

# ARKANSAS SNAP BENEFITS

## A Plain-Language Navigation Guide

For Individuals, Families, and Nonprofits Serving Vulnerable Populations | Updated May 2026

### What This Guide Covers

Eligibility rules • Dual BBCE income tracks • Required documents • Step-by-step application  
• Work requirements & county waivers • July 2026 purchase restrictions • Why people lose benefits • Key contacts

### Important: Federal Rule Changes + Arkansas-Specific Changes in 2026

Two sets of changes are active or imminent in Arkansas. First, the One Big Beautiful Bill Act (OBBBA), signed July 4, 2025, made significant changes to SNAP nationally — including expanded ABAWD work requirements and narrowed non-citizen eligibility. Second, Arkansas-specific purchase restrictions on soda, candy, and sugary drinks take effect July 1, 2026 under a USDA-approved waiver. This guide reflects both. Always verify current rules at [humanservices.arkansas.gov](https://humanservices.arkansas.gov) or by calling 1-800-482-8988.

## Section 1: What Is SNAP in Arkansas?

SNAP stands for Supplemental Nutrition Assistance Program. In Arkansas it is administered by the Department of Human Services (DHS) through its 75 county offices via the Division of County Operations. Benefits are delivered monthly through an Arkansas EBT card (Quest card) accepted at authorized grocery stores statewide, at most major online retailers including Walmart and Amazon, and at many farmers markets.

Approximately 342,000–400,000 Arkansas residents receive SNAP benefits each month. Arkansas has one of the most layered SNAP eligibility structures in the country, running two separate income tracks depending on household composition. Understanding which track applies to your household is the first step to navigating the system correctly.

### Arkansas SNAP: Key Facts at a Glance

• No drug felony ban (modified) — people complying with their sentence terms are eligible

- 75 county DHS offices statewide — every county has a physical office
- Online portal (Access Arkansas) available for applications, renewals, and change reporting
- Some rural counties have ABAWD work requirement waivers — check your county
- EBT payment dates: 4th–13th of each month, based on the last digit of your Social Security Number
- July 1, 2026: Soda, candy, and sugary drinks will no longer be purchasable with Arkansas EBT

## Section 2: Eligibility Requirements

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### 2.1 Residency

You must currently reside in Arkansas. There is no minimum residency period. You do not need a permanent address — a shelter address, transitional housing address, or a signed statement from a non-relative confirming your location can satisfy the requirement. Your application is processed by the DHS county office in the county where you currently live.

### 2.2 Citizenship and Immigration Status

The following individuals are generally eligible:

- U.S. citizens (born or naturalized)
- Lawful Permanent Residents (Green Card holders) who have held that status for at least 5 years
- Certain refugees, asylees, and Special Immigrant Visa holders (SIVs)

#### **2025 Change: Non-Citizen Eligibility Narrowed**

The OBBBA (July 4, 2025) removed SNAP eligibility for humanitarian parolees, most asylum seekers pending a decision, and several other immigration categories that previously qualified. U.S.-born children in mixed-status households may still qualify even if their parents do not. Contact your county DHS office or Legal Aid of Arkansas (1-800-952-9243) if your immigration status is unclear.

### 2.3 Household Composition

Your SNAP household includes everyone who lives together and regularly purchases and prepares food together — spouses, children, and other family members who pool grocery purchases. Members who live in the same home but buy and prepare food separately may form their own SNAP household. DHS determines household composition during the application interview.

## 2.4 Income Limits — Arkansas’s Dual BBCE Structure

Arkansas has one of the most complex income eligibility structures in the country. Unlike most states that apply a single rule, Arkansas runs two separate income tracks depending on household composition:

### Arkansas’s Two BBCE Tracks — Which Applies to You?

#### Track 1: Standard Households

Gross income at or below 130% of the Federal Poverty Level. Must also pass the net income test at 100% FPL. Asset limit: \$3,000 for most households, with a temporary increase to \$5,500 available for up to 12 months once every five years.

#### Track 2: Elderly or Disabled Households

Households where at least one member is age 60+ or has a documented disability have NO gross income limit. Only the net income test at 100% FPL applies. Asset limit: \$5,500 (temporary, 12-month increase available; otherwise \$4,500). The shelter deduction is uncapped for elderly/disabled households — meaning any amount of rent and utility costs can be deducted, with no ceiling.

### Arkansas Income Limits and Maximum Benefits (FY 2026, Oct. 1, 2025 – Sept. 30, 2026)

HH Size	Standard Gross Limit (130% FPL)	Elderly/Disabled Gross Limit	Net Income Limit (100% FPL)	Max Monthly Benefit
1	\$1,644	No limit*	\$1,266	\$292
2	\$2,226	No limit*	\$1,714	\$536
3	\$2,808	No limit*	\$2,163	\$768
4	\$3,391	No limit*	\$2,611	\$994
5	\$3,973	No limit*	\$3,059	\$1,155
6	\$4,555	No limit*	\$3,508	\$1,386
7	\$5,138	No limit*	\$3,956	\$1,532
8+	+\$583/person	No limit*	+\$449/person	+\$177/person

\* Elderly/disabled households have no gross income limit under Arkansas’s BBCE Track 2 — only the net income limit applies. Income limits update each October 1.

### How Net Income Is Calculated

Net income = gross income minus approved deductions. The lower your net income, the higher your monthly benefit. Arkansas allows the following deductions:

- 20% earned income deduction — automatically applied to all wages and self-employment income
- Standard deduction: \$204/month for households of 1–3; higher for larger households

- Excess shelter deduction: rent/mortgage plus utilities exceeding 50% of net income after other deductions (capped at \$744/month for standard households; uncapped for elderly/disabled households)
- Dependent care deduction: childcare or adult care costs paid while working, job searching, or in training
- Medical expense deduction: out-of-pocket costs over \$35/month for members 60+ or with a qualifying disability
- Child support deduction: legally obligated child support paid to someone outside the household

 **Tip: The Shelter Deduction Is Especially Valuable for Elderly/Disabled Households**

Arkansas removes the \$744 shelter deduction cap for households with elderly or disabled members. This means high rent or utility costs can be fully deducted with no ceiling, significantly reducing net income and increasing benefits. Always report all housing and utility costs when applying, even if they seem high.

## 2.5 Asset Limits

Unlike some states that have eliminated asset limits through BBCE, Arkansas retains them:

- Standard households: \$3,000 in countable assets (cash, bank accounts, stocks, bonds, income-producing property)
- Elderly/disabled households: \$4,500, with a temporary increase to \$5,500 available for up to 12 months, once every five years

Assets that are NOT counted include your primary home, personal property, most vehicles, and retirement savings accounts.

 **Tip: The Temporary \$5,500 Increase**

If your household's assets are between \$4,500 and \$5,500 (for elderly/disabled households), you may request the temporary 12-month asset limit increase. This can only be granted once every five years. Ask your DHS caseworker about this option if you are near the asset ceiling.

## Section 3: Work Requirements

Work requirements are the most common reason people lose SNAP benefits in Arkansas. The state reinstated full ABAWD time limits in July 2023 and enforces them statewide, with limited county-level waivers.

### 3.1 Standard Work Requirements (All Adults 16–59)

All able-bodied adults between ages 16 and 59 must meet at least one of the following:

- Be employed (any number of hours)
- Be registered for work with the Arkansas Workforce Center
- Participate in an approved employment or training program
- Not have voluntarily quit a job without good cause or reduced hours below 30/week

### 3.2 ABAWD Rules (Able-Bodied Adults Without Dependents)

ABAWDs face a stricter time-limited requirement on top of standard work rules. Under Arkansas DHS rules effective July 2023 and the OBBBA:

#### Who Is an ABAWD in Arkansas?

1. Between ages 18 and 64 (Arkansas enforces the expanded OBBBA range; ages 18–64 without dependents are subject to ABAWD rules)
2. Not disabled (as documented)
3. Does not have responsibility for a child under age 14 living in the home
4. Not otherwise exempt from general work requirements

ABAWDs must complete at least 80 hours per month of qualifying activity:

- Employment (paid work)
- Job training or approved vocational program
- Volunteering or community service
- Participation in SNAP Employment & Training (E&T) through DHS — including GED programs, job training, internships, and English language classes

Without meeting this requirement, ABAWDs can only receive SNAP for 3 months in any 36-month period.

### 3.3 County-Level ABAWD Waivers

Some Arkansas counties have ABAWD time limit waivers in effect due to high local unemployment or insufficient available jobs. Approximately 15 rural counties have been reported to have active waivers in recent cycles, though this changes over time.

#### Ask Your County DHS Office About Waiver Status

ABAWD waivers are issued at the county level based on unemployment data and are updated periodically. Your county DHS office can confirm whether your county currently has a waiver in effect. If it does, ABAWDs in that county are not subject to the 3-month time limit. This is a

critical question for single adults without children living in rural Arkansas. Check your county's current waiver status before assuming the time limit applies to you.

### 3.4 Exemptions from ABAWD Requirements

The following individuals are exempt from ABAWD time limits regardless of county waiver status:

- Physically or mentally unfit for employment (documented by a physician, licensed clinical social worker, or similar professional)
- Pregnant
- Responsible for a child under age 14 living in the same home
- Enrolled at least half-time in a recognized school, training program, or institution of higher education
- Participating in a drug or alcohol treatment or rehabilitation program
- Age 15 or younger, or 65 or older
- Recently released from an institution (incarceration or psychiatric facility)
- Survivors of domestic violence
- Experiencing homelessness (may qualify under “unfit for employment” — ask your DHS caseworker)

### 3.5 SNAP Employment & Training (E&T) Program

DHS provides an Employment & Training program to help SNAP recipients meet work requirements while building skills. Available activities include:

- GED and basic education classes
- Job skills training and vocational programs
- Internships and on-the-job training
- English language instruction
- Job search assistance through Arkansas Workforce Centers

You can request E&T enrollment through your DHS caseworker. Participation in an approved E&T activity satisfies the ABAWD work requirement.

### 3.6 How to Document Work or an Exemption

You must report work activity or exemption status to DHS. This can be done:

- Online through the Access Arkansas portal at [accessarkansas.org](https://accessarkansas.org)
- In person at your county DHS office
- By mail or phone to your caseworker

 **Tip: Claim Exemptions Proactively and in Writing**

If you believe you qualify for any exemption, submit documentation before your benefit period runs out. DHS cannot retroactively restore months lost due to non-compliance. A letter from a treating physician, psychiatrist, licensed social worker, domestic violence advocate, shelter staff, or treatment provider describing your situation can serve as supporting documentation. Verbal claims alone are generally insufficient.

## Section 4: Required Documents

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Gather these before applying. Missing documents are the most common cause of processing delays. DHS requires verified documentation — DHS must register any valid application within 2 business days of receipt, and that date becomes your official application date.

### 4.1 Always Required

- Proof of Identity: Driver's license, state-issued ID, passport, or birth certificate (for all household members applying)
- Social Security Number (SSN): For each household member applying. Members without an SSN may still allow other eligible household members to apply
- Proof of Arkansas Residency: Utility bill, lease or rental agreement, official mail with your name and address, or a signed statement from a non-relative (including their address and phone number)

### 4.2 Income Verification

- Pay stubs from the last 30 days (for employed applicants)
- Most recent W-2, 1099, or tax return (for self-employment income; report gross business income minus legitimate business expenses)
- Award letter or benefit statement for Social Security, SSI, unemployment, TANF, or other unearned income
- Documentation of child support received (counts as income) or paid to someone outside the household (qualifies as a deduction)
- Documentation of any other income source (pension, workers' compensation, rental income, gifts, loans)

### 4.3 Asset Documentation

Unlike Alabama and Arizona, Arkansas requires asset verification for many households:

- Bank statements (checking and savings) for the most recent month
- Documentation of stocks, bonds, or investment accounts if applicable

- Note: Primary home, personal property, most vehicles, and retirement accounts are not counted

#### 4.4 Deduction Documentation (Strongly Recommended)

These documents are not required to apply but can significantly increase your monthly benefit:

- Rent or mortgage statement
- Utility bills (electric, gas, water, phone) — DHS may allow a standard utility allowance instead of actual bills; ask your caseworker
- Childcare or dependent care receipts and provider information
- Medical bills or statements for members 60+ or with disabilities
- Court documentation of child support payments you make outside the household

#### 4.5 Situation-Specific Documents

- Non-citizens: Immigration documents (Green Card, visa, refugee resettlement paperwork)
- Students: Class schedule or enrollment verification from your institution
- Disabled individuals: Physician's letter, SSI award letter, or medical documentation
- Work exemption claims: Letter from a doctor, social worker, DV advocate, shelter, or treatment provider
- Drug felony convictions: Documentation of compliance with sentence terms, probation conditions, or treatment program participation (see Section 6.5)
- Recently incarcerated: Release paperwork from the facility

 **Tip: Apply First, Gather Documents Later**

Submit your application as soon as possible to lock in your application date. DHS must register your application within 2 business days — benefits are backdated to that date if approved. You will receive a notice specifying what additional verification is needed. Do not wait until every document is in hand.

## Section 5: Step-by-Step Application Process

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### Step 1: Check Your Eligibility

Before applying, get a rough estimate. You can:

- Use the Arkansas SNAP eligibility calculator at [snapbenefitscalculator.com/arkansas](https://snapbenefitscalculator.com/arkansas)
- Call DHS at 1-800-482-8988 (Mon–Fri, 8 AM–4:30 PM) to speak with a representative
- Visit your county DHS office for in-person guidance (find your office at [humanservices.arkansas.gov/county-offices](https://humanservices.arkansas.gov/county-offices))

- Dial 211 to connect with local food assistance navigators and community resources

## Step 2: Choose Your Application Method

Method	How / Contact / Notes
Online (Recommended)	Access Arkansas portal at <a href="https://accessarkansas.org">accessarkansas.org</a> — create an account, complete the application, and upload documents. Available 24/7. Automatically routed to your county DHS office. Also use for renewals and change reporting.
In Person	Visit your county DHS office. Find your office at <a href="https://humanservices.arkansas.gov/county-offices">humanservices.arkansas.gov/county-offices</a> . All 75 Arkansas counties have a DHS office. Best for complex situations or same-day expedited screening requests.
By Phone	Call DHS at 1-800-482-8988 (Mon–Fri, 8 AM–4:30 PM) or your county office directly. Staff can take your application by phone or mail one to you.
By Mail	Request a paper application by calling 1-501-682-8700. Mail completed application to your county DHS office. Note: DHS must register your application within 2 business days of receipt — mail delays affect your application date.

## Step 3: Complete the Application

The application will ask for:

- Names, dates of birth, and Social Security Numbers for all household members
- Current address and residency information
- Income sources for all household members (earned and unearned)
- Monthly expenses: rent, utilities, childcare, medical costs
- Asset information: bank account balances, investment accounts
- Citizenship and immigration status
- Work history, current employment, and ABAWD work activity (if applicable)
- Any existing program participation (TANF, Medicaid, SSI, unemployment)
- Household members who live with you but buy and prepare food separately

## Step 4: Attend Your Interview

After submitting your application, DHS will schedule a mandatory interview. In Arkansas, interviews are typically conducted by phone within approximately 10 days of application. In-person interviews may be required in some cases.

 **Tip: Do Not Miss Your Interview**

Missing the interview is the most common reason Arkansas SNAP applications are denied. If you cannot make the scheduled time, contact your county DHS office immediately to reschedule. Have your Social Security Number and the names of all household members ready when the caseworker calls. Missing the appointment without rescheduling requires a new application and resets your application date.

## Step 5: Provide Requested Verification

After the interview, DHS may request additional documents. You will receive a written notice with the specific documents needed and the deadline. Submit documents through Access Arkansas online, in person at your county office, by fax, or by mail.

## Step 6: Receive a Decision

DHS must process standard applications within 30 days of receipt. If approved, you will receive a notification and an Arkansas Quest EBT card by mail. Benefits are loaded monthly to your card. EBT payment dates in Arkansas are the 4th through the 13th of each month, based on the last digit of your Social Security Number.

If denied, you have the right to appeal within 90 days. See Section 7.

## Emergency / Expedited Processing (7-Day)

You may qualify for expedited benefits available within 7 days if your household meets any of these criteria:

- Gross monthly income is less than \$150 AND liquid assets (cash, checking/savings) are less than \$100
- Combined monthly income and liquid assets are less than your monthly rent or mortgage plus utilities
- A migrant or seasonal farmworker with liquid assets under \$100

Ask specifically about expedited processing when you apply. If applying in person at your county DHS office, request expedited screening at the front desk.

## Section 6: Special Situations and Common Barriers

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### 6.1 The July 1, 2026 Purchase Restriction — What Changes

Arkansas is the first state to implement a broad food purchase restriction under a USDA waiver. Effective July 1, 2026, the following items can no longer be purchased with Arkansas EBT benefits:

- Soda (all types, including low-calorie and diet sodas)
- Fruit and vegetable drinks with less than 50% natural juice
- Other “unhealthy drinks” (including ready-made sugar or artificial sweetener coffee/tea drinks, energy drinks)
- Candy (including confections made with flour, like certain chocolate bars, and artificially sweetened candy)

### **Key Points About the Purchase Restriction**

Your total monthly benefit amount does not change — the restriction only affects what you can buy, not how much you receive. Restricted items must be purchased separately with cash, debit, or credit. The restriction applies to purchases made in Arkansas stores; if you use your Arkansas EBT card in another state, that state’s rules apply. DHS is developing a searchable database and barcode-scanning app to help identify eligible items. Check [humanservices.arkansas.gov](https://humanservices.arkansas.gov) for updates as the July 1, 2026 date approaches.

Items that remain eligible include: all fresh fruits and vegetables, meat, poultry and fish, dairy products, breads, cereals, 100% fruit juices, water, flavored water, carbonated flavored water, and sports drinks.

## **6.2 Experiencing Homelessness**

You do not need a permanent address to apply for SNAP in Arkansas. DHS accepts:

- A shelter address (with shelter staff confirmation)
- A transitional or temporary housing address
- A signed statement from a non-relative (such as a case manager, outreach worker, church staff, or neighbor) confirming your location, with their address and phone number

If you cannot receive mail, ask a shelter, a nonprofit, or a trusted community contact if they can receive DHS correspondence on your behalf. Dial 211 to find local shelters and benefits navigation organizations in your area.

### **For Nonprofits: Address Documentation for Unhoused Clients**

Organizations can help clients establish a valid address by providing a signed letter on organizational letterhead confirming: the individual is known to the organization, the approximate area where they are staying, and contact information for the organization. This satisfies the address verification requirement in most DHS cases and should be updated at each recertification.

### 6.3 People With Disabilities or Elderly Household Members

Households where at least one member is 60+ or has a disability qualify under Track 2 rules (see Section 2.4), which provide:

- No gross income test — only the net income limit at 100% FPL applies
- Uncapped shelter deduction — all rent and utility costs can be deducted, with no \$744 ceiling
- Higher asset limit: \$4,500 (with temporary \$5,500 increase available)
- Medical expense deduction for out-of-pocket costs over \$35/month

A formal Social Security disability determination is not required to claim a work exemption or Track 2 rules. A letter from a treating physician, psychiatrist, or licensed clinical social worker documenting a condition that limits employment capacity is generally sufficient.

### 6.4 Students

Students enrolled at least half-time in higher education face additional eligibility requirements and must meet at least one of these exceptions:

- Work 20 or more hours per week (average 80 hours/month)
- Participate in a federal or state work-study program
- Care for a dependent child under age 6
- Care for a dependent child ages 6–11 when adequate childcare is unavailable
- Receive TANF benefits
- Enrolled in school as part of an approved SNAP E&T program

Part-time students (fewer than half the normal full-time credit load) are generally not subject to these additional student restrictions. College students working 20+ hours per week or participating in a meal plan that covers fewer than 50% of their meals may also qualify.

### 6.5 Drug Felony Convictions — Arkansas’s Modified Ban

Arkansas has a modified approach to the federal drug felony ban — it is not a complete lift like Alabama or Alaska, but people with drug convictions can qualify. The rule:

- You are eligible for SNAP if you are complying with the terms of your sentence, including any required probation conditions or drug treatment programs
- You do not need to have completed your sentence — active compliance is what matters
- If you are not in compliance with your sentence terms, you are not eligible



#### **Practical Guidance for People With Drug Convictions**

Bring documentation of your current compliance status: a letter from your probation officer, documentation of treatment program participation, or court paperwork confirming your

compliance. DHS will determine eligibility based on that documentation. If you are unsure whether you qualify, contact Legal Aid of Arkansas at 1-800-952-9243 for free guidance.

## 6.6 Mixed-Status Households

If some household members are U.S. citizens or qualified non-citizens and others are not eligible, the eligible members may still receive SNAP. DHS will calculate benefits based only on the eligible members. Do not assume the whole household is ineligible without applying.

## 6.7 Self-Employment Income

If you are self-employed, SNAP counts your gross business income minus legitimate business expenses as your earned income. You must document both income and expenses — typically with tax returns, business records, or a signed statement. The 20% earned income deduction then applies to your net self-employment income. Not tracking expenses is one of the most common mistakes self-employed applicants make.

# Section 7: Why People Lose Benefits — and How to Avoid It

Most people who lose SNAP in Arkansas do not lose it because their income changed. They lose it because of a procedural failure. Here are the most common causes:

### The Most Common Reasons SNAP Benefits Are Cut Off in Arkansas

#### 1. Missing the recertification (renewal) deadline

SNAP is not permanent. Certification periods last 6–12 months for most households (up to 24 months for some elderly/disabled households). DHS mails a renewal reminder before your period ends, but many people miss it. Prevention: Set a personal calendar reminder 60 days before your certification end date. Monitor your Access Arkansas account regularly.

#### 2. Failing to meet work requirements or document an exemption

ABAWDs who do not work 80 hours/month and have not claimed a valid exemption or county waiver are cut off after 3 months. Prevention: Ask DHS whether your county has a current ABAWD waiver. If not, claim any applicable exemption in writing with supporting documentation at the time of application and at every renewal.

#### 3. Missing the interview or not responding to DHS notices

DHS sends notices by mail and through Access Arkansas. In Arkansas, the interview is typically by phone — missing the call is the most common failure point. Prevention: Keep your phone number current with DHS. If you move or change your number, update DHS immediately. Know your interview is coming and be available. Check Access Arkansas regularly for notices.

#### 4. Failure to report changes in income or household composition

You are required to report certain changes (a new job, income increases above your threshold, someone moving in or out) within 10 days. Failure to report can result in overpayments, which DHS will attempt to recoup, and may lead to case closure or disqualification.

#### 5. Drug felony compliance lapse

Unlike Alabama and Alaska, Arkansas's drug felony eligibility is conditional on ongoing compliance with sentence terms. If you stop complying with probation conditions or drop out of a required treatment program, you lose eligibility. Prevention: Keep your DHS caseworker informed of any changes in your supervision or treatment status.

#### 6. Changes in immigration or citizenship status

The OBBBA removed eligibility for many non-citizen categories effective July 4, 2025. If you are a non-citizen and recently lost benefits, contact Legal Aid of Arkansas (1-800-952-9243) to determine whether your category is affected and whether any appeal rights apply.

## Your Right to Appeal

If DHS denies your application, reduces your benefits, or closes your case, you have the right to request a Fair Hearing (appeal). Key points:

- You must request the hearing within 90 days of the date on your notice
- If you request a hearing within 10 days of a notice reducing or terminating benefits, your benefits may continue at the previous level during the review period
- Hearings are typically conducted by phone
- You may represent yourself or have an advocate, Legal Aid attorney, or trusted person assist you

To request a fair hearing, contact your county DHS office in person, by phone, or in writing. For free legal assistance with your appeal, contact Legal Aid of Arkansas at 1-800-952-9243.

## Section 8: Key Contacts and Resources

Resource	Contact / What They Help With
Arkansas DHS SNAP Hotline	1-800-482-8988   Mon–Fri, 8 AM–4:30 PM General SNAP information, application help, case questions
DHS Main Office (Little Rock)	1-501-682-8700   humanservices.arkansas.gov Request applications by mail; general DHS information
Access Arkansas Online Portal	accessarkansas.org Apply online, upload documents, track your case, report changes, renew benefits
County DHS Office Locator	humanservices.arkansas.gov/county-offices

Resource	Contact / What They Help With
	Find your local county office — all 75 Arkansas counties have a DHS office
EBT Card Balance & Transactions	ConnectEBT app or call 1-800-997-9999, option #2 Check your EBT balance and transaction history
Arkansas Workforce Centers (ABAWD Work)	arworks.com Employment and training programs to meet ABAWD work requirements; job search assistance
SNAP Employment & Training (E&T)	Contact your county DHS office GED, job training, internships, English classes, and other activities that satisfy ABAWD requirements
Legal Aid of Arkansas	1-800-952-9243   arlegalaid.org Free legal help with SNAP denials, reductions, overpayments, fair hearings, and drug felony eligibility questions
Arkansas Food Bank Network	Dial 211 or 211.org Connect with local food banks, pantries, and emergency food resources across Arkansas
SNAP Purchase Restriction Information	humanservices.arkansas.gov/snap-food-stamps Updated information on the July 1, 2026 soda/candy restriction, eligible items database, and barcode-scanning tool

### **A Final Note: Arkansas’s System Has Genuine Complexity — Use It to Your Advantage**

Arkansas runs one of the most layered SNAP eligibility structures in the country. The dual BBCE income track, county-level ABAWD waivers, the temporary asset limit increase, the uncapped shelter deduction for elderly/disabled households, and the modified drug felony rule all create opportunities that many eligible households miss because they assume they don’t qualify. The most effective strategy is to apply regardless of uncertainty, document all deductions (especially shelter costs), ask your county office about ABAWD waiver status, and treat every DHS notice as time-sensitive. For advocates and nonprofit staff, the highest-value support is helping clients understand the dual income track system, ensuring exemption documentation is submitted in writing, and flagging the July 1, 2026 purchase restriction so clients can plan accordingly.

*This guide was compiled using information from the Arkansas Department of Human Services (DHS), the USDA Food and Nutrition Service, Legal Aid of Arkansas, and publicly available state SNAP resources. It is informational only and does not constitute legal advice. Rules may change — always verify current rules at [humanservices.arkansas.gov](https://humanservices.arkansas.gov) or by calling 1-800-482-8988.*