

# Important Update: SNAP Benefits & Work Requirement Changes



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## Impact of Government Shutdown on November SNAP Benefits

Due to the federal government shutdown, November SNAP (food stamps) benefits may be delayed until federal funding is approved.

You will be notified about your benefits through:

- the Office of Temporary and Disability Assistance (OTDA) website
- NYC ACCESS HRA or myBenefits
- the ebtEDGE app or text message

Any unused benefits will remain available after November 1. Check your balance at [ebtEDGE.com](https://ebtEDGE.com) or on the app. To stay eligible, continue completing recertifications and periodic reports.

## Need Help Accessing Food?

If you rely on SNAP, these resources can help:

- **OTDA:** updates and FAQs page
- **Food Help NYC:** interactive map of NYC pantries and soup kitchens
- **Food Bank for NYC** and **City Harvest:** pantries, meal services, mobile markets, and community fridges
- **The NYC Mayor's Office of Food Policy:** comprehensive resource list

## Upcoming SNAP Work Requirement Changes (As of Nov 1, 2025)

New federal SNAP rules expand work requirements for Able-Bodied Adults Without Dependents (ABAWDs):

- Adults aged 18 to 64 must work, volunteer, or attend an approved training 80 hours per month to receive benefits for more than three months within a three-year period.
- Previous exemptions for veterans, people experiencing homelessness, and former foster youth no longer apply.
- Parents exemptions now only cover those with children under age 14.



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