



FOOD STAMP WORK RULES

ATTENTION!! Starting January 2009

This fact sheet has been affected by new changes to the food support program. Please note that there are currently **NO** work rules for food stamps for able-bodied persons **AND** there is no limit on the number of months.

This waiver will continue until September 30, 2011.

WORK RULES AND TIME LIMITS

Some people between the ages of 18 and 50 can only get food stamps for a limited time unless they follow work rules. You can only get food stamps for 3 months out of 3 years unless you work at least 30 hours a week or take part in your county Food Stamp Employment and Training Program.

DO THE WORK RULES APPLY TO ME?

- The work rules and 3 month limit apply to you only if you are between the ages of 18 and 50 and work less than 20 hours a week.
- The work rule and 3 month time limit **DO NOT** apply to you if you:
 - cannot work because of a physical or mental problem that you are dealing with for at least 30 days.
 - are caring for children (you do **not** have to be the child's parent).
 - get public assistance, like MFIP, GA, SSI, or MSA. But the work rule and time limits **do** apply to people who get Refugee Cash Assistance.
 - get Unemployment Benefits and are registered for work with the Department of Economic Security.
 - are pregnant.
 - take care of an ill or disabled person in your household.
 - are enrolled at least half-time in school or training, a GED program, or ESL classes okayed by your county worker. **OR**
 - are in a drug or alcohol rehab program.



GETTING YOUR FOOD STAMPS BACK

If you lose food stamps because of the work rules and later start working 30 hours a week or fit one of the 7 exceptions above, you do not have to wait 3 years to get food stamps again. You can reapply for food stamps right away.

SOME COUNTIES AND RESERVATIONS ARE NOT COVERED BY THE RULE

Some counties are not covered by the work rule and the 3 month limit because of their high unemployment rate or because there are very few jobs in the area.

The work rules do **not** cover these counties:

Aitkin	Grant	Marshall	Renville
Becker	Hubbard	Meeker	Todd
Beltrami	Itaska	Mille Lacs	Traverse
Carlton	Kanabec	Morrison	Wadena
Cass	Kittson	Pennington	Yellow Medicine
Chippewa	Koochiching	Pine	
Clearwater	Mahnomen	Red Lake	

For the same reasons, they also do **not** cover these Indian Reservations:

Boise Fort	Prairie Island
Fond du Lac	Red Lake
Grand Portage	Shakopee Community
Leech Lake	Vermillion Lake
Lower Sioux	White Earth



IF THE WORK RULES APPLY TO YOU . . .

You can choose which 3 months to get food stamps in the 36 month period (3 years). Any month that you get less than a full month of food stamps does not count as one of your 3 months. This can happen if you applied after the 1st of the month or weren't eligible for some days in the month.

If someone in a household loses food stamps because of the time limit, others in the household can still get food stamps.

WHAT IF I DISAGREE?

If you lose food stamps because of the work rules, or because they say that you have used up your 3 months, but you do not agree, appeal right away. If you appeal within 10 days of the date of the notice, you can get food stamps during the appeal. To appeal, just give your worker a letter saying that you appeal and why. Date it and keep a copy. For help, call your legal aid office.

To find other Legal Aid Society materials, including the fact sheets mentioned in this document, go to www.lawhelpmn.org/LASMfactsheets.

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