

Wyoming 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 changes to SNAP nationally. This guide reflects rules as of May 2026. Always verify current rules with Wyoming DFS at dfs.wyo.gov or 1-307-777-5846.

Section 1: What Is SNAP?

SNAP stands for Supplemental Nutrition Assistance Program. In Wyoming it is administered by the Wyoming Department of Family Services (DFS). Benefits are issued monthly through an EBT card accepted at authorized grocery stores, farmers markets, and major online retailers including Amazon and Walmart.

Wyoming does NOT use Broad-Based Categorical Eligibility (BBCE). Most households face the standard federal 130% FPL gross income limit and an asset test — stricter than neighboring Colorado and Montana. Wyoming is one of the least populous states with vast rural geography, meaning the mileage/transportation deduction and seasonal energy costs are especially relevant. The state has a modified drug felony ban.

Wyoming SNAP: Key Facts at a Glance

- Standard 130% FPL gross income limit — Wyoming does NOT use BBCE
- Asset limits apply: \$2,000 most households; \$3,750 for elderly/disabled households
- Modified drug felony ban: eligible if complying with sentence terms

- Mileage deduction for transportation to grocery stores — significant in Wyoming's rural landscape
- Standard Utility Allowance (SUA) is \$497/month — significant for heating costs
- Apply online at dfs.wyo.gov; EBT balance check at ebt.wyo.gov or 1-877-290-9401

Section 2: Eligibility Requirements

2.1 Residency

You must currently reside in Wyoming. 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.

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 (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 categories that previously qualified. U.S.-born children in mixed-status households may still qualify. Contact your local DFS office or a legal aid organization 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

Wyoming uses the standard federal gross income limit of 130% FPL. Wyoming does NOT use BBCE. Most households must pass both a gross income test and an asset test. Households that are categorically eligible (receiving TANF or SSI) may bypass standard income tests.

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

Wyoming 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	\$1,644	No limit*	\$1,266	\$292
2	\$2,226	No limit*	\$1,714	\$536
3	\$2,808	No limit*	\$2,163	\$766
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 — only the net income limit applies. Wyoming uses the standard federal 130% FPL threshold, NOT BBCE. 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. 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, 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

Wyoming Deduction Note

Wyoming's vast distances mean grocery stores can be far away. A mileage reimbursement deduction of \$0.725/mile (updated Feb. 2026) is available for travel to authorized SNAP

retailers — this is a meaningful deduction for rural Wyoming households. Wyoming's Standard Utility Allowance is \$497/month, significantly higher than many states, reflecting the state's cold winters. Claim both where applicable.

2.5 Asset Limits

Wyoming HAS asset limits. Most households: \$2,000 in countable assets (cash, bank accounts, stocks). Households with a member 60+ or disabled: \$3,750. Your primary home, one vehicle, and most personal property are exempt from the asset count.

Section 3: Work Requirements

Work requirements are the most common reason people lose SNAP benefits. Understanding these rules — and which exemptions or waivers apply — is critical.

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 Wyoming Workforce 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. Wyoming enforces ABAWD rules. Some county-level waivers may apply in areas with high unemployment — verify with your DFS office.

ABAWDs must complete at least 80 hours per month (20 hours/week) of qualifying activity: 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.



Wyoming ABAWD Note

Wyoming's energy and agriculture sectors can create volatile employment conditions. If you work in oil, gas, or ranching and face seasonal income swings, document work hours carefully throughout the year. Wyoming Workforce Centers can connect you with approved training

programs that satisfy ABAWD requirements. Some rural counties may have waivers during slow economic periods — verify with your local DFS office.

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 to your DFS office through the online portal (dfs.wyo.gov), by phone, or in person. If you believe you qualify for any exemption, 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 Wyoming 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

4.4 Asset Documentation

Bring bank statements (most recent month) for all checking and savings accounts. Bring documentation of any investment accounts. Your home and one vehicle are always exempt. If assets are near the limit, ask your DFS caseworker which assets are excluded.

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

Submit your application as soon as possible to lock in your application date — benefits are generally backdated to that date if approved. Your caseworker will notify you of any additional documents needed.

Section 5: Step-by-Step Application Process

Step 1: Check Your Eligibility

Use the SNAP eligibility calculator at snapeligibilitycalculator.com, call 1-307-777-5846, or visit your local DFS office.

Step 2: Apply

Method	Details
DFS Online Portal	dfs.wyo.gov — apply online, upload documents, track your case.
Phone	Call 1-307-777-5846 or your local DFS field office.
In Person	Visit your local DFS field office. Find locations at dfs.wyo.gov/offices .

Method	Details
By Mail	Download application from dfs.wyo.gov ; mail to your local DFS office.

Step 3: Attend Your Interview

After submitting, DFS will schedule a mandatory interview — typically by phone. Missing the interview is the most common reason applications are denied. Reschedule immediately if you cannot attend.

Step 4: Receive a Decision

DFS 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 for 7-day expedited benefits if: gross monthly income is under \$150 AND liquid assets are 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. DFS accepts shelter addresses, transitional housing addresses, 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

Wyoming has a modified drug felony ban — not a full ban lift. Individuals with drug felony convictions may receive SNAP if they are complying with the terms of their sentence, including any supervision and substance abuse treatment requirements. Bring documentation of your current compliance status (letter from probation officer, treatment provider) when applying.

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 Energy Workers and Fluctuating Income

Wyoming's oil, gas, and agriculture sectors mean many households have fluctuating or seasonal income. SNAP income is generally calculated on a monthly basis, but DFS may allow averaging income over longer periods for self-employed or seasonally employed applicants. If your income varies significantly month to month, ask your caseworker about income averaging and make sure to report income drops promptly — a decrease could increase your benefit amount.

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. Check county 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 with the agency. Check your online account regularly.

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 DFS 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 Wyoming Legal Services (wyominglegalservices.org, 1-800-442-6170) for free legal assistance.

Section 8: Key Contacts and Resources

Resource	Contact / What They Help With
DFS SNAP Line	1-307-777-5846 dfs.wyo.gov
DFS Online Portal	dfs.wyo.gov — apply, manage benefits, report changes
DFS Field Office Locator	dfs.wyo.gov/offices
EBT Balance Check	ebt.wyo.gov 1-877-290-9401
Wyoming Workforce Centers	wyomingworkforce.org — E&T activities for ABAWD compliance
Wyoming Food Bank Network	307-672-8760 wyomingfoodbank.org — food assistance across the state
Wyoming 211	Dial 211 — food banks, emergency food, benefits navigation
Wyoming Legal Services	wyominglegalservices.org 1-800-442-6170 — free legal help with SNAP appeals

A Note on Navigating Wyoming's System

Wyoming's 130% FPL limit and asset test make it one of the stricter SNAP states in the region. The mileage deduction and \$497 Standard Utility Allowance are Wyoming's most underutilized benefit-maximizing tools — critical in a state with vast distances and cold winters. For advocates: pre-screen carefully for deductions before advising clients they don't qualify; the shelter and mileage deductions together can push net income well below the threshold for households that initially appear over the gross limit.

This guide was compiled using information from the Wyoming Department of Family Services (DFS), 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 dfs.wyo.gov or by contacting your local office.