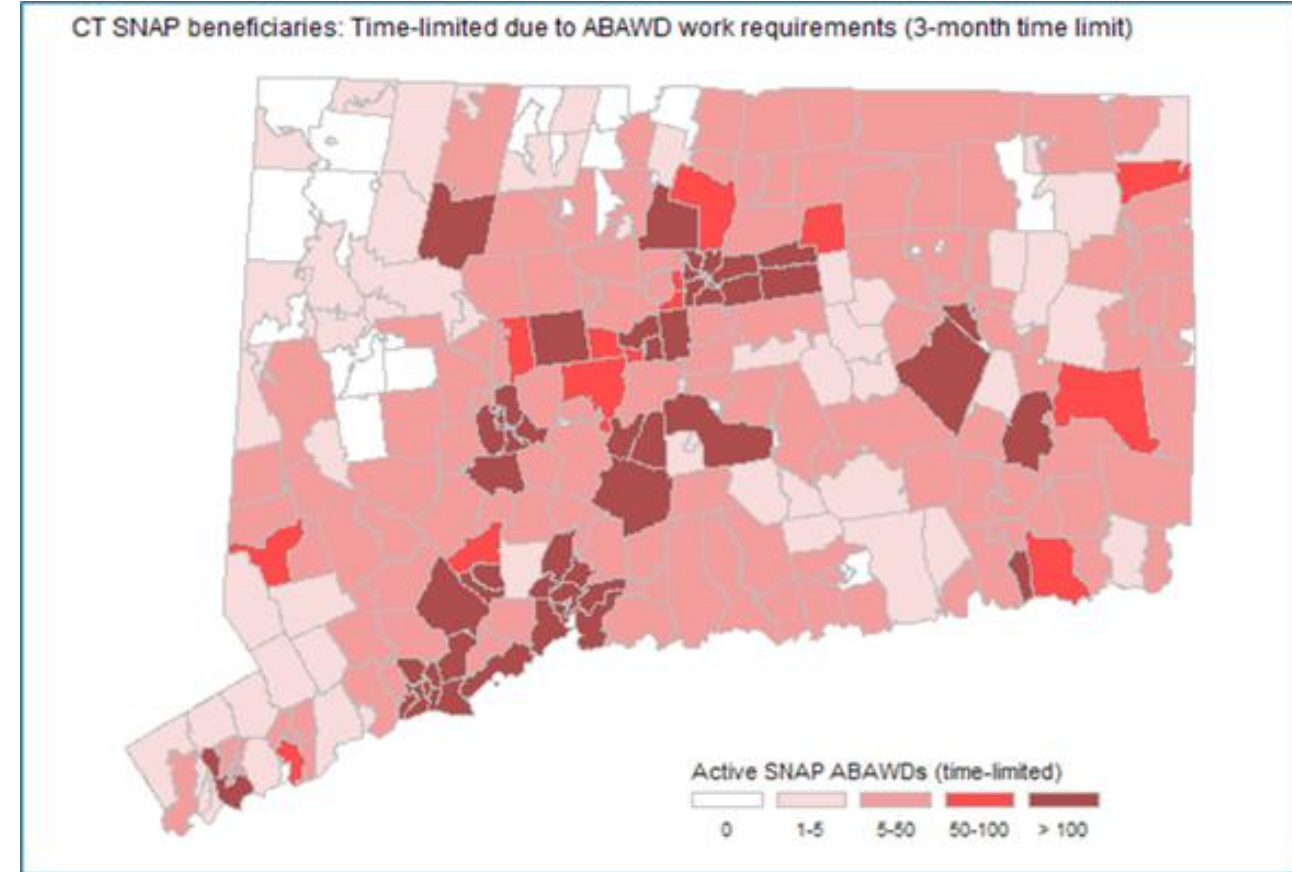
Exemptions that still apply



- Are under 18 or age 65 or older
- Live with a child under 14
- Have a physical or mental health issue preventing work
- Are pregnant
- Already following the work rules for another program such as TFA
- Take care of a child younger than 6 or someone who needs help caring for themselves
- Are in a drug or alcohol treatment program (NA/AA not included)
- Applied for or getting unemployment benefits
- Applied for or getting disability benefits like SSI, SSDI, or VA regardless of disability rating
- Go to school or a training program at least half time
- Are a member or descendant of a federally recognized or state recognized Native American tribe

SNAP Enrollment Impact

- About 1,500 people already used up their three months of eligibility and closed on November 30, 2025.
- About 20,000 people lost town exemptions and became subject to work rules.
- In October 2025, there were about 342,000 CT residents receiving SNAP. As of April 2026, that number has dropped to 303,000.



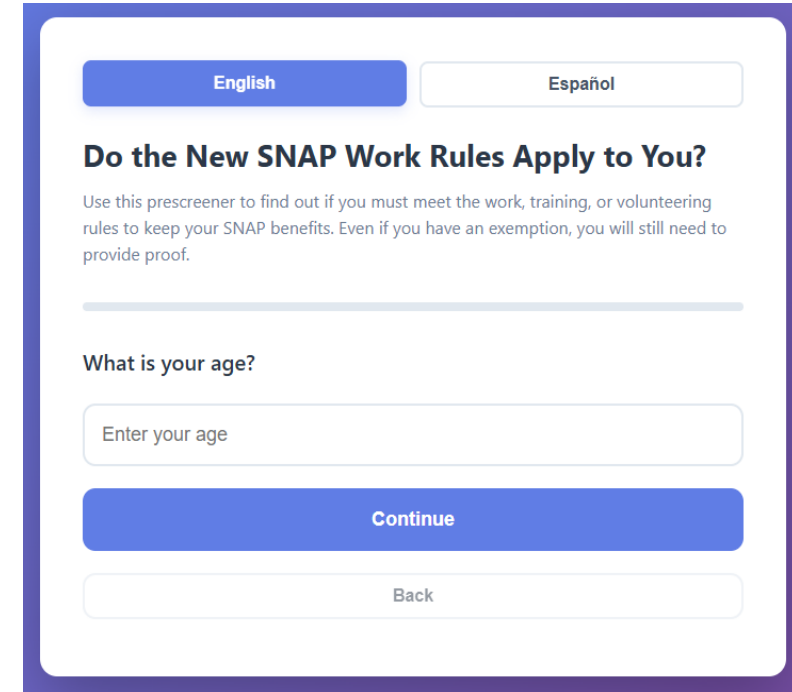
SNAP & Eligibility Support Path

Meet Graham



Graham visits the DSS website:

- Uses the SNAP Work Rules Pre-screener Tool
- <https://portal.ct.gov/SNAPWorkRules>
- Responds to questions on the SNAP pre-screener tool
- **Tool Result:** Not eligible for an exemption to the work rules
- **Impact:** Will only be eligible for 3 months in a 3-year period unless he meets the work rules



English Español

Do the New SNAP Work Rules Apply to You?

Use this prescreener to find out if you must meet the work, training, or volunteering rules to keep your SNAP benefits. Even if you have an exemption, you will still need to provide proof.

What is your age?

Continue

Back

SNAP & Eligibility Support Path

Referral to In-Person Support

- Graham enters his city/town information in the SNAP Pre-screener
- DSS' website indicates a **SNAP Navigator** is available at the local community action agency



Meeting with SNAP Navigator

- Graham meets with Susan, SNAP Navigator
- Susan reviews the eligibility criteria again to verify accuracy

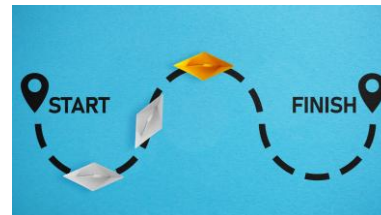
Results Confirmed

- Graham is not exempt and is only eligible for 3 months of SNAP
- Graham must start working or volunteering or qualify for an exemption to get SNAP after 3 months.

SNAP & Eligibility Support Path

If Graham meets work requirements or qualifies for an exemption within the 3-month period (while SNAP is still active), then Susan can:

- Assist with uploading verification documents
- Help report updated information to support continued eligibility
- Provide guidance on acceptable documentation
- Support him through the verification process to help maintain SNAP eligibility



If Graham's SNAP benefits have already closed due to work requirement time limits:

- He may regain SNAP eligibility later in the 36-month period by meeting work requirements or qualifying for an exemption
- He may need to reapply for SNAP
- He will need to demonstrate that he now meets work requirements or qualifies for an exemption
- Susan can guide him through the application and documentation process

If Graham does not take any action to meet work requirements or qualify for an exemption:

SNAP benefits will not continue. He would remain ineligible for the remainder of the 36-month period.

Supportive Intervention

Susan helps with:

- Referrals to **employment opportunities**
- Referrals to **education & training opportunities**
- Referrals to **volunteer opportunities**
- List of **additional support agencies**
- Information on **local food pantries/resources**



Medicaid Work Requirements

Current State:

- No work or community engagement requirements for Medicaid eligibility in Connecticut

Future State:

- **Starting January 1, 2027**, HUSKY D enrollees will need to meet work requirements or community engagement rules to get or keep coverage
- **Work/income:** Proof of at least 80 hours/month of work or income of at least \$580/month (federal minimum wage x 80 hours)
- **Community engagement:** Proof of at least 80 hours/month of community service or participation in a qualified work or training program; enrolled at least half-time in an education program; or any combination of community engagement and work totaling at least 80 hours per month

Veterans with disability rated as total *

Medically frail (e.g., blind, disabled, children with serious emotional disturbances, adults with serious mental illness, chronic substance use disorders, serious and complex medical conditions)

Alcohol use disorder or substance use disorder – including attending an approved drug or alcohol treatment or rehabilitation program

Already meeting work requirements for SNAP and/or TFA

Parent/caregiver of an individual with a disability

Individuals recently released from incarceration in the last 90 days *

Certain Native American & Alaska Native populations

Foster and former foster youth *

Short-term hardship waivers (e.g., individuals receiving medical care out of state)

* Differs from the SNAP exemptions

Medicaid Work Requirements Projections

HUSKY D Low-Income Adults	February 2026 Members	% Total
At-risk of coverage loss	110 k	35%
Likely exempt or compliant using available data	206 k	65%
Medical Frailty	126 k	40%
Wage records <i>Monthly income at least minimum wage x80 hours</i>	94 k	30%
SNAP beneficiary <i>Complying with SNAP work requirements</i>	45 k	14%
Other eligibility factor <i>Not 19-64 (9k), Medicare (5k), cash assistance (3k), non-Medicaid expansion (26k)</i>	39 k	12%
Supplemental Security Income (SSI) <i>Indicates a qualifying disability exemption</i>	24 k	8%
Student <i>Full-time or half-time (data primarily from SNAP)</i>	6 k	2%
Total distinct HUSKY D members	316 k	100%

Preliminary estimates subject to change



Categories are **not** mutually exclusive

Among the 206k members, 88k members are likely exempt or compliant based on multiple categories.

- **ConneCT.ct.gov** – Apply, renew, upload documents, and check benefits
- **MyDSS.ct.gov** – A mobile-friendly version of ConneCT to help manage your benefits through your phone
- **SNAP Work Rules Pre-Screener** (<https://portal.ct.gov/SNAPWorkRules>) – Check if time limits and work rules apply
- **DSS Benefits Center** (1-855-626-6632) – Help with applications, renewals, and eligibility questions
- **2-1-1 Connecticut** – Food, housing, utility help, and community resources
- **Community Action Agencies** – Assistance with SNAP applications and documents
- **American Job Centers** – Job search, resume help, and employment services
- **VolunteerCT (United Way)** – Local volunteer opportunities that may count toward work activity hours

DSS Resource Center locations

Bridgeport

925 Housatonic Avenue
Bridgeport, CT 06606

Manchester

699 East Middle Turnpike
Manchester, CT 06040

New Haven

50 Humphrey Street
New Haven, CT 06513

Torrington

62 Commercial
Boulevard
Torrington, CT 06790

Danbury

342 Main Street
Danbury, CT 06810

Middletown

2081 South Main Street,
Suite B
Middletown, CT 06457

Norwich

401 West Thames Street
Norwich, CT 06360

Waterbury

249 Thomaston Avenue
Waterbury, CT 06702

Greater Hartford

20 Meadow Road
Windsor, CT 06095

New Britain

30 Christian Lane
New Britain, CT 06051

Stamford

1642 Bedford Street
Stamford, CT 06905

Willimantic

1320 Main Street / Tyler
Square
Willimantic, CT 06226

How Outreach Partners Can Support

Connections with statewide support networks, such as:

- Community action agencies
- 211.ct.org or call 2-1-1
- Local municipal social services offices
- Faith-based organizations

Links to essential health and basic needs resources, such as:

- FQHCs (Federally Qualified Health Centers)
- CT Foodshare & local food pantries
- The Diaper Bank of Connecticut
- CT Hospital Association

Benefits navigation and information:

- Work requirement information
- Documentation and exemption screening
- Benefits application forms and guidance on next steps
- Referral to the DSS Benefits Center for eligibility questions

H.R. 1 & Community Partners

How can we help our fellow CT residents?

- Make sure residents have current contact information so they don't miss any important information! If they are unsure where to update their info they can go to:

<https://portal.ct.gov/updateusdss>

How can we stay up to date?

- As guidance is released, we will update our H.R. 1 FAQ main page with information for members and partners.

<https://portal.ct.gov/dss-hr1>



Federal H.R.1 and DSS Benefits

The below information reflects the changes CT residents will see with Congress passing House Resolution 1, also known as the "One Big Beautiful Bill Act", which the President signed into federal law on July 4, 2025. DSS is analyzing the impacts very closely and will continue to communicate with CT residents about changes to DSS benefits.


Read more below to learn about changes for members:

- SNAP
- Medicaid and CHIP (HUSKY Health)
- Covered CT

and for providers:

- Provider taxes
- SNAP payment error rates
- Covered CT

[Knowledge Base Article DSS Benefits and HRI](#)



For Members

Learn more about changes that may affect your benefits and when they may happen



For Providers

Learn more about changes that may affect providers and stakeholders



Q & A



THANK YOU