

New SNAP Reporting Rules



As of January 1, 2026, many adults must now **complete 80 activity hours each month to keep their SNAP benefits**. Activity hours can include work, volunteer, or job training programs.

>> Who Needs to Complete 80 Activity Hours?

The 80 activity hour rule may apply to you if the following are true:

- You are age **18 to 64**
- You are **physically and mentally able** to work

>> Who Is Exempt From Activity Hours?

Age

- Under 18
- 65 or older

Health

- Pregnant
- Have a disability or receive SSI

Caring for Someone

- Care for a child under age 14
- Care for someone in your home with a disability

Employment or Program Participation

- Currently **employed at least 30 hours per week**
- Meeting **TANF work rules**
- Receiving **unemployment benefits**

Going to School

- Student enrolled at least half-time in a qualifying school



Learn more about SNAP reporting requirements and how to report exceptions at [HCA.NM.GOV/snapchanges](https://hca.nm.gov/snapchanges)

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