October 20, 2026

What to do about SNAP, Health care, and Medicaid Changes

SNAP: What to do if You Lost Your SNAP

Don't give up. You can get your SNAP back if you start meeting requirements.

Some things you can do:

- **Work** at least **20 hours per week**, OR **Earn at least $217.5 per week**
- **Volunteer** a designated number of hours per month (talk to DHS!)
- Be in an approved **school or training program 80 hours per month**

Call DHS for help (585-753-5386), including other ways to meet requirements!

I need food now:

- Call **2-1-1** or Foodlink at **585-413-5091**
- Go to **savemysnap.org** or **https://foodlinkny.org/find-food/**

Essential Plan & Medicaid: What to do if Coverage Ended

It's open enrollment. If you've lost insurance, now is the time to get it back.

If you lost insurance because of your immigration status, you may be eligible for the essential plan!

Reach out to a navigator to figure out what programs you are eligible for at **NY State of Health's** website.

- **LawNY** is one of many who can help you apply for or renew insurance. Schedule an in-person or virtual meeting by calling 585-504-2963 or 716-373-4701 ext. 2015

I need help now:

- **Goodrx.com** for help with prescriptions
- **URWell** clinics provide free preventative care to those without insurance.
- **211** can help you find other resources

Medicaid Work Requirements are Coming: Take Action Now

All Medicaid changes will take effect by January 1, 2027. Here's what to do:

- Make sure your **information is up to date,** especially your **address & phone number**.
- Look out for **letters, texts, & calls**.
- Make sure all prescriptions are filled (for three months, if possible!) & schedule any appointments before January 1.

Other changes may happen before January. Keep an eye out for notices.

For more information, go to **abcinfo.org/benefitsproject-toolkit/**