Facts on Voluntarily Quitting Your Job If You Are on the Supplemental Nutrition Assistance Program (SNAP)

Purpose
This fact sheet tells what could happen if you are on SNAP and voluntarily quit your job.

Penalty - not getting SNAP benefits
If you or someone else in your household has a job and quits without a good reason, your household might not get SNAP benefits. If your household loses SNAP benefits because someone quit a job, ask your financial worker about how to become eligible.

The penalty does not apply if the person who quit a job:

- Was fired, or forced to leave the job, or had hours cut back by the employer
- Was self-employed
- Left a job that was less than 30 hours per week or the job paid less than the minimum federal wage times 30 hours per week.

The penalty also does not apply if you can prove the person had "good reason" to quit the job.

These are "good reasons" to quit a job without losing SNAP benefits:

- Circumstances beyond a wage-earner’s control such as: illness, illness of another member that requires the client’s presence, a household emergency, no transportation to the job, or no available child care
- Discrimination by the employer based on age, race, sex, color, handicap, religious beliefs, national origin, or political beliefs
- Poor conditions at work, such as not getting paid on time or unreasonable risk to health and safety
- Going to school at least half time
- The job is considered unsuitable employment because of such things as working conditions or requirements, wages, transportation, etc.
- Retirement
- Getting another job at least 30 hours per week or making at least the minimum wage times 30 hours per week (even if the new job does not work out for reasons beyond the employee’s control)
- The job was one where workers normally move from one employer to another, such as migrant or seasonal farm labor, or construction work.

The penalty might not apply if you change the Principal Wage Earner:
SNAP households with children may change the person they designated as the Principal Wage Earner. You may do this at recertification or whenever someone enters or leaves the household. All the adults in your household must approve this change. If you have questions about this choice and how it affects penalties for voluntarily quitting your job, ask your worker.

The penalty will apply if a person who failed to comply moves in with another unit and is that unit’s Principal Wage Earner.
Attention. If you want free help translating this information, ask your worker or call the number below for your language.

Notice: Si vous désirez traduire cette information gratuitement, demandez à votre employé ou appelez le numéro suivant.

This information is available in alternative formats to individuals with disabilities by calling your county worker. TTY users can call through Minnesota Relay at 800-627-3529. For Speech-to-Speech, call 877-627-3848. For additional assistance with legal rights and protections for equal access to human services programs, contact your agency’s ADA coordinator.