

Your SNAP Benefits May Be At Risk!

Do you live in DuPage or Cook County?

Are you between the ages of 18-49?

Do you live in a child-free home?

If you answered YES to all of the above questions, you may be considered an ABAWD (Able-Bodied Adult Without Dependents) & may be at risk of only receiving SNAP benefits for 3 months out of the 36-month period beginning on January 1, 2020 - UNLESS you meet the work requirement or are otherwise exempt.

What should you do?

- ☛ **Open all mail you receive from your DHS office so you do not miss important information about your benefits.**
- ☛ **Visit your DHS office to ensure your SNAP Case is accurate, including:**
 - ☛ **Your employment information - especially the number of hours you work**
 - ☛ **Your children's information (if applicable)**
 - ☛ **If you are applying for or receiving unemployment**
 - ☛ **If you are disabled and unable to work**

Who can you contact?

Illinois State DHS Office: 1-800-843-6154

Northern Illinois Food Bank SNAP Team: 844-600-7627

