

# Attention SNAP (LINK) Recipients!

If you are between 18 and 49 years old,  
living in Cook County, and not working,  
your LINK benefits may end soon!

Many Illinoisans without stable employment could lose their food assistance. Beginning January 1, 2020, a new rule will limit some recipients to 3 months of SNAP (which is called LINK in Illinois) if they are not working at least 80 hours a month.

## Who is at risk?

### You may be at risk of losing your LINK benefits after three months if you:

- are between 18 and 49 years old;
- are not disabled;
- do not live in a household with children under age 18;
- are not working at least 80 hours per month.



### You should be able to keep your benefits if you:

- Are under age 18
- Are 50 years of age or older
- Work or participate in job training at least 80 hours per month (about 20 hours or more per week)
- Live with someone under 18
- Care for a disabled person
- Receive a disability-based benefit, like Social Security, SSI, a VA pension, Workers' Compensation, or private disability insurance
- Cannot work 20 hours or more per week because you are injured, ill, or have some other physical or mental limitation
- Are pregnant
- Are experiencing homelessness
- Are in school or taking classes at least part-time (although special rules apply)
- Need drug or alcohol treatment
- Get unemployment benefits

## What you should do:

### If you fall into any of the categories listed above:

Contact your local DHS office right away to provide information about your situation so that your benefits will not be cut.

### If you do not fall into any of the categories listed above:

Contact your local DHS office right away for help getting started in work activities and work programs that will allow you to continue to receive LINK benefits.

## If you need more information and help:

### You can get help finding work or a qualifying activity by:

- Talking to an Employment and Training Liaison at your local DHS office
- Visiting a nearby American Jobs Center - [careeronestop.org](http://careeronestop.org)
- Visiting an organization with the Chicago Cook Workforce Partnership - [chicookworks.org](http://chicookworks.org)

### You can contact the Illinois Department of Human Services by:

- Emailing [DHS.FCS.ABAWDs@illinois.gov](mailto:DHS.FCS.ABAWDs@illinois.gov)
- Calling the DHS helpline at 800.843.6154
- Going to your local DHS office

### If you would like to speak to a lawyer about your rights:

- Contact Legal Aid Chicago at [legallaidchicago.org](http://legallaidchicago.org) or 312.341.1070

### If you need food:

- Call the Illinois Hunger Coalition's Hunger Hotline at 800.359.2163 to find emergency food and other resources in your area.
- Call the Greater Chicago Food Depository (GCFD) at (773) 247-3363 or use the find food locator at [www.chicagosfoodbank.org/find-food/](http://www.chicagosfoodbank.org/find-food/).

