HEALTH CARE AUTHORITY

Keep Your Benefits NM!

SNAP Rules Have Changed

Federal SNAP rules changed on January 1, 2026. Some adults ages 18–64 must now complete 80 activity hours per month to keep their SNAP benefits. Activity hours can include work, volunteering, job training, or school. Many people qualify for an exception.

Immigration-Related Changes

Federal law changed SNAP eligibility for some lawfully present immigrants. When customers renew their SNAP benefits, HCA will review their eligibility under the new federal rules. Some customers who were previously eligible may no longer qualify for federal SNAP benefits after their renewal. State-funded assistance may be available to help eligible customers who lose federal SNAP benefits..

Who Needs to Complete Activity Hours?

SNAP customers must meet activity hour requirements if they

- Are ages 18 to 64
- Are able to work
- Are not caring for a child under age 14
- Do not qualify for an exception

Some populations that were previously exempt may now be subject to activity hour requirements, including veterans, individuals experiencing homelessness, and young adults aging out of foster care.

Who Does Not Need to Complete Activity Hours?

SNAP customers are exempt from the activity hour requirements if they are

- ☐ Under age 18 or age 65+
- ☐ Pregnant
- ☐ Disabled or receiving SSI
- ☐ Working 30+ hours per week
- ☐ Caring for a child under age 14 or a household member with a disability
- ☐ Enrolled in school at least half-time
- ☐ Receiving unemployment benefits
- ☐ American Indian
- ☐ Living in a waived county or Pueblo*
- ☐ In a drug or alcohol treatment or rehabilitation program

*Luna County, Laguna Pueblo, San Felipe Pueblo, Taos Pueblo, and Tesuque Pueblo

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Activity Hour Requirements

- Qualifying activities include employment, volunteer/community service, job training, school, and SNAP Employment & Training (E&T). Activities can be combined to meet the requirements.
- **SNAP customers must complete 80 activity hours per month.**

Documentation and Reporting

- SNAP customers must report activity hours when applying for SNAP, renewing SNAP benefits, or when activity hours fall below 80 hours per month.
- They should keep records of all activity hours or exceptions and provide documentation when requested.
- Acceptable documentation includes pay stubs, volunteer logs, and training records.
- **SNAP customers do not need to report activity hours every month.**

How Legislative Offices Can Help Constituents

- **Educate:** Share HCA rules, exceptions, and renewal guidance.
- **Refer:** Direct constituents to **YES.NM.GOV**, HCA Customer Service, or local Income Support Division offices for support.
- **Prevent Loss:** Encourage timely renewals and recordkeeping.

KEY MESSAGES FOR CONSTITUENTS

- Make sure your contact information is up to date
- Check to see whether you need to complete activity hours
- Keep proof of your activity hours if they apply
- **Watch for mail from HCA and respond right away**

WHERE TO REFER CONSTITUENTS

- Learn More: **HCA.NM.GOV/KeepYourBenefitsNM**
- Call: **1-800-283-4465**
- Applying & Reporting: **YES.NM.GOV**
- Visit: **Local Income Support Division offices**

This institution is an equal opportunity provider.

Thank You for Helping New Mexicans Keep Their Benefits!