

Oregon 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 ODHS at oregon.gov/odhs or one.oregon.gov.

Section 1: What Is SNAP?

SNAP stands for Supplemental Nutrition Assistance Program. In Oregon it is administered by the Oregon Department of Human Services (ODHS), Self-Sufficiency Programs. Benefits are issued monthly through the Oregon Trail Card accepted at authorized grocery stores, farmers markets, and major online retailers including Amazon and Walmart.

Oregon uses 200% FPL through BBCE with no asset test and has fully lifted the drug felony ban. SNAP benefits are issued on the Oregon Trail Card — named for Oregon's history as the terminus of the Oregon Trail. Oregon has historically maintained county-level ABAWD waivers in many areas, though post-OBBBA coverage has changed. Effective February 1, 2026, adults ages 55–59 became subject to ABAWD work requirements for the first time. Double Up Food Bucks matches SNAP spending on fresh produce at farmers markets. Some Oregon households saw a ~\$58/month utility allowance reduction under new federal rules in 2026.

Oregon 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

- Oregon Trail Card: Oregon's EBT card — named for Oregon's historical significance as the Oregon Trail's terminus
- ABAWD age 55–59 expansion effective February 1, 2026 — verify waiver status for your county
- Double Up Food Bucks: SNAP matched dollar-for-dollar on fresh produce at markets, up to \$20/visit
- ~29,000 households saw a ~\$58/month utility allowance reduction under 2026 federal rules — verify your SUA amount

Section 2: Eligibility Requirements

2.1 Residency

You must currently reside in Oregon. 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 ODHS 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

Oregon uses Broad-Based Categorical Eligibility (BBCE) at 200% of the Federal Poverty Level. There is no asset test for most households. Oregon is among the most accessible SNAP states in the Pacific Northwest.

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

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

HHSize	Gross Limit	Elderly/DisabledGross Limit	Net Limit(100% FPL)	Max MonthlyBenefit
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. Oregon uses BBCE at 200% FPL. Limits update each October 1. Note: approximately 29,000 Oregon households experienced a ~\$58/month reduction in utility allowance under 2026 federal rule changes — verify your Standard Utility Allowance with ODHS.

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: varies by household size (approximately \$204–\$291 for most 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

Oregon Deduction Note

Oregon's utility allowance changed under 2026 federal rules, reducing benefits by approximately \$58/month for about 29,000 households. If your benefit amount dropped unexpectedly in early 2026, verify with your ODHS caseworker whether the SUA change affected your calculation. Portland and the Willamette Valley have seen significant rent increases — always report full shelter costs. Rural Oregon households with significant transportation distances should document dependent care and medical transportation costs.

2.5 Asset Limits

For most Oregon 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 Oregon Employment Department / WorkSource Oregon Centers
- 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. Oregon has historically maintained county-level ABAWD waivers in many areas. Effective February 1, 2026, adults ages 55–59 became subject to ABAWD requirements for the first time under the OBBBA expansion.

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.



Oregon ABAWD Note

Oregon's ABAWD waiver coverage has shifted post-OBBBA. Contact your local ODHS Self-Sufficiency office or call 1-800-723-3638 to confirm current waiver status in your county. The February 2026 age expansion (ages 55–59 now subject to ABAWD rules) is affecting adults who were previously exempt — if you fall in this age range, verify your status immediately. WorkSource Oregon Centers offer approved employment and training activities. Participation in SNAP E&T satisfies the 80-hour/month requirement.

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 ONE Oregon (one.oregon.gov), by phone, or in person at your ODHS 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 Oregon 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 (or claim the Standard Utility Allowance — ask your caseworker which produces a higher deduction)
- 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 1-800-723-3638, or visit your local ODHS office.

Step 2: Apply

Method	Details
ONE Oregon Online	one.oregon.gov — apply for SNAP, Medicaid, and other benefits in one application. Available 24/7. Recommended.
Phone	Call 1-800-723-3638 (Mon–Fri) or your local ODHS Self-Sufficiency office.

Method	Details
In Person	Visit your local ODHS Self-Sufficiency office. Find locations at oregon.gov/odhs/office-locator .
By Mail	Download Form DHS 0415F from oregon.gov/odhs ; mail to your local office.

Step 3: Attend Your Interview

After submitting, ODHS 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

ODHS 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. ODHS 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

Oregon 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 treatment programs, drug testing, or compliance conditions 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 Double Up Food Bucks and Oregon Trail Card

Oregon's Double Up Food Bucks program matches SNAP EBT spending dollar-for-dollar on fresh fruits and vegetables at participating farmers markets — up to \$20 per market visit. This effectively doubles purchasing power for fresh produce and is available at markets statewide. Look for the Double Up Food Bucks sign at Oregon farmers markets or visit doubleupfoodbucks.org for a directory of participating locations. Your Oregon Trail Card (named for Oregon's historical significance as the western terminus of the Oregon Trail) works identically to any SNAP EBT card nationwide — you can use it at authorized SNAP retailers in all 50 states.

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 ODHS 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 Oregon Law Center (oregonlawcenter.org, 503-473-8197) for free legal assistance.

Section 8: Key Contacts and Resources

Resource	Contact / What They Help With
ODHS SNAP Line	1-800-723-3638 oregon.gov/odhs
ONE Oregon Portal	one.oregon.gov — apply, upload documents, manage benefits
ODHS Office Locator	oregon.gov/odhs/office-locator
WorkSource Oregon (E&T)	worksourceoregon.org — employment training for ABAWD compliance
Oregon Food Bank	oregonfoodbank.org 503-282-0555 — statewide food resources
Double Up Food Bucks	doubleupfoodbucks.org — fresh produce matching at Oregon farmers markets
Oregon 211	Dial 211 211info.org — food banks, emergency resources, benefits navigation
Oregon Law Center	oregonlawcenter.org 503-473-8197 — free legal help with SNAP appeals

A Note on Navigating Oregon's System

Oregon's 200% BBCE and full drug felony ban lift make it very accessible. The two most urgent issues for advocates in 2026: the February 2026 ABAWD age expansion (ages 55–59) is affecting clients who were previously exempt — help them verify county waiver status and document exemptions immediately; and approximately 29,000 households saw a utility allowance reduction in 2026 — if clients report unexpected benefit drops, verify their SUA calculation with ODHS. Double Up Food Bucks at farmers markets is Oregon's best tool for stretching fresh produce purchasing power.

This guide was compiled using information from the Oregon Department of Human Services (ODHS), Self-Sufficiency Programs, 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 oregon.gov/odhs or one.oregon.gov or by contacting your local office.