

# ***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**

