

New Hampshire SNAP BENEFITS

A Plain-Language Navigation Guide

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

What This Guide Covers

Eligibility rules • Income limits • Required documents • Step-by-step application • Work requirements • Why people lose benefits • Key contacts

Federal Changes in Effect (2025–2026)

The One Big Beautiful Bill Act (OBBBA), signed July 4, 2025, expanded ABAWD work requirements (now ages 18–64), narrowed non-citizen eligibility, and made other national changes to SNAP. This guide reflects rules as of May 2026. Always verify current rules with NH DHHS at dhhs.nh.gov or nheasy.nh.gov.

Section 1: What Is SNAP?

SNAP stands for Supplemental Nutrition Assistance Program. In New Hampshire it is administered by the New Hampshire Department of Health and Human Services (DHHS), Division of Economic and Housing Stability. Benefits are issued monthly through a New Hampshire EBT Card accepted at authorized grocery stores, farmers markets, and major online retailers including Amazon and Walmart.

New Hampshire uses 200% FPL through BBCE with no asset test and has fully lifted the drug felony ban. ABAWD work requirements were reinstated November 1, 2025 under the OBBBA — an important change for single adults without dependents. New Hampshire's economy has significant seasonal tourism employment (ski resorts, lakes region), and heating oil costs in winter create meaningful utility deductions. The NH Food Bank provides dedicated SNAP application assistance. NH Easy is the state's online application portal.

New Hampshire SNAP: Key Facts at a Glance

- 200% FPL gross income limit through BBCE — no asset test for most households
- Full drug felony ban lift — no conditions or requirements

- ABAWD work requirements reinstated November 1, 2025 — significant change for single adults without dependents
- NH Food Bank (nhfoodbank.org) provides free SNAP application assistance
- Heating oil costs in winter make the Standard Utility Allowance especially significant
- NH Easy (nheasy.nh.gov) for online applications and benefit management

Section 2: Eligibility Requirements

2.1 Residency

You must currently reside in New Hampshire. There is no minimum residency period. You do not need a permanent address — a shelter address, transitional housing, or a signed statement from a non-relative can satisfy this requirement.

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 status for at least 5 years
- Certain refugees, asylees, and Special Immigrant Visa holders

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 previously eligible categories. U.S.-born children in mixed-status households may still qualify. Contact your local NH DHHS office or legal aid 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. Members who buy and prepare food separately may form their own household unit.

2.4 Income Limits

New Hampshire uses Broad-Based Categorical Eligibility (BBCE) at 200% of the Federal Poverty Level. There is no asset test for most households.

Exception: Households where all members are age 60+ or have a documented disability have NO gross income limit — only the net income test applies.

New Hampshire SNAP Income Limits and Maximum Benefits (FY 2026, Oct. 1, 2025 – Sept. 30, 2026)

HH Size	Gross Limit	Elderly/Disabled Gross Limit	Net Limit (100% FPL)	Max Monthly Benefit
1	\$2,510	No limit*	\$1,255	\$292
2	\$3,398	No limit*	\$1,699	\$536
3	\$4,287	No limit*	\$2,144	\$766
4	\$5,178	No limit*	\$2,589	\$994
5	\$6,067	No limit*	\$3,034	\$1,155
6	\$6,956	No limit*	\$3,478	\$1,386
7	\$7,845	No limit*	\$3,923	\$1,532
8+	+\$889/person	No limit*	+\$445/person	+\$177/person

* Elderly/disabled households have no gross income limit — only the net income limit applies. New Hampshire uses BBCE at 200% FPL. Limits update each October 1.

How Net Income Is Calculated

Net income = gross income minus approved deductions. Standard deductions include:

- 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
- Dependent care deduction: childcare or adult care costs paid while working, searching, or in training
- Medical expense deduction: out-of-pocket costs over \$35/month for members 60+ or with a disability
- Child support deduction: legally obligated child support paid to someone outside the household

New Hampshire Deduction Note

New Hampshire's heating oil dependence — particularly in rural areas and smaller towns — makes the Standard Utility Allowance a significant income-reducing deduction in fall, winter, and spring months. If you receive LIHEAP heating assistance, this may trigger the highest SUA tier. Southern New Hampshire (Nashua, Manchester, Salem) has seen significant rent

increases from Boston-area commuters; always report full shelter costs. Seasonal workers in the ski and lakes tourism sectors should document income fluctuations carefully.

2.5 Asset Limits

For most New Hampshire BBCE-eligible households, there is NO asset test. Exception: elderly/disabled households whose income exceeds 200% FPL face a \$4,500 asset limit. Primary home and one vehicle are always exempt.

Section 3: Work Requirements

Work requirements are the most common reason people lose SNAP benefits.

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 NH Employment Program / NH Job Training Fund
- 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

ABAWDs are adults ages 18–64 without dependents who are not disabled and not otherwise exempt. New Hampshire reinstated ABAWD work requirements on November 1, 2025 under the OBBBA — adults who were previously exempt under removed exemptions (veterans, homelessness, foster youth under 25) must now meet work requirements or a valid remaining exemption.

ABAWDs must complete at least 80 hours per month (20 hours/week): employment, job training, volunteering, or participation in an approved work program.

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

New Hampshire ABAWD Note

New Hampshire reinstated ABAWD rules effective November 1, 2025. If you received a notice from DHHS about work requirements, contact 1-844-ASK-DHHS (275-3447) immediately.

DHHS must screen recipients for all remaining exemptions before starting the 3-month clock — report any applicable exemption in writing as soon as possible. The NH Employment Program and NH Job Training Fund offer qualifying activities. For free help understanding work requirements, contact the NH Food Bank at 1-877-347-SNAP (7627) or email snap@nhfoodbank.org.

3.3 Exemptions from ABAWD Requirements

The following individuals are exempt from ABAWD time limits:

- Physically or mentally unfit for employment (documented by a physician or licensed clinical social worker)
- Pregnant
- Responsible for a dependent child under age 14 living in the same household
- 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 caseworker)

3.4 How to Document Work or an Exemption

Report work activity or exemption status through NH Easy (nheasy.nh.gov), by phone, or in person at your NH DHHS office. Submit documentation before your benefit period runs out.

Section 4: Required Documents

Gather these before applying. Missing documents are the most common cause of delays.

4.1 Always Required

- Proof of Identity: Driver's license, state-issued ID, passport, or birth certificate
- Social Security Number (SSN): For each household member applying
- Proof of New Hampshire Residency: Utility bill, lease agreement, official mail, or a signed statement from a non-relative

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)
- Award letter or benefit statement for Social Security, SSI, unemployment, or other unearned income
- Documentation of child support received or paid

4.3 Deduction Documentation (Strongly Recommended)

- Rent or mortgage statement
- Utility bills — especially heating bills (given New England winters, the Standard Utility Allowance is often significant)
- Childcare or dependent care receipts
- Medical bills for members 60+ or with disabilities

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

Submit your application to lock in your application date — benefits are generally backdated to that date if approved. Your caseworker will specify what additional documents are needed.

Section 5: Step-by-Step Application Process

Step 1: Check Your Eligibility

Use the SNAP eligibility calculator at snapeligibilitycalculator.com, call 1-800-852-3345 ext. 9700, or visit your local NH DHHS office.

Step 2: Apply

Method	Details
NH Easy Online	nheasy.nh.gov — apply online 24/7, track your application, manage benefits. Recommended.
Phone	Call 1-800-852-3345 ext. 9700 or 603-271-9700 (Mon–Fri).
SNAP Application Help	NH Food Bank: call 1-877-347-SNAP (7627) or email snap@nhfoodbank.org for free help.
In Person	Visit your DHHS district office. Find locations at dhhs.nh.gov/office-locations .

Step 3: Attend Your Interview

After submitting, NH DHHS will schedule a mandatory interview — typically by phone. Missing the interview is the most common reason applications are denied. Contact your office immediately to reschedule if needed.

Step 4: Receive a Decision

NH DHHS must process standard applications within 30 days. If approved, you will receive an EBT card by mail. If denied, you have 90 days to appeal.

Expedited / Emergency Processing (7-Day)

You may qualify if: gross monthly income is under \$150 AND liquid assets under \$100; OR combined monthly income and liquid assets are less than monthly rent plus utilities; OR you are a migrant/seasonal farmworker with liquid assets under \$100.

Section 6: Special Situations

6.1 Experiencing Homelessness

You do not need a permanent address to apply. NH DHHS accepts shelter addresses, transitional housing, or a signed statement from a non-relative. Dial 211 for local shelter and benefits navigation resources.

6.2 People With Disabilities or Elderly Members

Households where all members are 60+ or disabled benefit from: no gross income test (only net income limit), uncapped shelter deduction, medical expense deduction, and higher asset limits (where applicable).

6.3 Drug Felony Convictions

New Hampshire has fully lifted the federal drug felony ban. Individuals with any drug-related felony conviction are fully eligible for SNAP if they meet income and other standard requirements — no additional conditions, treatment requirements, or drug testing apply.

6.4 Students

Students enrolled at least half-time must meet at least one exception: work 20+ hours/week, participate in work-study, care for a dependent child under 6, receive TANF, or be enrolled in an approved training program.

6.5 Seasonal Workers and Tourism Economy

New Hampshire's ski resort, lakes region, and fall foliage tourism industries employ many seasonal workers with fluctuating income. SNAP income is typically calculated on a monthly basis, but for seasonal workers with dramatically varying income across the year, ask your DHHS caseworker about income averaging over longer periods. If your income drops significantly in the off-season, report it promptly — a drop in income can increase your benefit amount for that month. For ski resort and resort-area workers, also ask about the dependent care deduction for childcare costs and the earned income deduction on seasonal wages.

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

Most Common Reasons SNAP Benefits Are Cut Off

1. Missing the recertification (renewal) deadline

Certification periods last 6–12 months. Set a calendar reminder 60 days before your certification end date and monitor your online account regularly.

2. Failing the ABAWD work requirement without claiming an exemption

ABAWDs who do not work 80 hours/month and have not claimed a valid exemption are cut off after 3 months. Verify statewide or local waiver status and document any exemption in writing at every recertification.

3. Missing the interview or not responding to agency notices

Keep your phone number and mailing address current. Check your online account regularly for notices.

4. Failure to report changes in income or household composition

Report changes within 10 days. Failure to report can result in overpayments and case closure.

Your Right to Appeal

If NH DHHS denies or reduces your benefits, request a Fair Hearing within 90 days of the notice. If you request within 10 days of a termination notice, your benefits may continue during the review. Contact New Hampshire Legal Assistance (nhla.org, 603-224-3333) for free legal assistance.

Section 8: Key Contacts and Resources

Resource	Contact / What They Help With
NH DHHS SNAP Line	1-800-852-3345 ext. 9700 dhhs.nh.gov

Resource	Contact / What They Help With
NH Easy Portal	nheasy.nh.gov — apply, manage benefits, upload documents
DHHS District Office Locator	dhhs.nh.gov/office-locations — find your local district office
NH Food Bank SNAP Help	nhfoodbank.org 1-877-347-7627 snap@nhfoodbank.org — free application assistance
NH Employment Program (E&T)	Contact DHHS at 1-844-275-3447 — work requirements activities
NH 211	Dial 211 nh211.org — food banks, emergency resources, benefits navigation
NH Legal Assistance	nhla.org 603-224-3333 — free legal help with SNAP appeals

A Note on Navigating New Hampshire's System

New Hampshire's 200% BBCE and no asset test make it accessible, and the November 2025 ABAWD reinstatement is the most significant recent change. The NH Food Bank's SNAP application help line is an underutilized resource — for advocates: refer clients here for free, expert application assistance. Heating oil deductions and seasonal income documentation are the most important practical considerations for rural and resort-area households.

This guide was compiled using information from the New Hampshire Department of Health and Human Services (DHHS), Division of Economic and Housing Stability, the USDA Food and Nutrition Service, and publicly available state SNAP resources. It is informational only and does not constitute legal advice. Rules may change — always verify at dhhs.nh.gov or nheasy.nh.gov or by contacting your local office.