

Food Assistance for Youth From Foster Care!

Transitioning into adulthood is hard. Food assistance through **SNAP** can **help** reduce pressure and allow you to use your money for other things!

What is the Supplemental Nutrition Assistance Program (SNAP)?

SNAP gives financial support to help meet your nutritional needs, especially during challenging financial circumstances.

SNAP recipients get a reloadable card, similar to a credit or debit card, to use at the register when buying groceries.



PRO TIPS:

- You may qualify if you are considered low income and meet other requirements that depend on your circumstances and who you are living with.
- You can apply in the state where you go to college and use your benefit at stores in other states when you travel.
- Let your SNAP caseworker know if you have a disability of any circumstances that would make it hard for you to work.



How to Apply:

Contact your local Department of Human Services office, and speak with the benefits office to learn more. Applications in many states are available online.

Find your local SNAP State Directory at:

fns.usda.gov/snap/state-directory

Click your state and then
“Apply for Benefits”

TALK TO US!

Email: outreach@fosterclub.com

Call: (503) 717-1552

Post: [app.fosterclub.com](https://www.fosterclub.com)



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SNAP changes you should know:

What's happening?

A new law (passed in July 2025) changes the rules for who can get SNAP. These changes especially affect young people who aged out of foster care.

Work Rules Are Changing

- Before: If you were 18–24 and had been in foster care, you didn't have to follow the SNAP work rules.
- Now: That exemption is gone.
- What this means: You may need to work or do job training to keep SNAP.
- If you don't meet the rule, you could only get SNAP for 3 months in 3 years.

Fewer Exemptions

- Some groups (like foster youth, veterans, and people experiencing homelessness) used to be automatically excused from work rules.
- The new law removed these exemptions. You might still qualify for an exemption if you are pregnant, disabled, caring for a child under 14, or meet certain tribal definitions.

Benefits Could Go Down

- The government changed how it calculates food benefits.
- Many people will see their monthly SNAP amount go down a little (on average about \$10 per person).

Advocate with us to:

1. Reinstate federal exemptions for former foster youth.
2. Ensure child welfare provides vital documents to youth before leaving care.
3. Require youth get info on benefits during transition planning.

Student Eligibility

- If you are student in a community college or college you are exempt from the general work requirements, but you will still need to meet the student requirements for SNAP.
- Attending certain programs and/or having work study are examples of how to meet the them. Check in with the campus resources (like a Basic Needs Center) to ask for help understanding eligibility.

When Does This Happen?

- States are likely rolling out the new rules late 2025 into 2026, usually when you apply for SNAP or when your eligibility is recertified.
- States are still waiting for clearer guidance from the federal government on how to implement changes. You may not feel the change right away, but it will likely show up at your next recertification.

PRO TIPS:

Don't panic. You may still qualify for SNAP—you just might have to show work, school, or training hours.

If you're worried about losing food benefits, ask right away about local food pantries, emergency food programs, or whether your state has any waivers you qualify for.

Keep proof. Save papers that show you're working, in school, or training and get or keep a verification letter from the state where you were in foster care that states how many days you were in care and how old you were when you left it.

