



OREGON DEPARTMENT OF
Human Services

January 14, 2026



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

Jessica Amaya Hoffman, SNAP Director

Katie Egan, Housing and Homelessness Policy Advisor

Agenda

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

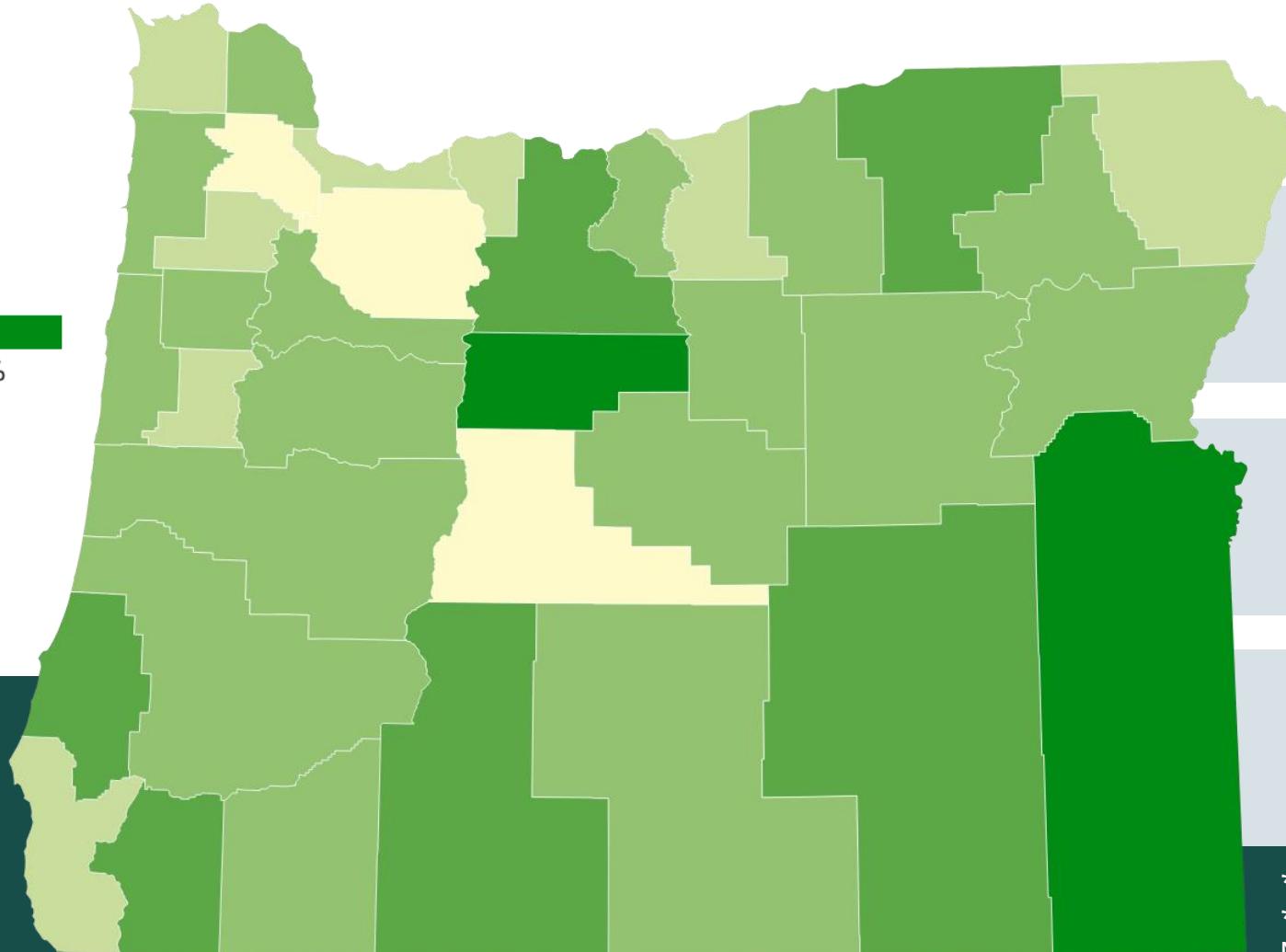
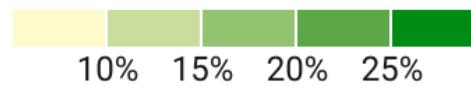


SNAP in Oregon



1 in 6 people in Oregon participate in SNAP

Percentage of households receiving SNAP by county



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

757,000
individuals*

76,343
Age 60+*

47,786
have a disability**

*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



SNAP eligibility changes

- 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

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

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



SNAP helps keep people housed

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

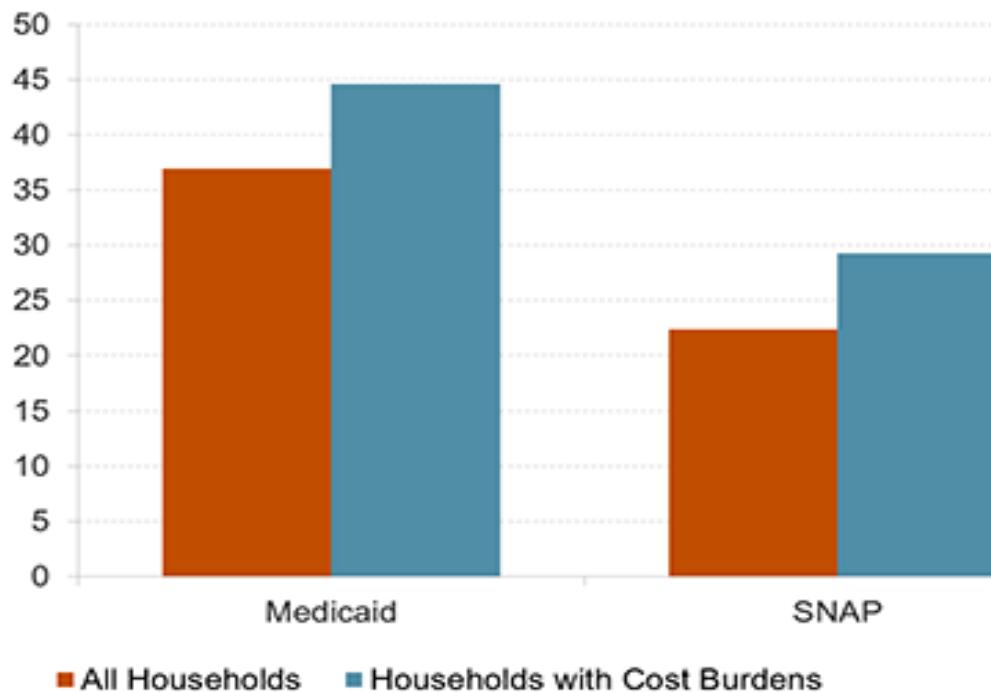


¹[Lee, Che Young et al. \(2021\)](#)

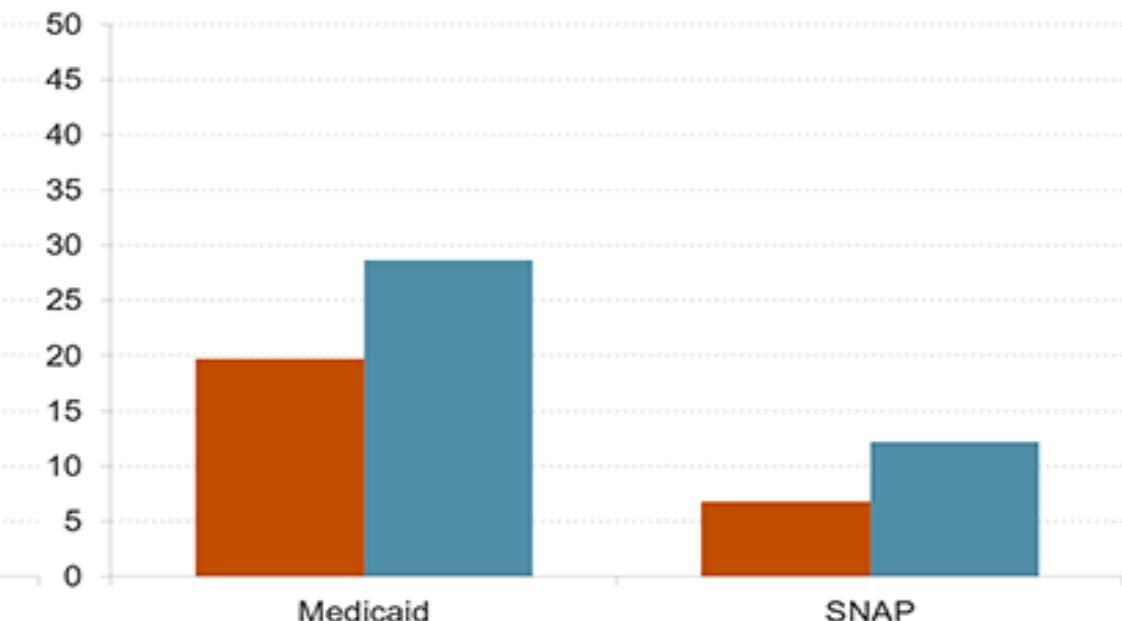
²[McElhaney and Edwards \(2024\)](#)

SNAP supports rent-burdened households

Share of Renter Households (Percent)

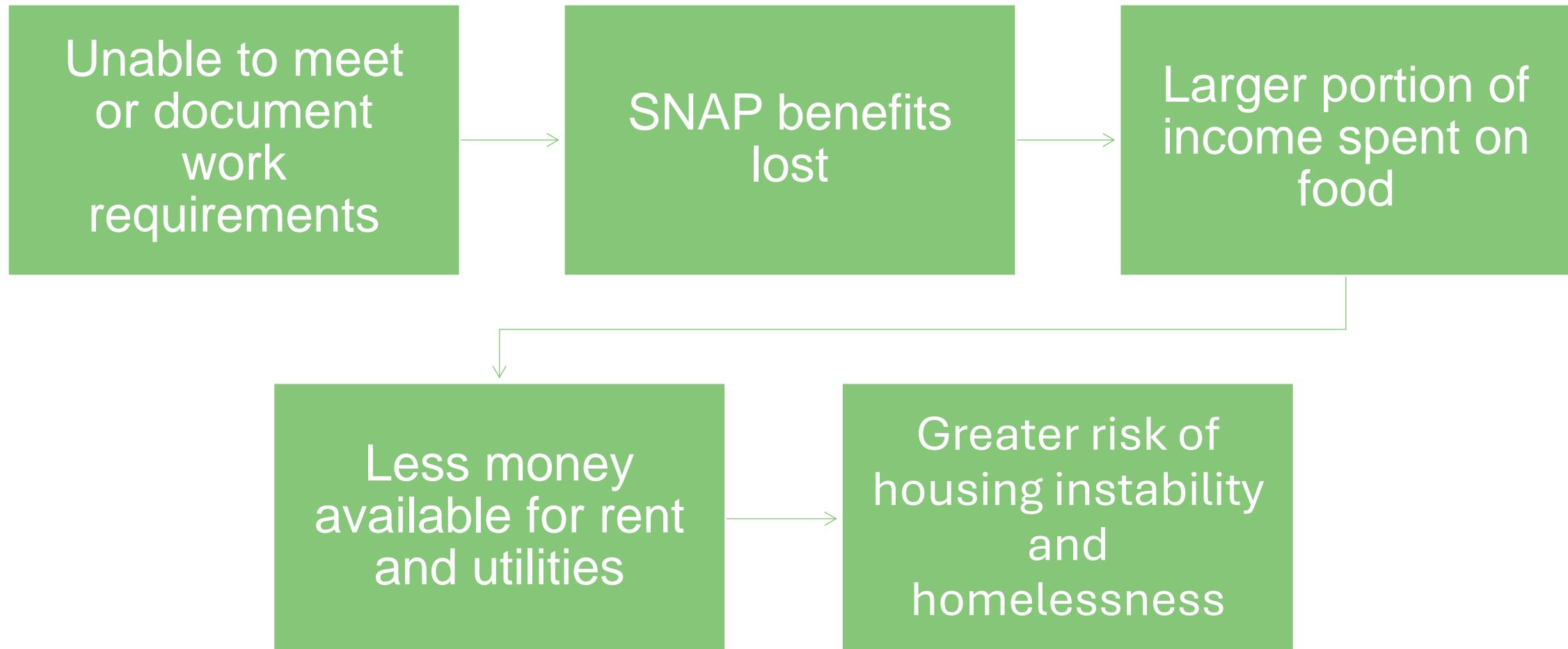


Share of Homeowner Households (Percent)



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

SNAP changes may increase homelessness risk



SNAP changes impact populations already struggling with housing stability

Unhoused Population	Veterans	Former Foster Youth	Older Adults (55-64)	Families
<ul style="list-style-type: none">• Lack of reliable transportation, phones, mailing addresses, IDs, and safe storage make it difficult to obtain, maintain, and document work	<ul style="list-style-type: none">• Veteran homelessness has declined because of targeted federal efforts¹• SNAP changes could undermine some of those gains	<ul style="list-style-type: none">• Nationally, 31 percent to 46 percent of youth exiting foster care experience homelessness by age 26²	<ul style="list-style-type: none">• Older adults are the fastest growing group among the unhoused population³• Among older adults experiencing homelessness in OR, 71% are aged 55-64³	<ul style="list-style-type: none">• Family homelessness in OR increased 24% between 2023 and 2024³• OR has the highest rate of unsheltered family homelessness in the nation³

¹U.S. Dept. of Veterans Affairs (2024)

²Dworsky, Napolitano, & Courtney (2013)

³U.S. Dept. of Housing and Urban Development (2024)

System-level impacts

- 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

- 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



OREGON DEPARTMENT OF
Human Services