

Ohio SNAP Changes Starting in 2026

What You Need to Know

SNAP (food assistance) is still available in Ohio, but new federal rules mean more people must work, train, or be in school to keep their benefits. Ohio wants people to know about these changes early so no one loses food help by surprise.

What Is Changing in 2026?

Because of a new federal law (**H.R. 1**), some people who used to be **exempt from SNAP work rules** will now have to meet them.

Who Will Now Have Work Requirements

Starting in 2026, work rules will apply to:

- Adults **ages 55–64**
- Parents with children **ages 14–18**
- Veterans
- People experiencing homelessness
- Young adults aging out of foster care

These groups were previously exempt but **are no longer exempt under federal law**.

What Are the SNAP Work Requirements?

To keep SNAP, most affected adults must:

- **Work at least 80 hours per month, OR**
- **Be enrolled in approved job training, education, or workforce programs**

These rules are about **activity**, not perfection. Job search, training, and approved programs count.

Important Dates to Remember

- **February 1, 2026** – New work rules begin
- **March 1, 2026** – People must start **showing proof** that they are meeting the work requirement

If proof is not provided, **SNAP benefits may stop**.

Ohio officials say SNAP is meant to **help while people get back on their feet**, not replace income long-term. The state is encouraging people to connect to:

- Job training
- Career support
- Workforce programs

This is especially important for people reentering the community or rebuilding stability.

What Nu Outlook Clients Should Do Now

- **Do not panic** – SNAP is not ending
- **Pay attention to mail and notices** from Ohio Job and Family Services
- **Ask for help early** with job training, exemptions, or documentation
- **Use workforce and reentry programs** to meet work rules

Ohio Is NOT Restricting SNAP Food Choices

Some states will limit what SNAP can buy starting in 2026. Ohio is NOT one of those states.

You CAN Buy

- Fruits and vegetables
- Meat, poultry, seafood
- Dairy products
- Bread and cereal
- Canned and frozen foods
- Non-alcoholic drinks

You CANNOT Buy

- Alcohol or tobacco
- Vitamins or medicines
- Hot foods meant to be eaten right away
- Non-food items (diapers, paper products, soap, pet food)

Your Ohio Direction Card works the same as it does today. SNAP is accepted at:

- Grocery stores
- Many convenience stores
- Farmers' markets
- Some online retailers

How Much Income Can You Have and Still Get SNAP?

Below is the **maximum monthly income** to qualify.

Family Size	Monthly Income Limit
1	\$1,632
2	\$2,215
3	\$2,798
4	\$3,380
5	\$3,963
6	\$4,546
7	\$5,129
8	\$5,712
Each extra person	+ \$583

Official Ohio SNAP Information

Ohio Department of Job and Family Services (ODJFS):

<https://jfs.ohio.gov/about/communications/news/odjfs-promotes-career-support-for-ohioans-as-new-snap-work-requirements-set-to-take-effect-in-2026>

SNAP Program Info:

<https://benefits.ohio.gov/home/resources/assistance-programs/01-snap>

Need Help or Have Questions?

If you need help understanding these changes or want support to get — and stay — on your feet, contact **Nu Outlook**.



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