



OREGON DEPARTMENT OF  
**Human Services**

January 14, 2026



# **H.R. 1 SNAP Changes and Housing Instability in Oregon**

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# Agenda

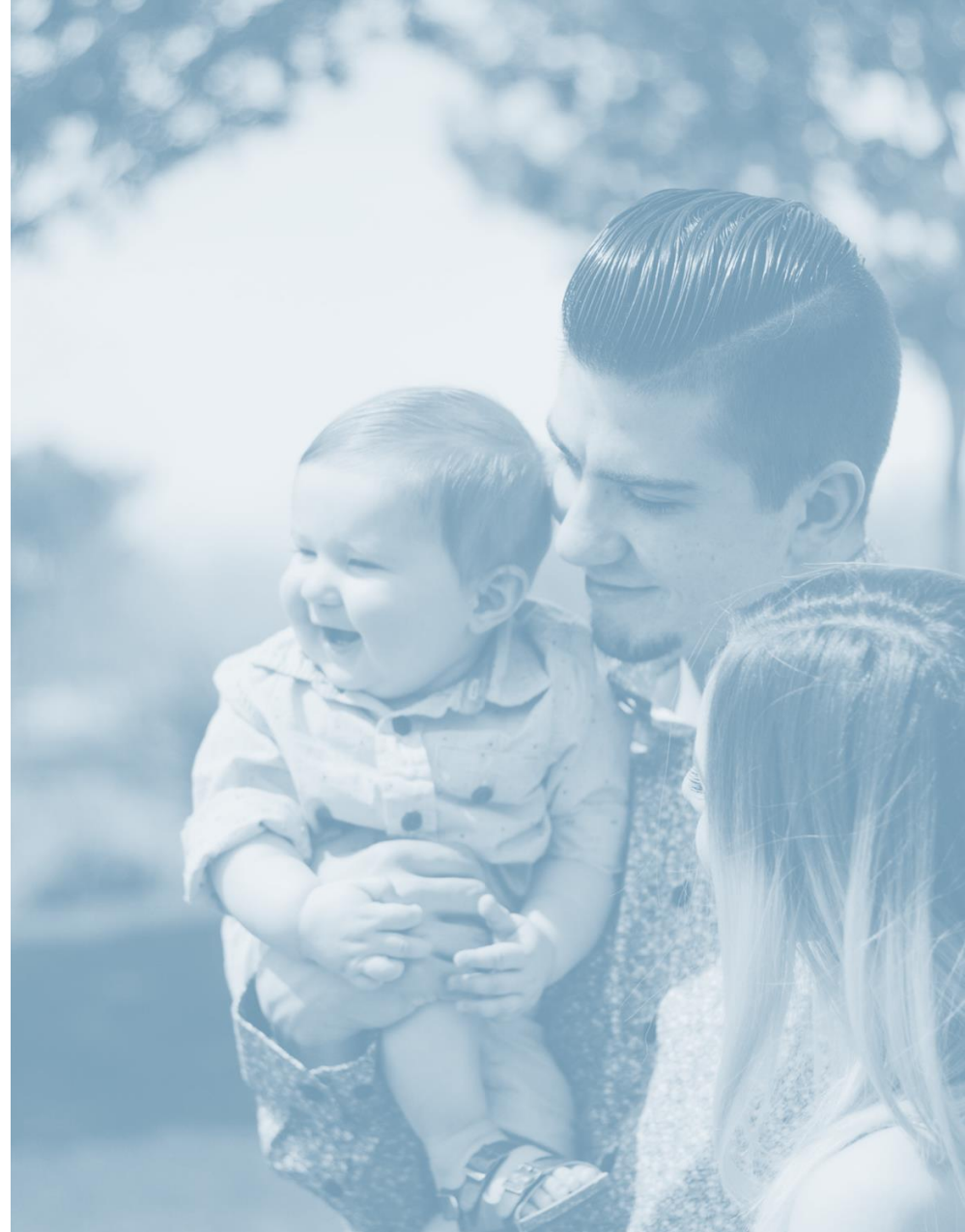
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1. SNAP in Oregon
2. H.R.1: Key impacts
3. Why SNAP matters for housing stability
4. Conclusion
5. Questions



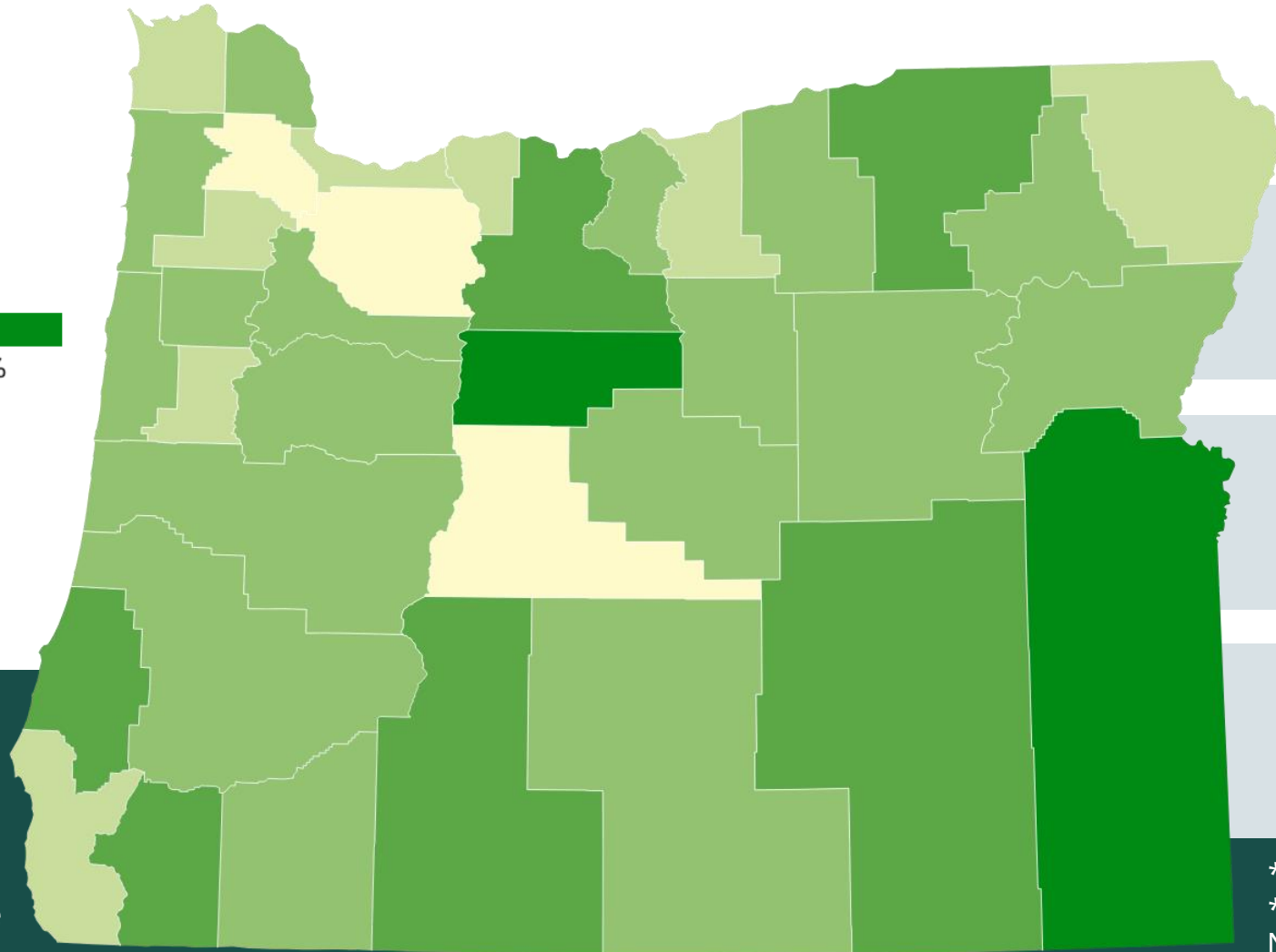
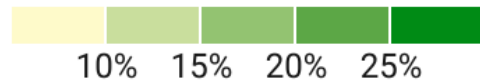
# SNAP in Oregon

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# 1 in 6 people in Oregon participate in SNAP

Percentage of households receiving SNAP by county



**757,000**  
individuals\*

**76,343**  
Age 60+\*

**47,786**  
have a disability\*\*

Map graphic based on American Community Survey 5-Year data (2017-2021) as presented by the [Food Research & Action Center](#).

\*Based on ODHS caseload data  
\*\*As defined by Food and Nutrition Services

# SNAP snapshot: March 2025

**\$313**

Average  
benefit per  
household

**\$183**

Average  
benefit per  
person

**210k+**

Participating  
children

**130k+**

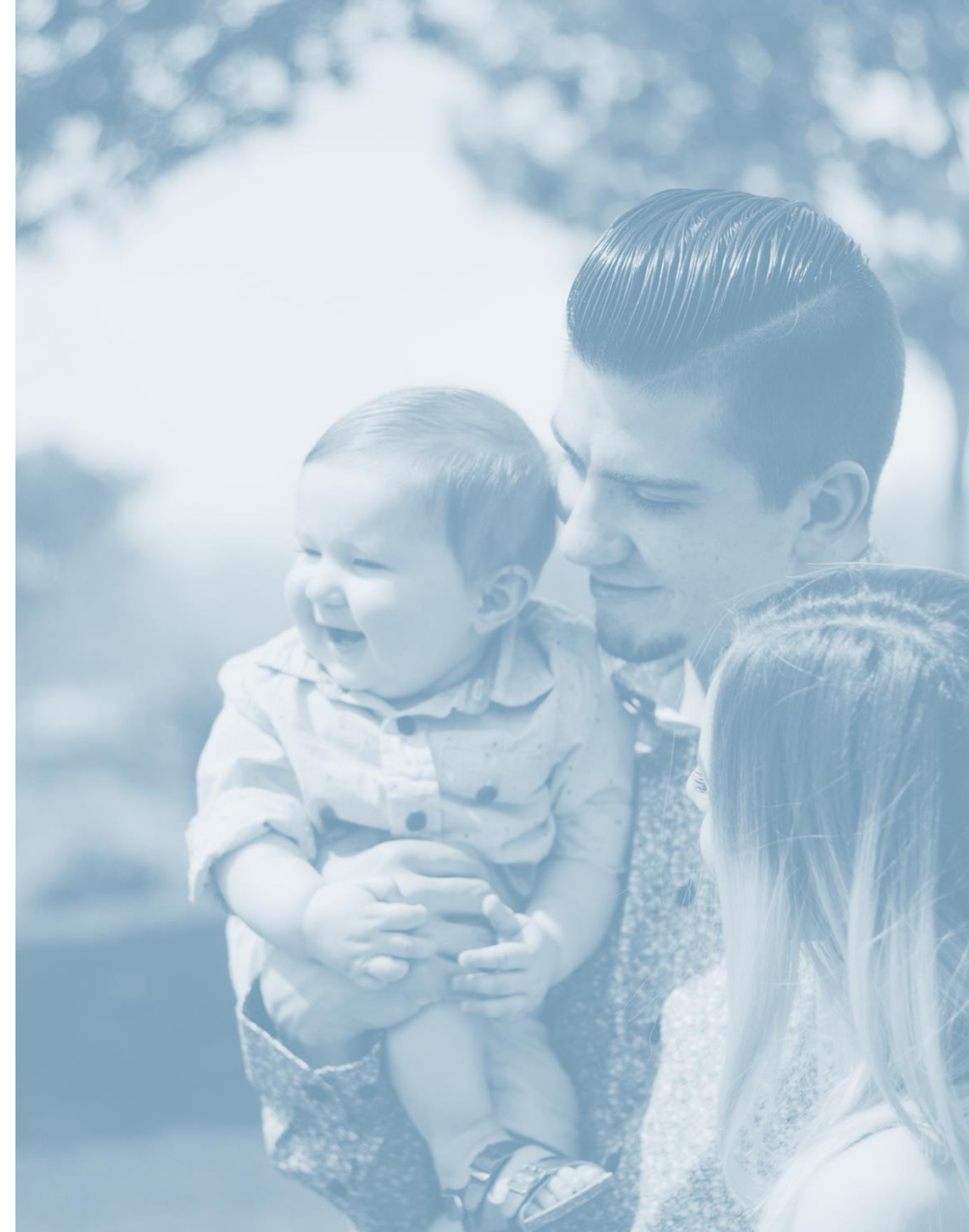
Participating  
adults 65+





# HR1: Key impacts

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# SNAP eligibility changes

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- People may be required to participate in **Able-bodied Adults without Dependents (ABAWD) federal work rules.**
- **Lawfully present non-citizens** face reduction or end of their benefits.
- People may see a reduction in benefits from new federal limits on energy assistance-based **Standard Utility Allowance.**



# SNAP work rule impacts

- People ages **55 to 64** who do not have a child **under age 14** on their SNAP case must work 80 hours each month to get SNAP for more than three months.
- **Exemptions** for veterans, people experiencing homelessness, and former foster youth have been **removed**.
- There is a **new exemption for Native American individuals** who qualify under rules in the Indian Health Care Improvement Act.

**Work rules will not impact individuals with I/DD, behavioral health or physical disability.**

- Will not apply to individuals receiving long-term services and supports.





# SNAP time limit

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If a SNAP participant with **ABAWD status** does not meet work requirements for **three months**, they will reach the **time limit** and lose SNAP for three years.



# Domino impacts

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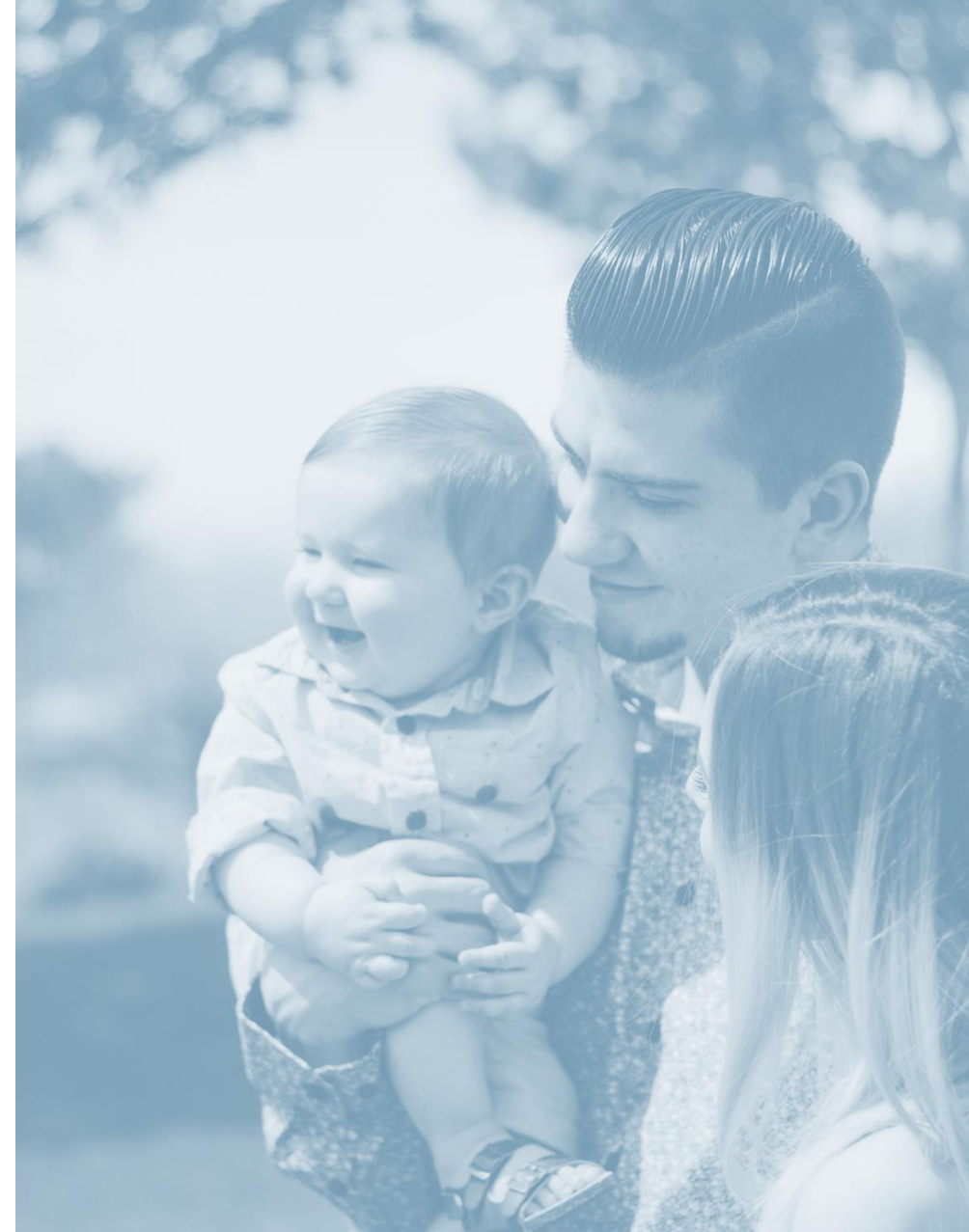
Losing SNAP eligibility can mean **losing eligibility for linked programs:**

- Children's school and summer meals
- Children's afterschool and summer programs
- Utility assistance
- Low-cost public transit fare programs



# Why SNAP matters for housing stability

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# SNAP helps keep people housed

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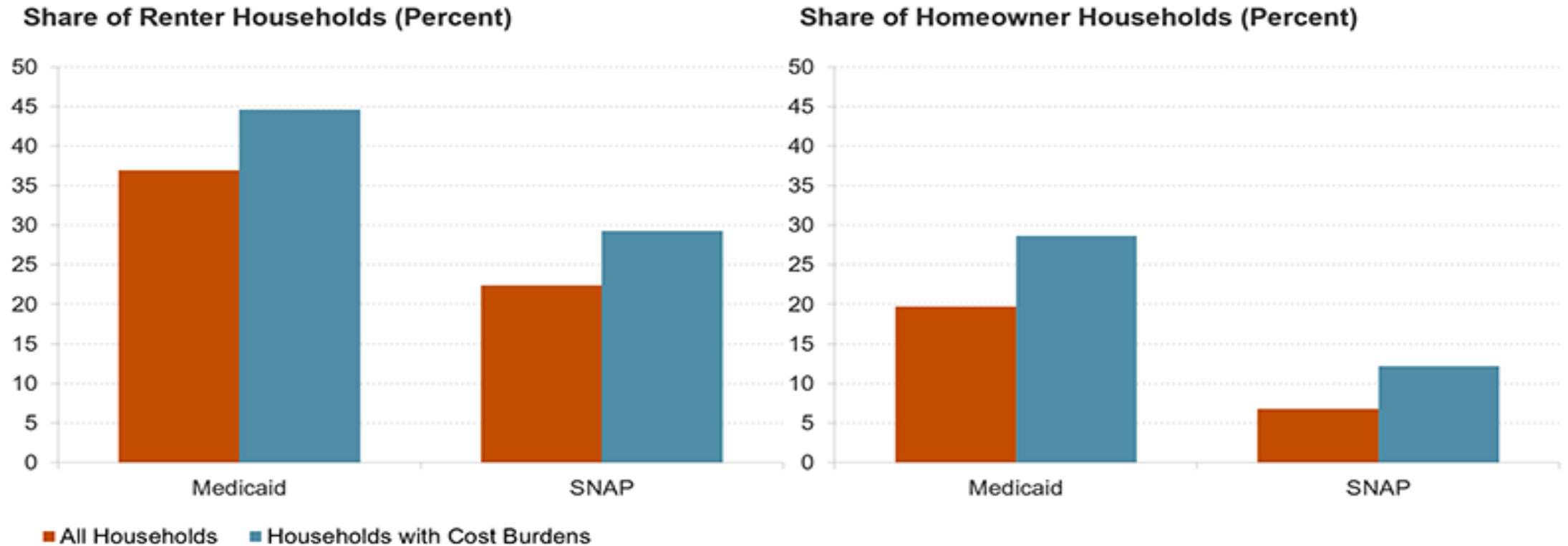
- Research shows that food insecurity and housing instability are linked.<sup>1</sup>
- SNAP benefits free up income for rent and utilities.
- Food insecurity in OR is rising among renters, who face higher housing instability.<sup>2</sup>
- SNAP loss creates immediate budget shocks that can impact housing.



<sup>1</sup>[Lee, Che Young et al. \(2021\)](#)

<sup>2</sup>[McElhaney and Edwards \(2024\)](#)

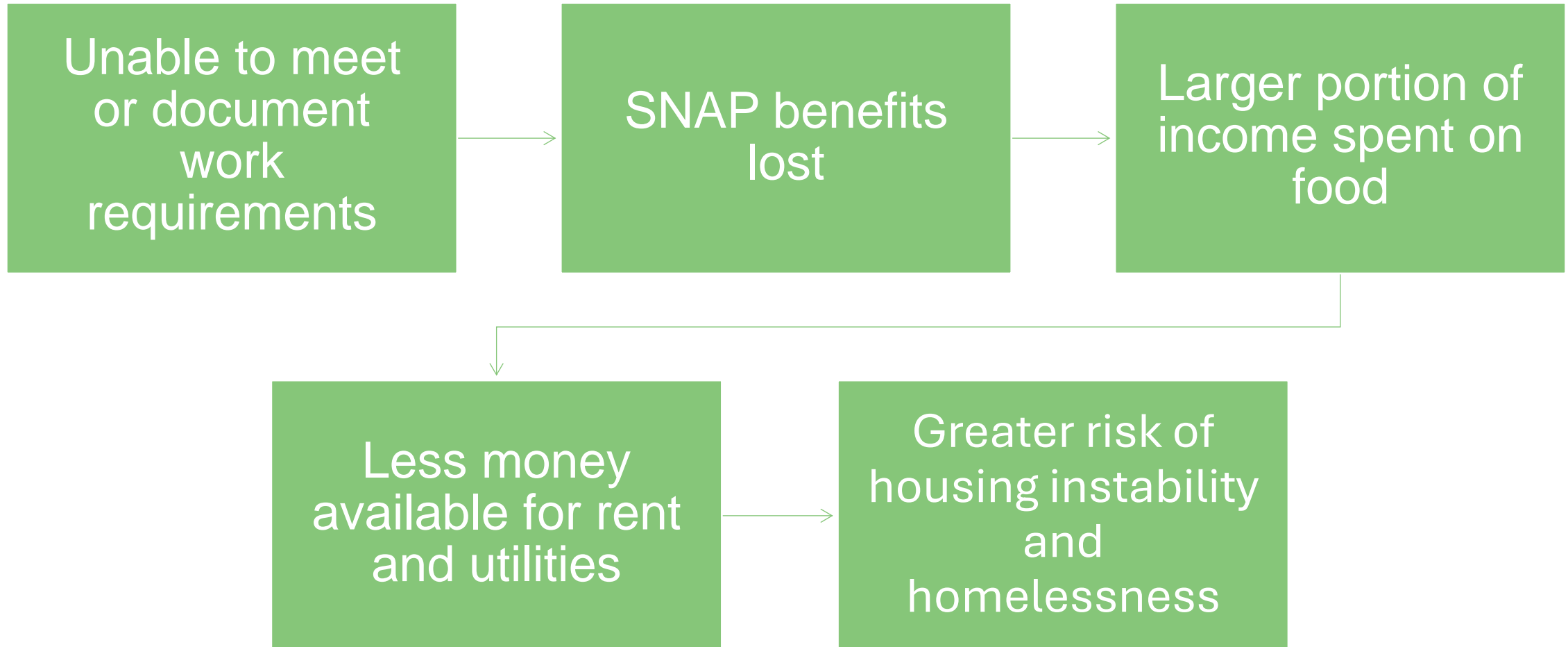
# SNAP supports rent-burdened households



Source: [Joint Center for Housing Studies of Harvard University \(2026\)](#)

# SNAP changes may increase homelessness risk

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# SNAP changes impact populations already struggling with housing stability

## Unhoused Population

- Lack of reliable transportation, phones, mailing addresses, IDs, and safe storage make it difficult to obtain, maintain, and document work

## Veterans

- Veteran homelessness has declined because of targeted federal efforts<sup>1</sup>
- SNAP changes could undermine some of those gains

## Former Foster Youth

- Nationally, 31 percent to 46 percent of youth exiting foster care experience homelessness by age 26<sup>2</sup>

## Older Adults (55-64)

- Older adults are the fastest growing group among the unhoused population<sup>3</sup>
- Among older adults experiencing homelessness in OR, 71% are aged 55-64<sup>3</sup>

## Families

- Family homelessness in OR increased 24% between 2023 and 2024<sup>3</sup>
- OR has the highest rate of unsheltered family homelessness in the nation<sup>3</sup>

<sup>1</sup>[U.S. Dept. of Veterans Affairs \(2024\)](#)

<sup>2</sup>[Dworsky, Napolitano, & Courtney \(2013\)](#)

<sup>3</sup>[U.S. Dept. of Housing and Urban Development \(2024\)](#)

# System-level impacts

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- Reduced affordability and housing stability for low-income households
- Increased evictions, overcrowding, and shelter entries
- Nonprofits and housing providers facing funding gaps and capacity strain



# Conclusion and policy implications

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- Food insecurity and housing instability are linked
- SNAP changes under H.R. 1 increase eviction and homelessness risk
- Oregon should treat SNAP changes as a risk factor in homelessness policy



# Questions



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