



FAMILY EDUCATION WEBINAR SERIES 2026

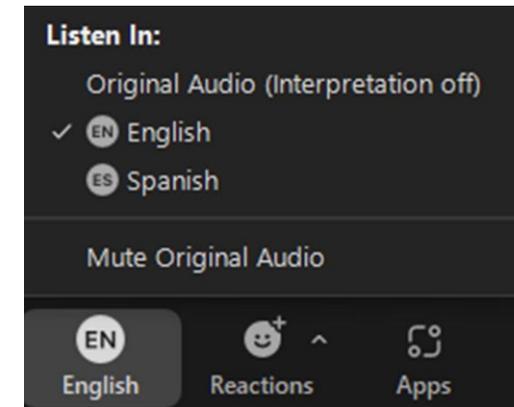
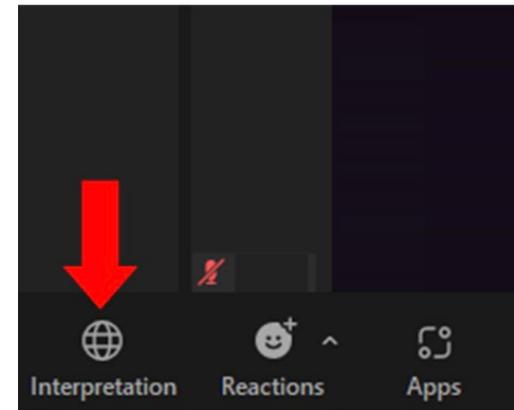
March 10: Supplemental Nutrition Assistance Program (SNAP) Benefits

April 14: Estate and Financial Planning

May 12: Caregiver Mental Health

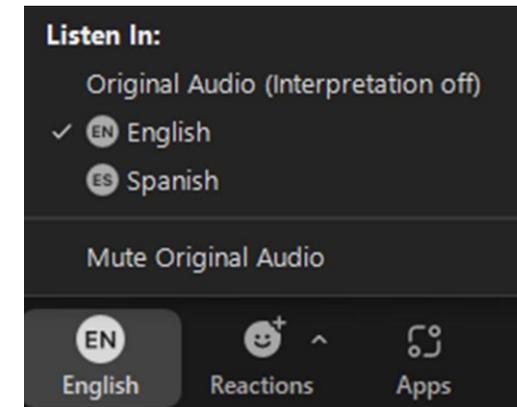
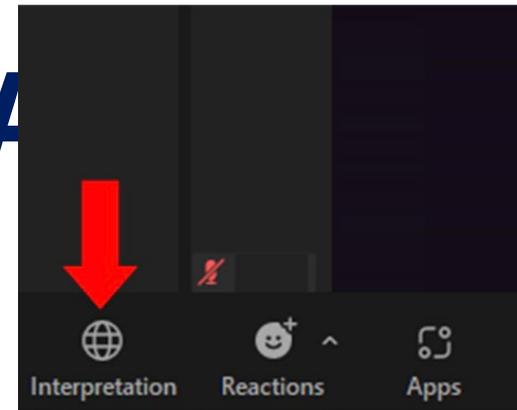
LANGUAGE ACCESSIBILITY

- Every participant must choose a language audio channel via the Interpretation button at the bottom of the screen.
- Interpretation is OFF if you remain in Original Audio. The interpreter will not be able to hear you speak so you will not be translated. You must choose a channel.



ACCESSIBILIDAD AL IDIOMA

- Cada participante debe elegir un canal de audio en su idioma a través del botón Interpretación en la parte inferior de la pantalla.
- La interpretación está desactivada si permanece en el audio original. El intérprete no podrá oírle hablar, por lo que no será traducido. Debes elegir un canal.



OUR VISION AND MISSION



- **Vision**

- Children and youth with special healthcare needs (CYSHCN) and their families will be the center of a seamless support system that improves the quality of their lives.

- **Mission**

- We partner with Illinois families and communities to help CYSHCN connect to services and resources.



PRESENTATION MATERIALS



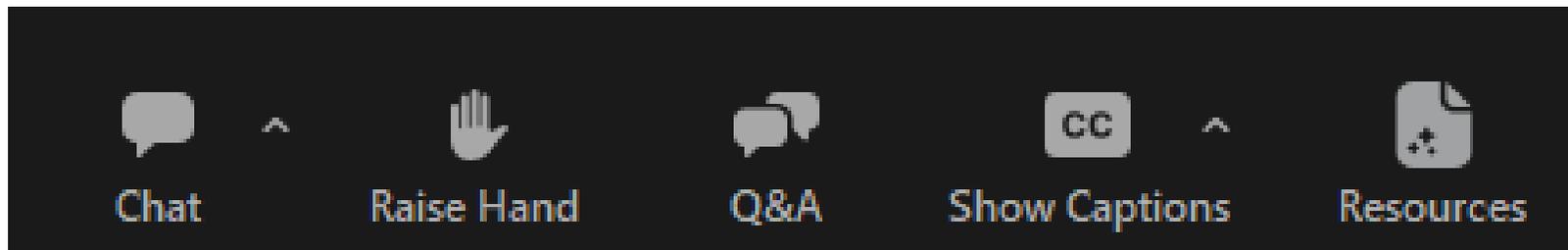
- Information will be presented in English. If you selected Spanish as your language, information will be translated verbally.
- The slides are in English. The Spanish version of all materials are found on the DSCC website:

<https://dsccl.uic.edu/family-education-webinars/>



HOUSEKEEPING

- Captioning is available for this presentation.
- All attendees are muted. Use the “Raise Hand” button or use the “Q&A” button to ask a question.
- You can use the chat to talk to the hosts and panelists.



HOUSEKEEPING CONTINUED



- We are recording this presentation. The recording will be posted on the website.
- Do not share any personal information.





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FOOD INSECURITY AND CHANGES TO SNAP



AGENDA

- About the Greater Chicago Food Depository
- Grounding & Key Terms
- About SNAP
- Overview of SNAP Cuts & the Impact on Our Communities
- Q&A
- What's Next + Resources
- Q&A

OUR MISSION IS TO END HUNGER

We believe food is a basic human right.

To achieve our mission, we work in partnership with a network of community-based organizations and individuals.

Together, we connect our neighbors with healthy food, lift our voices and advance solutions that address the root causes of hunger – poverty, systemic inequity, and structural racism.

Together, we are greater. **Together, we can end hunger.**



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GROUNDING

KEY TERMS

Food Insecurity

A lack of consistent access to adequate, nutritious food. It is the set of circumstances that prevent access to food.

Hunger

Hunger is a physical sensation the human body experiences caused by insufficient consumption of food. People who are food insecure struggle to avoid hunger.

Safety Net

Programs that provide critical support to people experiencing economic hardship.

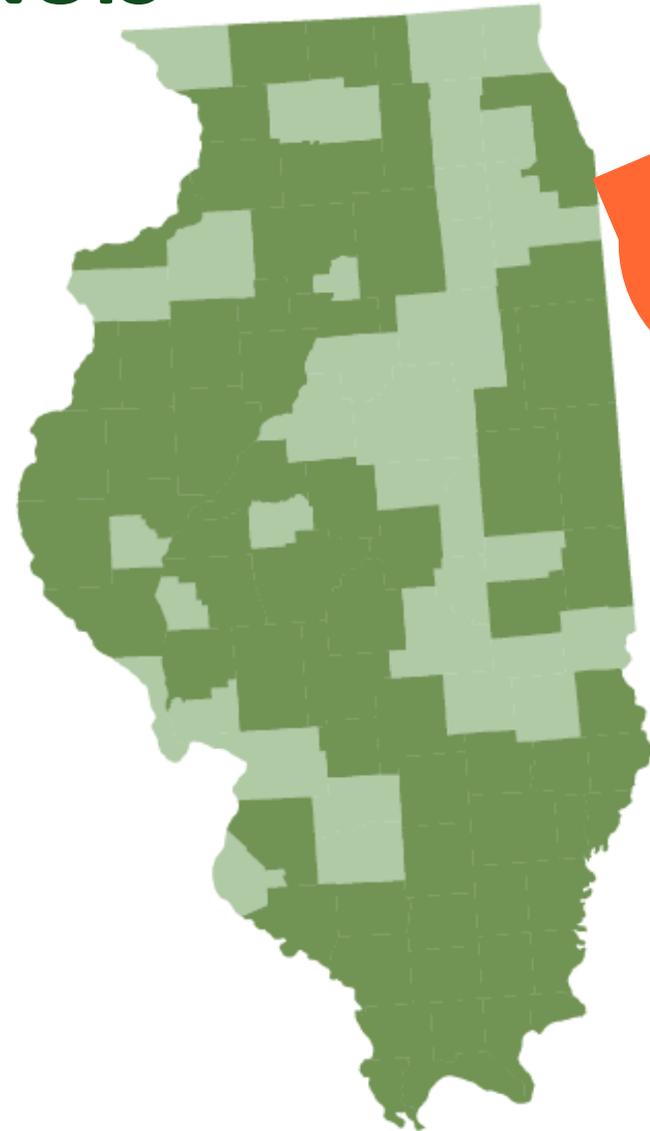


FOOD INSECURITY IN ILLINOIS

Feeding America estimates **1 in 8** people in Illinois faces hunger and experiences food insecurity.

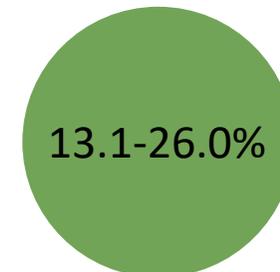


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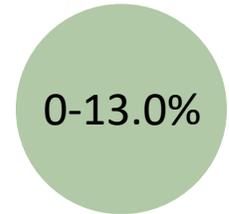


**COOK
COUNTY**

Overall Food Insecurity Rate



13.1-26.0%



0-13.0%

FOOD INSECURITY IN CHICAGO & COOK COUNTY



1 IN 5 CHICAGO HOUSEHOLDS IS EXPERIENCING FOOD INSECURITY



1 IN 4 CHICAGO HOUSEHOLDS WITH CHILDREN IS EXPERIENCING FOOD INSECURITY

The demand for food assistance is high. The Food Depository currently serves **175,000+ households** per month via pantry programs.



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SNAP & UPCOMING CHANGES

ABOUT SNAP

The Supplemental Nutrition Assistance Program



USDA
Supplemental
Nutrition
Assistance
Program

Putting Healthy Food
Within Reach

- Formerly known as food stamps, and may also be known as LINK or EBT
- Provides food benefits to eligible households to supplement their grocery budget, increasing access to the foods essential to their well-being
- Regulated by the U.S. Department of Agriculture (USDA) and administered at the state level.

ABOUT SNAP

The Supplemental Nutrition Assistance Program



SNAP promotes choice by allowing individuals to buy food based on their own nutritional needs and preferences, on demand.

Eligible foods include:	Ineligible items include:
Breads & cereals	Already prepared foods
Fruits & vegetables	Restaurant meals
Non-alcoholic beverages	Alcohol
Meat, fish and poultry	Non-food items
Dairy products	
Edible plants and seeds	



WHY SNAP MATTERS

The Supplemental Nutrition Assistance Program



SNAP eligibility is determined by the following factors:

- Household size & composition
- Income
- Illinois residency
- Citizenship/immigration status

Even with changes on the horizon, SNAP benefits are still available and is an important resource.

SNAP Household Size	Maximum Gross Monthly Income Standards	
	No Older Adult (60+) or Disabled Person in the Household	With Older Adult (60+) or Disabled Person in the Household
1 Person	\$2,152	\$2,608
2 Persons	\$2,909	\$3,525
3 Persons	\$3,665	\$4,441
4 Persons	\$4,421	\$5,358

WHY SNAP MATTERS

The Supplemental Nutrition Assistance Program



The Illinois Department of Human Services has created an [online screener](#) for potential SNAP Eligibility. Be sure to answer the questions honestly and to the best of your ability.

Consider the following information when completing the online screener:

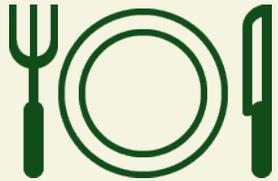
- **Include all people that you live with that you buy and share food with**
 - Is anyone 60+ years/older or receiving government disability?
 - Is everyone a US citizen? If not, make sure they meet the non-citizen requirements for SNAP.
- **Include any income received by those applying in the last 30 days including:**
 - Pay from work, child support, SSI/SSDI, money from family/friend that you aren't required to repay, unemployment and pensions
- **Include all eligible expenses such as:**
 - Paid court ordered child support, payment for the care of a child/other, rent, mortgage, property tax, out of pocket medical expenses for those who are qualified members
 - Which utilities you pay for

WHY SNAP MATTERS

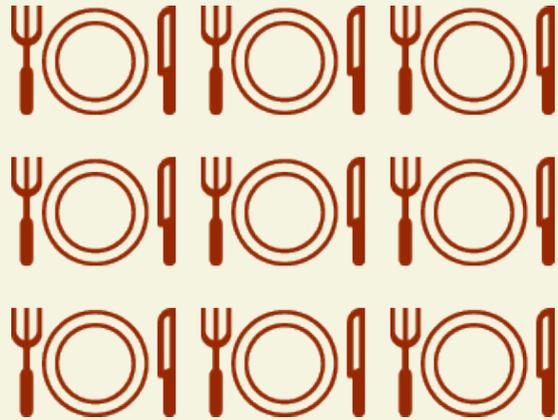
The Supplemental Nutrition Assistance Program is our nation's most effective anti-hunger program.



SNAP increases food access

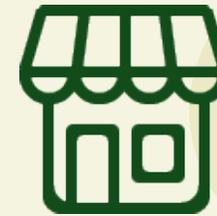


For every meal provided by food banks



SNAP provides the equivalent of **9 meals**

Participation in SNAP generates hundreds of millions of dollars for the local economy



5.5 billion dollars to the Illinois economy in 2023

Every dollar spent on SNAP generates over \$1.50 in local economic activity during an economic downturn.

\$281 million/month in Cook County alone

(July 2024 estimate)

H.R. 1 "ONE BIG BEAUTIFUL BILL" ACT

Federal Budget Reconciliation Bill signed into law July 4, 2025 will increase poverty and hunger.



- Largest cuts to SNAP and Medicaid in history – **removing food access and health care from millions of people.**
- **Need for food assistance will surge.** Food Banks and pantries are not currently equipped to fill the gap.
- Loss of SNAP benefits will impact local economies everywhere: **less money spent at grocery stores, fewer jobs, less food produced.**



Congress voted to cut almost **\$200 billion** from SNAP food assistance.

These cuts will have a **human and economic cost** in our community.

SUMMARY OF SNAP CUTS



Increases the amount that the State is required to cover to administer the program



Removes SNAP benefits for many legally present immigrants



Expands work requirements

CHANGE #1: SHIFTING COSTS TO STATES

Many states, including Illinois, must prepare to pay a portion of benefits



Beginning in October 2027, states will be required to cover a significant portion of SNAP benefits.

These new rules would require **Illinois to pay up to \$800 million** per year to keep SNAP available for those that need it.



CHANGE #2: WORK REPORTING REQUIREMENTS



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Many SNAP customers must now **report work or volunteer hours to keep benefits**

The change in expanded work reporting requirements begins on **February 1, 2026**, and could impact SNAP access for approximately **340,000 neighbors** starting **May 1, 2026**. Impacted neighbors can report exemptions **NOW!**

What's changed?	Who is impacted?
<p>Adults ages 18 – 64 must report any of the following for at least 80 hours per month to continue receiving SNAP.</p> <p>To meet this requirement, a person must:</p> <ul style="list-style-type: none">• Work (paid or unpaid),• Participate in SNAP Employment & Training Programs,• Volunteer,• Or any combination of the above	<ul style="list-style-type: none">• Anyone between 18 - 64 <i>unless exempt</i>• Individuals between 54 and 64, families with children 14+, veterans, former foster youth (18 – 24), and people experiencing homelessness must now meet work requirements or apply for an exemption• Failure to meet requirements may result in loss of SNAP for up to 3 years, unless work requirements are met or an exemption is approved

CHANGE #2: WORK REPORTING REQUIREMENTS



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Who is exempt from work reporting requirements?

A person is exempt from the SNAP Work Requirement if they are:

- Under age 18 or 65 years of age or older; or
- Physical or mental limitations that impact their ability to work, including experiencing chronic homelessness, domestic violence, and/or other barriers; or
- Pregnant; or
- Living in a SNAP household (purchase and prepare) with a child under age 14, even if the child is ineligible for SNAP; or
- Individuals who are an Alaskan Native, American Indian, American Urban Indian, or California Indian (as defined in the Indian Health Care Improvement Act); or
- Residing in a waived (exempt) county; or
- Caring for a child under age 6 or a person who needs help caring for themselves; or
- Going to school, college, or training program at least half time; or
- Meeting the work rules for TANF; or
- Receiving unemployment benefits or applied for unemployment benefits; or
- Participating regularly in alcohol or drug treatment program; or
- Working at least 30 hours a week or earning at least \$217.50 (federal minimum wage \$7.25 multiplied by 30 hours) a week. The person can be employed or self-employed.

Impacted neighbors can report exemptions to IDHS NOW!

CHANGE #3: IMMIGRANT ELIGIBILITY



Severely limits SNAP eligibility for **thousands of immigrants in Illinois**

As early as **April 1, 2026**, eligibility changes will **severely limit SNAP access for approximately 16,000** legally present refugees, asylees, and humanitarian parolees receiving SNAP benefits in Illinois

Status	Eligible for SNAP <u>BEFORE</u> the bill	Eligible for SNAP <u>AFTER</u> the bill
Legal Permanent Resident (subject to the 5-year bar)	Yes	Yes
Cuban / Haitian entrant	Yes	Yes
Compact of Free Association (COFA) migrant	Yes	Yes
Refugee	Yes	NO
Asylee	Yes	NO**
T-visa holder	Yes	NO**
Parolee > 1 year	Yes	NO
VAWA self-petitioner	Yes	NO

***Certain statuses might be eligible for state-funded food assistance; contact a benefits enroller to learn more.*

SUMMARY OF SNAP CUTS



Increases the amount that the State is required to cover to administer the program



Removes SNAP benefits for many legally present immigrants



Expands work requirements

All Illinois residents on SNAP, including 650,000 children, will be impacted by these cuts.



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QUESTIONS?



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WHAT HAPPENS NEXT?

FOR NEIGHBORS CURRENTLY RECEIVING SNAP BENEFITS



Take these steps to keep your food and grocery benefits.



Report changes to your income or household status to IDHS.



Determine if you need to meet new work requirements, or if you are exempt.



Share this information with your family and friends.



WE'RE HERE TO HELP!
Scan the QR code or visit chicagosfoodbank.org/snap to get started.



FOR NEIGHBORS THAT MAY MEET EXEMPTION FOR WORK REQUIREMENTS



Complete the ABE SNAP Work Requirements screener to determine if you may need to meet work requirements



Use the ABE Manage My Case portal to manage your SNAP, Medical and Cash benefits online: abe.illinois.gov



Call the IL Department of Human Services Line at 1-800-843-6154 or visit your local DHS office



Anyone that may be eligible for an exemption should provide an update to IDHS as soon as possible.

If you are uncertain, contact the Cook County Benefits Hub to help answer your questions.

IF YOU WANT TO RECEIVE SNAP BENEFITS.



Anyone in need of SNAP benefits is encouraged to apply.

Meet with a representative from the Food Depository to find out if you are eligible and to get assistance with your application.

Apply online with IDHS.

Get assistance from other community-based organizations that offer enrollment support.

IF YOU WANT TO RECEIVE SNAP BENEFITS



Get free expert help with benefits for you and your family! The Greater Chicago Food Depository and our partners can assist with:

- Find out if you can get food benefits (Link Card/SNAP) or Medicaid (Health Insurance)
- Apply or renew your food benefits
- Get application support: we follow up to help you avoid delays
- And more!

Documents needed to apply for SNAP:

- Proof of income for the past 30 days (pay stubs, letter from employer, or self-employment log)
- Proof of income from other sources (Social Security, child support, unemployment benefits, pension)
- Proof of identification (driver's license, state ID, passport, or school ID)
- Proof of Illinois residency (Illinois ID, utility bill, or lease)
- Social Security number for everyone in the household
- Legal Permanent Resident cards (green cards)
- Proof of medical expenses for the past 30 days for anyone blind, disabled, or over 60
- Court-ordered child support statement
- **FOR RENEWALS ONLY:** SNAP redetermination letter

ADDITIONAL RESOURCES



RETURN TO OUR WEBSITE SIGN UP

Get Involved, Make a Difference.

VOLUNTEER NOW

Click here to register your organization.

Galaxy Digital

A central platform for volunteer opportunities. Organizations with opportunities and individuals seeking volunteer hours can register at: serveillinois.galaxydigital.com/

Department of Social Services

Customer Services

Employment & Training Job Placement

Use of this program?

Work eligible SNAP recipients to obtain employer driven training, leading to self-sufficiency.

SNAP E&T Programs

For Workforce Development opportunities, please visit the [IDHS Voluntary SNAP Employment & Training Program](#) website.

Date: [X]

Item It May Concern:

On behalf of all of us at the Greater Chicago Food Depository, we would like to extend gratitude to [Participant's Name] for their hard work as a volunteer. As of today, [X] has contributed [X] hours of service, where they provided essential support for our neighbors by [insert related blurb *optional* sample: "Volunteers are crucial as we strive to end hunger. Without their time and effort, we would be unable to distribute the equivalent of 100 meals each day through our network of 800 partner agencies and programs throughout Cook County. These agencies, such as pantries, soup kitchens, shelters, and mobile food banks, rely on the Food Depository and our volunteers to distribute food in their communities. Time spent volunteering at the [X] testifies not only to the importance of time as a precious commodity, but also to a desire to help. We cannot thank you enough for your generosity that [cause] affects our community, but also to a desire to help. We cannot thank you enough for your generosity without many steadfast supporters.

With gratitude,
[Staff Name]
[act]

Community Service Verification Letter

Access a customizable letter to verify volunteer hours. Contact our team for this template.

ADDITIONAL RESOURCES



The screenshot shows the "Find Food Map" website. At the top, there are navigation tabs for "HOME", "ABOUT", "SERVICES", "DONATE", and "CONTACT". Below the navigation is a header for "FIND A FOOD PANTRY" with the sub-header "Explore our Network of Cook County and Chicago Food Pantries and Programs". A search bar is visible, and a map of Chicago is displayed with several food pantry locations marked with green pins. A list of pantries is shown on the right side of the map, including "Pan de Vida Food Pantry", "Midway Gravel Cope Community Center", "Evanston Food Bank", "Mary E. Easton - Karlov", and "Immaculate Conception".

Find Food Map

Use our find food map to view hours, locations and information for all of our Cook County and Chicago food pantries, meal programs and more. **To access the map, visit chicagosfoodbank.org/find-food/**



The photo shows two women sitting at a desk with two laptops. They are in a room with a red wall and a yellow door. The woman on the left is wearing a black top, and the woman on the right is wearing a grey t-shirt with "A TEAM CHICAGO" printed on it. They appear to be working together. A green banner with the Greater Chicago Food Depository logo and the text "APPLY FOR SNAP" is visible in the foreground.

Neighbor Services

Get help with SNAP applications and with exploring our network of food programs that meet your needs. To receive support, call **773-247-FOOD (3663)**, visit us in person or book an appointment online at chicagosfoodbank.org



The screenshot shows the "Healthy Recipes" website. At the top, there are navigation tabs for "HOME", "ABOUT", "SERVICES", "DONATE", and "CONTACT". Below the navigation is a header for "HEALTHY RECIPES" with the sub-header "Explore easy-to-prepare recipes using fresh ingredients." A search bar is visible. Below the header, there are several recipe cards with images of food, including "Acorn Squash Pasta Salad", "Apple Celery Slaw with Hubs", and "Apple Salad with Celery".

Nutrition Education

Browse cooking videos, recipes and more to help you prepare ingredients you have at home. **To access nutrition resource, visit chicagosfoodbank.org/get-help/nutrition/**



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WHAT ELSE CAN WE DO TO PROTECT SNAP?

COMMUNITY ENGAGEMENT & AWARENESS BUILDING



Save Our SNAP
#EndHungerNow

SNAP Rules Are Changing

Advocacy Toolkit

Requirements for SNAP, our nation's most effective food assistance program, will change significantly on February 1, 2026. Thank you for sharing information and resources with your community. Your voice matters. Together, we can keep our neighbors informed and connected to critical nutrition and grocery benefits.

SHARE THIS INFORMATION BY FEBRUARY 1

SOCIAL MEDIA POSTS

Use the designs and sample captions to share important information regarding the upcoming SNAP changes across your social platforms.

DOWNLOAD SAMPLE CAPTIONS & GRAPHICS

NEWSLETTERS BULLETINS WEBSITES

Use the designs and sample copy to communicate the upcoming SNAP changes with your community.

DOWNLOAD SAMPLE COPY & GRAPHICS

POSTERS | FLYERS | POWERPOINT SLIDES

Use these files to print and distribute materials in your community. Post information to screens or create your own presentations.

DOWNLOAD FILES

REQUEST A PRESENTATION OR EVENT IN YOUR COMMUNITY

The Greater Chicago Food Depository will host a webinar or dial in to your next gathering to speak about the new SNAP changes and steps neighbors can take to maintain their benefits.

COMPLETE THE REQUEST FORM

Together, we are greater. Together, we can end hunger.
Questions? Need more materials? Contact us at publicpolicy@gcdf.org.

SaveOurSNAP.org

SNAP Rules Are Changing: Outreach Materials

Public Policy Institute for Greater Chicago

SNAP Rules Are Changing: Outreach Materials

In an effort to reduce administrative burden, changes to the Supplemental Nutrition Assistance Program (SNAP), the federal government has developed extensive and diverse outreach materials for you to use.

Whether you want to share information about upcoming changes to the Supplemental Nutrition Assistance Program (SNAP), the federal government has developed extensive and diverse outreach materials for you to use.

Use these materials to share information about upcoming changes to the Supplemental Nutrition Assistance Program (SNAP), the federal government has developed extensive and diverse outreach materials for you to use.

DON'T LOSE YOUR SNAP BENEFITS

SOCIAL MEDIA POSTS & CAPTIONS

NEWSLETTER, BULLETIN & WEBSITE CONTENT

REQUIREMENTS OVERVIEW

POSTERS & FLYERS

FULL TOOLKIT

LAS REGLAS DE SNAP ESTAN CAMBIAN!

Tomе los siguientes pasos antes del 1 de Febrero para conservar sus beneficios de alimentos

Reporte a IDHS cualquier cambio en sus ingresos o en la composición de su hogar.

Determine si necesita cumplir con los nuevos requisitos de elegibilidad a partir de ahora.

ESCANÉAME

¡ESTAMOS AQUÍ AYUDAR!
Escanee el código QR
SaveOurSNAP.org pa

SCAN ME

DON'T LOSE YOUR SNAP BENEFITS

SNAP rules are changing! Take action by February 1 to stay on SNAP.

Visit SaveOurSNAP.org

OR

scan the QR code to learn more

DON'T LOSE YOUR SNAP BENEFITS

SNAP Rules are Changing
Here's what you need to know

On July 4, 2025, the federal government passed a new law that makes significant changes to the Supplemental Nutrition Assistance Program (SNAP). The changes could affect your SNAP eligibility or require you to take extra steps to receive SNAP benefits. Please read the following details carefully.

WORK REPORTING REQUIREMENTS EFFECTIVE FEB. 1, 2026	IMMIGRANT ELIGIBILITY EFFECTIVE APR. 1, 2026
<p>Starting on February 1, 2026, SNAP recipients must report changes in their household composition, income, and other factors that affect their eligibility for SNAP benefits.</p>	<p>Starting on April 1, 2026, SNAP recipients who are not U.S. citizens or permanent residents will be required to meet additional requirements to remain eligible for SNAP benefits.</p>

NO PIERDA SUS BENEFICIOS DE SNAP

Las Reglas de SNAP están cambiando! Actúe antes del 1 de febrero para seguir en SNAP

SaveOurSNAP.org



Social media, newsletters, copy/talking points
Posters + one-sheets
Slides + displays

COMMUNITY ENGAGEMENT & AWARENESS BUILDING



We are building community-centered responses to build awareness about the changes to SNAP and to connect partners and neighbors with resources. We are aiming to reach:



SNAP-Eligible Neighbors



Community-Based Organizations



Advocates



We'd love to collaborate with you and hear your ideas for how we can amplify these messages while centering our neighbors and communities with intention.

ADVOCATE FOR CHANGE

Visit www.chicagosfoodbank.org/advocacy to learn more.



Lowest lift?

ADVOCATE ON YOUR OWN!



Join our **Advocacy Action Center** to contact your representatives with emails and calls. Stay updated through legislative news and action alerts.

Seeking skills & a network?

CHAMPION ADVOCATES



Sign up for **skill-building trainings** on advocacy, outreach, storytelling and elected official engagement.

Already engage in advocacy with your organization?

SAVE OUR SNAP COALITION



Engage in legislative and administrative advocacy, particularly if your organization already lobbies and conducts outreach statewide



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QUESTIONS?

THANK YOU!

FOR MORE INFORMATION, CONTACT:

Tyler Stratton

Director of Community Engagement

tstratton@gcfd.org

773-247-3663



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THANK YOU AND SURVEY



- Thank you for participating in our training today. We hope you found it helpful!
- All materials and recordings will be posted at <https://dsccl.uic.edu/family-education-webinars/>.
- Please complete the survey at the end of the training. Your thoughts are very helpful and important.
- We also would like to know any other topics you would like more training on.



FUTURE WEBINARS



- You can review this recording and materials for the other two webinars on our website.
 - March 10: Supplemental Nutrition Assistance Program (SNAP) Benefits
 - April 14: Estate and Financial Planning
 - May 12: Caregiver Mental Health
- Visit <https://dscg.uic.edu/family-education-webinars/>.



CONNECT WITH US



- Phone: (800) 322-3722
- Email: dsc@uic.edu
- Website: dsc.uic.edu
- Social Media: UIC Division of Specialized Care for Children

