



D.C. Hunger Solutions

Ending hunger in the nation's capital



SNAP for Older Adults

Corey Thompson | cthompson@dchunger.org | 202.640.1088 ext. 3040

August 2026

In the chat, please share:

- Your name and pronouns
- Whether you're joining as a resident or provider
- A question you're hoping will be answered in today's training



Please note that this training is being recorded.



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Introduction to D.C. Hunger Solutions

Founded as an initiative of the Food Research and Action Center in 2002, D.C. Hunger Solutions seeks to create a hunger-free community and improve the nutrition, health, economic security, and well-being of low-income District residents by:

- Improving public policies to end hunger, reduce poverty, promote nutrition, and increase the availability of healthy, affordable food in low-income areas;
- Maximizing participation in all federal nutrition programs; and
- Educating the public about both the stark reality of hunger's existence in the midst of plenty and the real opportunities for effective solutions.



Objectives

Participants will be able to...

- Describe food insecurity rates among older adults
- Define SNAP and identify allowable foods
- Identify eligibility criteria and deductions for older adults
- Identify other food resources in D.C.
- Understand how to contact D.C. Hunger Solutions for help applying, recertifying, or troubleshooting SNAP issues

Food Insecurity Among Older Adults

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Food Insecurity Among Older Adults

- Of U.S. adults 65+ living alone:
 - 6.5% experience low food security (USDA, 2024)
 - 4.8% experience very-low food security (USDA, 2024)
- 17% of older adults are experiencing food insecurity in the DMV (Capital Area Food Bank, 2025)
- SNAP's critical role:
 - 37% of SNAP households in D.C. include an older adult (FRAC, 2025)



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What is SNAP?

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What is SNAP?

The Supplemental Nutrition Assistance Program (SNAP) is a federal nutrition program that provides monthly benefits on an EBT card to eligible individuals.



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SNAP in Washington D.C.

- Just over **132,000** D.C. residents participate in SNAP
- Average benefit allotment:
 - **\$197 per month** (~\$6.50 per person, per day)
- SNAP is an economic stimulus program
 - For every \$1 spent on SNAP, \$1.80 of economic activity is generated.

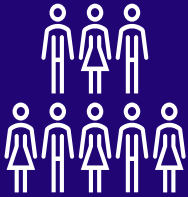


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SNAP Eligibility is based on...

Household Size



Household Expenses



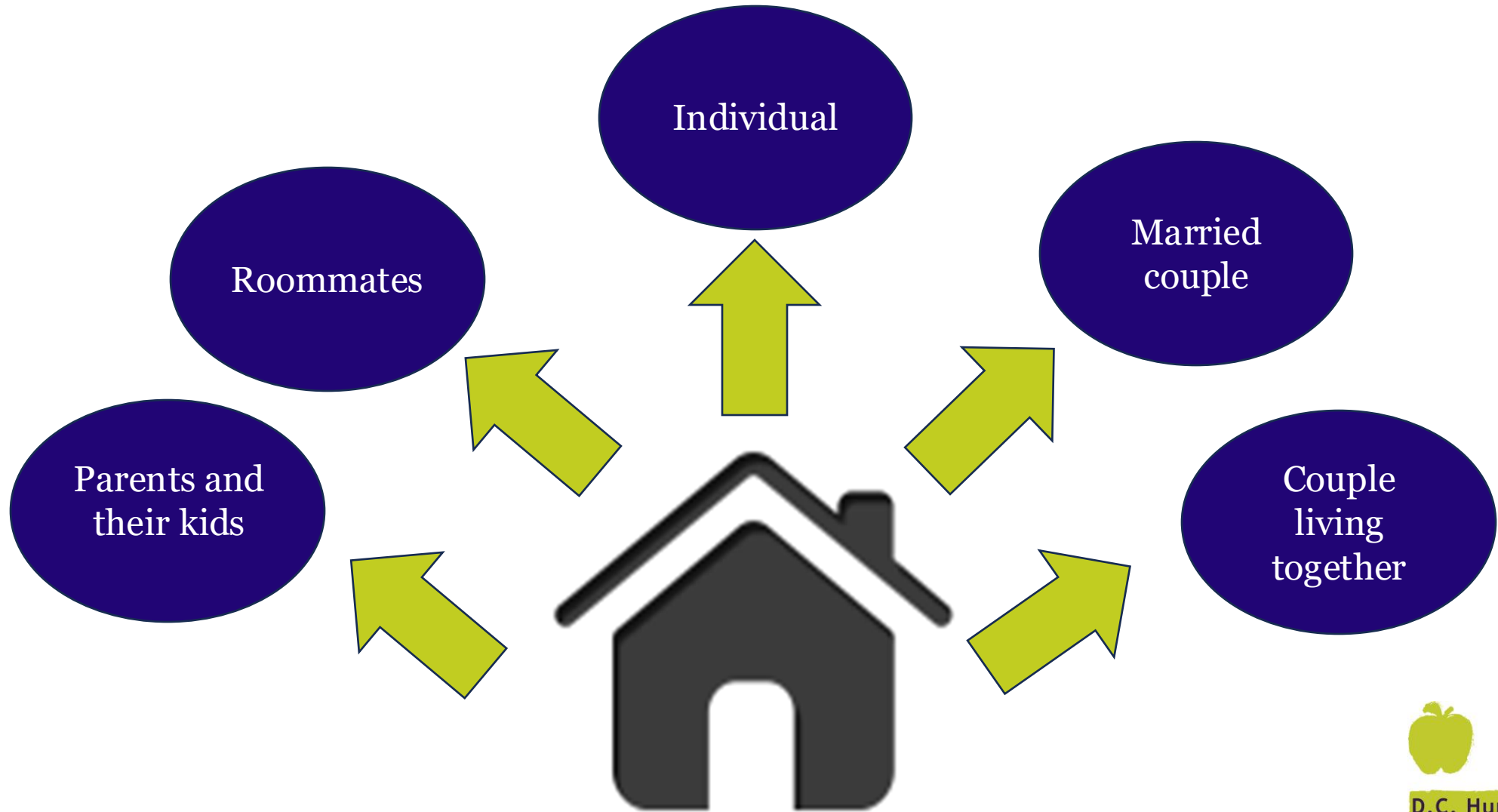
Household Income



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What is a SNAP Household?



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What you can buy with SNAP

- Breads and Cereals
- Fruits and Vegetables
- Meats, Fish, and Poultry
- Dairy Products
- Seeds and Plants that Produce Food
- All items fresh, frozen, or shelf stable
- Must be “unprepared”



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What you cannot buy with SNAP

- Alcohol and Tobacco products
- Vitamins, Medicines, and Supplements
- Hot Foods
- Foods that can be “eaten in the store”
- Cleaning Products
- Hygiene Products/Supplies
- Pet Food*

*Unless SNAP recipient has a medically recognized service animal



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SNAP Income Guidelines

Two income guidelines:

1. **Gross Income:** amount of income a household receives before taxes and deductions
 - Must be below 200% of the federal poverty guidelines
 - Households with older adults (60+) and people with disabilities are not subject to gross income limits
2. **Net Income:** gross income minus allowable deductions
 - Must be below 100% of the federal poverty guidelines



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SNAP Income Guidelines

(effective 10/1/2025 to 09/30/2026)

Household Size	Maximum Gross Monthly Income for Categorical Eligibility (200% FPL)	Maximum Net Monthly Income (100% FPL)	Maximum SNAP Allotment
1	\$2,610	\$1,305	\$298
2	\$3,526	\$1,763	\$546
3	\$4,442	\$2,221	\$785
4	\$5,360	\$2,680	\$994
5	\$6,276	\$3,138	\$1,183
6	\$7,192	\$3,596	\$1,421
7	\$8,110	\$4,055	\$1,571
8	\$9,026	\$4,513	\$1,789
Each Additional Member	+\$918	+\$459	+\$218

Deductions

Earned Income Deduction

- 20% of job earnings

Dependent Care Expenses

- Out-of-pocket dependent care expenses that are necessary for a household member to go to work or school

Excess Shelter Deduction

- For housing costs over half of net income
- Capped at \$744 unless at least one household member is an older adult or has a disability

Child Support Deduction

- For legally-obligated child support a household member pays

Medical Expense Deduction

- For out-of-pocket medical expenses over \$35/month
- Only for older adults and people with disabilities

Standard Utility Allowance Deduction

- For households who pay utilities like water, gas, electric, phone

Standard Deduction

- Applied to all households



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Eligibility for Older Adults

SNAP Rules for Older Adults (60+) and People with Disabilities

- Older adults (60+) and people with disabilities are exempt from the 200% gross income limit, meaning if their expenses are high, they may still be eligible for SNAP.
 - (They still must meet the net income test.)
- Uncapped excess shelter deduction: deduction of excess shelter costs that are more than half of the household's income after all deductions have been applied (for other households it's \$744)
- Medical Expense Deduction: can claim the cost of out-of-pocket medical expenses exceeding \$35/month



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ESAP for Older Adults (60+) and People with Disabilities

DHS uses an Elderly Simplified Application Project (ESAP) waiver to simplify the SNAP process and increase participation in SNAP for older adults and people with disabilities with no **earned** income.

This waiver:

- Extends certification periods from 24 to 36 months,
- Waives recertification interviews,
- Creates a simplified SNAP application (still being finalized, but around 7-8 pages), and
- Creates a simplified medical deduction that would allow applicants to deduct medical expenses over \$35/mo without itemized receipts.

SNAP FAQs - Older Adults (60+) and People with Disabilities

Can someone else represent me for my SNAP case?

Yes! You can designate an authorized representative to conduct interviews, make changes, and use your EBT card to buy groceries for the household.



Form Approved
OMB No. 0938-1191

Authorized Representative Form

Assistance with completing this application

You can choose an authorized representative.

You can give a trusted person permission to talk about this application with us, see your information, and act for you on matters related to this application, including getting information about your application and signing your application on your behalf. This person is called an "authorized representative." If you ever need to change your authorized representative, contact DC Health Link. If you're a legally appointed representative for someone on this application, submit proof with the application.

1. Name of authorized representative (First name, Middle name, Last name)		
2. Address		3. Apartment or suite number
4. City	5. State [][]	6. ZIP code [][][][][]
7. Phone number ([][][]) [][][] - [][][][]		
8. Organization name		
9. ID number (if applicable) [][][][][][][][][][][][][]		
By signing, you allow this person to sign your application, get official information about this application, and act for you on all future matters related to this application.		
10. Your signature		11. Date (mm/dd/yyyy) [][] / [][] / [][][][]

For certified application counselors, navigators, agents, and brokers only.

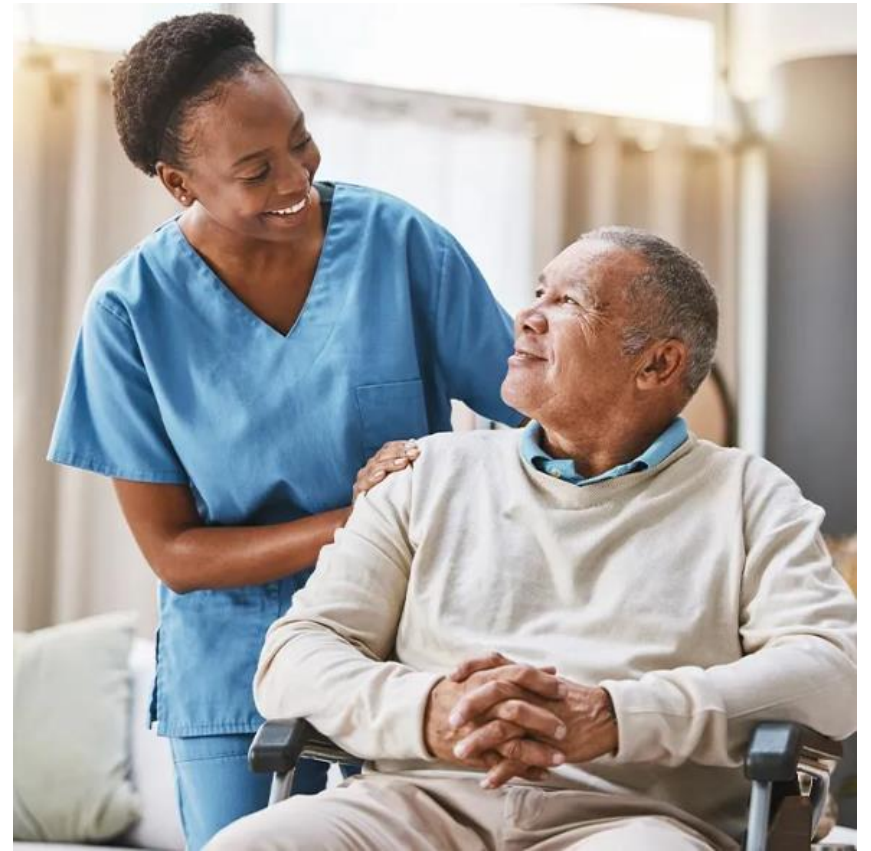
Complete this section if you're a certified application counselor, navigator, agent, or broker filling out this application for somebody else.

1. Application start date (mm/dd/yyyy) [][] / [][] / [][][][]	
2. First name, Middle name, Last name, & Suffix	
3. Organization name	
4. ID number (if applicable) [][][][][][][][][][][][][]	5. Agents/Brokers only: NPN number [][][][][][][][][][][][][]

SNAP FAQs - Older Adults (60+) and People with Disabilities

Can you receive benefits if you lived in an assisted living facility?

Typically, no. However, if you are a resident of a federally-subsidized unit for older adults or a person with a disability living in certain nonprofit group living arrangements, you may be eligible.



SNAP FAQs - Older Adults (60+) and People with Disabilities



What accommodations do clients have the right to receive?

- Federal laws require DHS to effectively communicate with individuals with disabilities. This may include “auxiliary aids and services, such as Braille, large print, captioning, plain-language explanations, qualified sign language interpreters, qualified readers, qualified speech-to-speech translators, and accessible public-facing websites.” These services must be provided at no costs to the individual.

Are clients subject to asset limits?

- SNAP applicants and recipients are not subject to asset limits in the District of Columbia.

SNAP Application Process

www.dchunger.org - (202) 640-1088 - info@dchunger.org



SNAP Pre-Screening

1 Household

2 Income

3 Medical Deductions

4 Dependent Care

5 Child Support

6 Housing and Utilities

7 Benefits

Step 7: Benefits

You are likely eligible for SNAP ([details](#))

Your benefit should be around \$298

Apply for SNAP/Food Stamps as Soon As Possible!

- Call D.C. Hunger Solutions at (202) 640-1088 for application assistance. We can complete the application with you over the phone.
- Download a [SNAP/Food Stamp application](#).
- Call (202) 727-5355 to find out at which [service center](#) you should apply.
- Read the [SNAP guide](#) on the [SNAP page](#) of our website to learn about the application process.
- Visit [FindHelp.org](#) for additional food resources

Start Over

Important Information

These results are only an ESTIMATE based on the information you submitted. You may get more or less food stamp benefits than the estimate shows. If these results say you are NOT eligible for food stamps, you MAY STILL be eligible. The only way you can know officially if you are eligible for food stamps is to submit an application to the D.C. Department of Human Services' Economic Security Administration (ESA).

Normally, the ESA has 30 days to determine eligibility for food stamps. However, some people may qualify for emergency food stamps, known as expedited food stamps, and can receive benefits in less than 7 days. If you have less than \$150 in gross monthly income and less than \$100 in resources, or if your shelter costs are higher than your gross monthly income, you could be eligible for emergency food stamps. Call (202) 727-5355 to find your ESA service office and apply.

Previous

Next

Exit

Before submitting and application, check if the applicant is eligible for SNAP by completing our quick pre-screening tool online!

<https://www.dchunger.org/calculator/>



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Ways to Apply for SNAP

Online

- With D.C. Hunger Solutions over the phone or in-person
- On the District Direct website (<https://districtdirect.dc.gov/>) or mobile app.

On paper*

- Applications can be mailed or dropped off at any open [ESA Service Center](#).
- Applications can also be faxed

**Note: Try to keep a copy of your application in case it is lost by a Service Center.*



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Verification Documents

1. Proof of Identity
2. Proof of D.C. Residency
3. Proof of Social Security number
4. Proof of Income
5. Proof of Shelter Expenses
6. Proof of Medical Expenses (for older adults and people with disabilities)
7. Proof of Dependent Care Expenses
8. Proof of Immigration Status (if not a U.S.-born citizen)

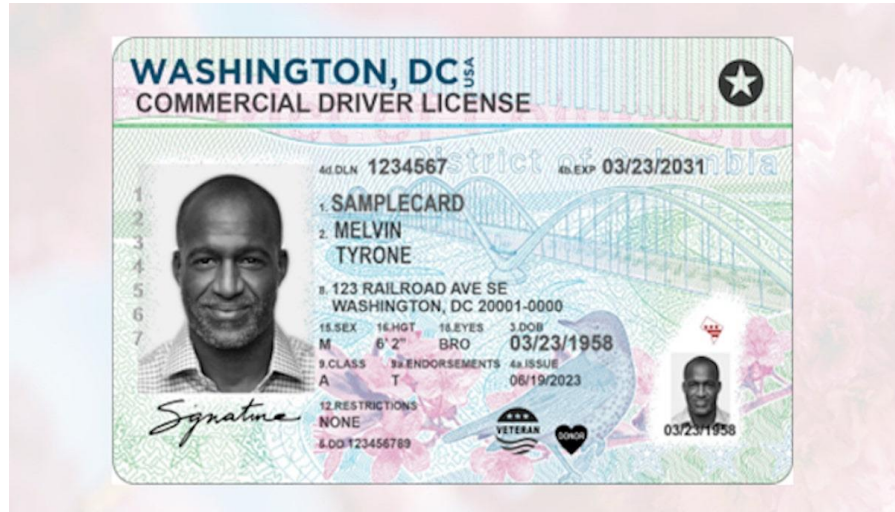
Note: Applicants will now have to provide proof of work and medical exemption documentation (if applicable). Visit [DHS's SNAP work requirements website](#) to find out more about reporting.



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Most common docs package



MY COMPANY INC.

207 West Highways Street
Ney York 14550

Date: 06-05-2023

EMPLOYEE INFORMATION		SSN	EMPLOYEE ID	PAY PERIOD	
JULIA WARNER		0000-00-1234	100585	05-29-2023	
105 Green Forest Avenue				06-04-2023	
New York 14550					
GROSS EARNINGS	HOURS/QT	RATE	AMOUNT	DEDUCTIONS	AMOUNT
Hourly	40	\$23.50	\$940.00	Medical Care	\$12.50
Transport	1	\$105.00	\$105.00	Social Security	\$41.20
Bonus	1	\$40.00	\$40.00	Federal Income Tax	\$12.60
				State Income Tax	\$20.00
				Loans	\$100.00
GROSS PAY				DEDUCTIONS	
\$1,085.00				\$186.30	

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STANDARD LEASE AGREEMENT

THIS AGREEMENT (hereinafter referred to as the "Standard Lease Agreement") is made and entered into this _____ day of _____, 20____, by and between the Landlord known as _____ with a mailing address of _____, City of _____, State of _____ (hereinafter referred to as "Landlord") and the Tenant known as _____ with a mailing address of _____, City of _____, State of _____ (hereinafter referred to as "Tenant").

For and in consideration of the covenants and obligations contained herein and other good and valuable consideration, the receipt and sufficiency of which is hereby acknowledged, the parties hereto hereby agree as follows:

- PROPERTY.** Landlord owns certain real property and improvements located at _____, City of _____, State of _____ (hereinafter referred to as the "Property"). Landlord desires to lease the Property to Tenant upon the terms and conditions contained herein. Tenant desires to lease the Property from Landlord upon the terms and conditions contained herein.
- TERM.** This Standard Lease Agreement shall commence on _____, 20____, and end on _____, 20____, at 11:59 PM local time (hereinafter referred to as the "Term"). Upon the end of the Term, Tenant shall be required to vacate the Property unless one of the following circumstances occur:
 - Landlord and Tenant formally extend this Standard Lease Agreement in writing or create and execute a new, written and signed Standard Lease Agreement; or
 - Landlord willingly accepts new Rent from Tenant, which does not constitute past due Rent.

In the event that Landlord accepts new rent from Tenant after the termination date, a month-to-month tenancy shall be created. If at any time either party desires to terminate the month-to-month tenancy, such party may do so by providing to the other party written notice of intention to terminate at least thirty (30) days prior to the desired date or the minimum time-period required by the State, whichever is less. Notices to terminate may be given on any calendar day, irrespective of commencement date. Rent shall continue at the rate specified in this Standard Lease Agreement, or as allowed by law. All other terms and conditions as outlined in this Standard Lease Agreement shall remain in full force and effect. Time is of the essence for providing notice of termination (strict compliance with dates by which notice must be provided is required).

- RENT.** Tenant shall pay to Landlord the sum of \$_____ per month (hereinafter referred to as "Rent") for the Term of the Agreement. The due date for Rent payment shall be the _____ day of each calendar month and shall be considered advance payment for that month (hereinafter referred to as the "Due Date"). Weekends and holidays do not delay or excuse Tenant's obligation to pay Rent in a timely manner.

- Late Rent.** If Rent is not paid within _____ days of the Due Date, the Rent shall be considered past due and a late fee of ☐ \$_____ or ☐ _____ % of the Rent past due shall be applied for every ☐ day Rent is late ☐ occurrence Rent is late.
- Returned Checks.** In the event that any payment by Tenant is returned for insufficient funds ("NSF") or if Tenant stops payment, Tenant will pay \$_____ to Landlord for each such check, plus late Rent penalties, as described above, until Landlord has received payment. Furthermore, Landlord may require in writing that Tenant pay all future Rent payments by cash, money order, or cashier's check.

FreeForms.com

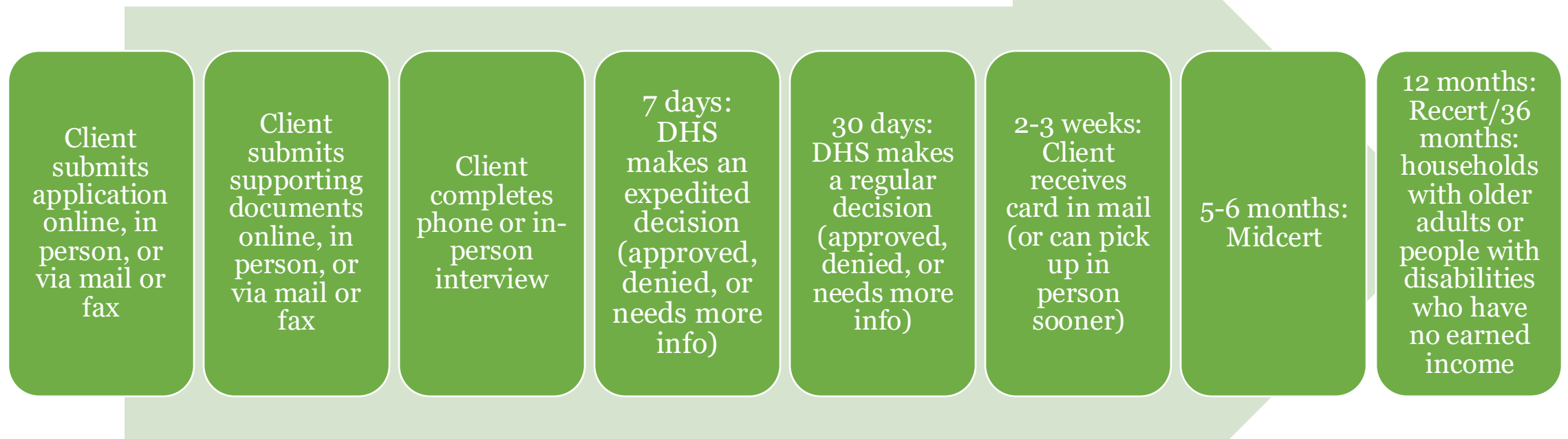
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Benefits Timelines



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SNAP Work Requirements

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SNAP Work Requirements

- Due to changes in federal law, DHS will begin checking whether certain SNAP customers need to meet new work requirements.
- These new work requirements apply to Able-Bodied Adults Without Dependents (ABAWD) who do not qualify for an exemption.

Note:

If you're required to meet the work requirements and don't comply, you will only be allowed to get SNAP for three months in a 36-month period.



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What changed?

- Previously, SNAP clients in D.C. did not have to work or volunteer to keep their SNAP benefits
- The waiver that waived these requirements expired in December 2025
- Congress made the work requirements more strict
- Nearly 20,000 D.C. residents are expected to be affected



Who needs to meet the requirements?

Able-Bodied Adult without Dependents (ABAWDs) are required to complete work requirements.

- Clients are considered an ABAWD if they are...
 - between the ages of 18 and 64;
 - have no dependents under the age of 14 living with them;
 - have no medical or physical barriers to employment; and
 - are not pregnant



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Who is exempt?

Clients may be exempt from work requirements, if they are:

- Under age 18 or over age 65
- Taking care of a child under 14
- Receiving disability benefits
- Have a physical or mental health condition that limits their ability to work (with a form filled out by a medical provider)
- Caring for someone sick or elderly
- Pregnant
- A member of an Indigenous group
- Already working 30 hours a week
- Attending school, college, or a training program at least half-time
- Have barriers to work, like not having access to a shower or clean clothes



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When will SNAP participants be screened?

Work requirements went into effect on **June 1, 2026**

- Next time you apply or recertify for SNAP benefits, DHS will review your ABAWD status.
- If the new work requirements apply, DHS will notify you of:
 - Who in your household needs to meet ABAWD work requirements.
 - The different ways you can meet work requirements.

How can you meet work requirements?

- **Working or volunteering**
 - Working a paid job for at least 20 hours or earning at least \$217.50 per week or volunteering at least 20 hours per week
- **Participating in a work, education, or training program**
- **Doing a combination of work and training**
- **Participating in the SNAP volunteer program (workfare)**

Paid Employment (80 hours per month)

- **Full-time** – Working a standard schedule
- **Part-time** – Less than full-time (but at least 80 hours per month).
- **Temporary** – Short-term jobs or seasonal work.
- **Contract** – Fixed-term agreements for specific projects or periods.
- **Freelance** – Independent work for multiple clients, paid per project or hour.
- **Internship (paid)** – Short-term work experience with compensation.
- **Self-employed** – Running a business or working as an independent contractor.
- **Casual/On-call** – Working as needed

Unpaid Work (80 hours per month)

- Volunteer work or barter arrangements

Example:

Volunteering at your church or your building's front desk in exchange for rent.

Work, Education, or Training Programs

SNAP customers can complete ABAWD work requirements by participating in:

- A program offered by the [SNAP Employment & Training](#) (SNAP E&T) program such as:
 - An internship
 - Work readiness training; and/or
 - The SNAP Volunteer Program (Required hours are based on household benefit amount and differ for each customer)
- Workforce Innovation and Opportunities Act (WIOA) programs, such as those through the [DC American Jobs Center](#) and the [DC Department of Employment Services \(DOES\)](#)
- Trade Act Programs
- Veteran Employment & Training Program(s)
- Other job training and education programs

SNAP Volunteer Program (Workfare)

If you choose to participate in the SNAP Volunteer Program, the number of hours you need to complete is determined by your monthly benefit amount divided by D.C.'s minimum wage.

Household's monthly
SNAP benefit amount



D.C.'s Minimum Wage (\$18.40)

Note:

- Most households will need to volunteer for 30 or fewer hours per month.
- Hours can be split up between any ABAWD's in the household.



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Good Cause Exemptions

If clients cannot meet the requirement for one month, they can report this to DHS and will not be penalized

Examples:

- Temporary illness
- Eviction or foreclosure
- Sudden breakdown in transportation
- Sudden loss of childcare
- Court-ordered appearance or temporary incarceration
- Domestic violence

Forms

DHS is using 3 new ABAWD forms:

1. Work Requirements Screening Form – screens for exemptions and good cause at application and recertification
2. Verification of Employment Form – used to verify work activity history (filled out by the customer and signed by employer representative)
3. Medical Report Form – used to report medical condition and to be signed by a qualified professional

Forms and a pre-screener can be found on the [DHS website](#)

What Should SNAP Participants Do Now?

Make sure your communication methods are updated in District Direct and that notifications are turned on.

Read and respond to DHS mail right away!

Begin to report exemptions & work activities to DHS now

Begin to seek employment or enroll in a training program

Continue to follow existing guidance and continue to apply for, recertify for, and receive SNAP benefits.



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When to Refer to DCHS

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Common Scenarios DCHS Can Help With

- "I'm not sure if I'm eligible for SNAP and need to be prescreened"
- "I think I'm eligible, but I'm not sure how to apply"
- "I already have SNAP, but need to submit my mid-cert or re-cert"
- "My SNAP benefits decreased and I'm not sure why"
- "I need to report that I've moved, started a new job, had a baby, etc."
- "I think someone stole my SNAP card"



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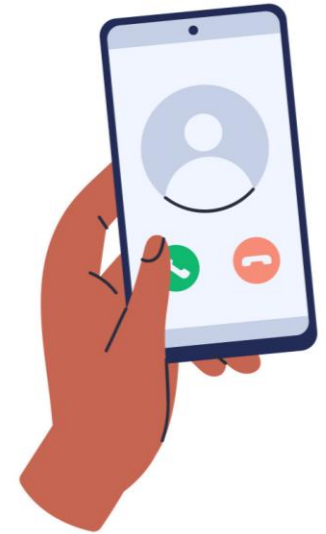
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How to Connect with DCHS

Clients can connect with DCHS in the following ways:

1. Call us: 202-640-1088
2. Email us: info@dchunger.org
3. Fill out the [online form](#) on our website
4. At an outreach event!

Note: Providers and advocates can refer clients to us directly by emailing us the client's name and contact information.



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Other Food Resources

www.dchunger.org - (202) 640-1088 - info@dchunger.org



Food Resources for Older Adults

Grocery Plus

- Provides income-eligible older adults with monthly groceries to support healthy and active living.

Senior Farmers Market Nutrition Program

- Provides \$50 a month to eligible older adults to purchase fruits and vegetables at D.C. Farmer's Markets from June – November.

Community Dining Sites

- Serves hot, nutritious meals in group settings for adults 60+, with eligibility for some spouses and residents with disabilities.

Scan or [click here](#) for our full list of food resources!



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Questions?

www.dchunger.org - (202) 640-1088 - info@dchunger.org



Tell us what you thought!



<https://forms.gle/X6q9bsWWFaVQQ6QZ6>

www.dchunger.org - (202) 640-1088 - info@dchunger.org



References



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- Capital Area Food Bank 2025 Hunger Report - <https://hunger-report.capitalareafoodbank.org/report-2025/>
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- FRAC D.C. SNAP Fact Sheet - [SNAP FactSheets 022525 DC8.pdf](#)
- Economic Security Administration (ESA) Supplemental Nutrition Assistance Program (SNAP) Policy Manual (2025) <https://dhs.dc.gov/sites/default/files/dc/sites/dhs/publication/attachments/Final%20ESA%20SNAP%20Policy%20Manual%201.24.25.pdf>
- DHS Work Requirements Page - [SNAP Work Requirements | dhs](#)



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Connect With Us!

D.C. Hunger Solutions

11 Dupont Circle NW, Suite 500

Washington, D.C. 20036

202.640.1088 | www.dchunger.org



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