



Food Assistance Work Rules

All members of your household between the ages of 16-59 are required to work unless exempt. Failure to complete the requirements below, without good cause, may cause a loss or reduction of Food Assistance benefits.

To receive Food Assistance benefits all non-exempt members of the household have agreed to register for work and are required to:

- ◆ Not reduce your work hours below 30 hours per week.
- ◆ Not voluntarily quit a job of at least 30 hours per week.
- ◆ Accept a suitable employment offer, which pays at least state or federal minimum wage.

Contact the DHS Call Center at 1-877-347-5678 if one of these apply to you:

- ◆ Have a mental or physical reason why you can't work
- ◆ Are responsible for the care of a child under six or an incapacitated person
- ◆ Have a pending application for or receipt of unemployment benefits
- ◆ A regular participant in a drug or alcohol treatment program
- ◆ Attend school at least half time
- ◆ Have a good reason for not following a work rule

If you break these rules without good cause, you will lose your Food Assistance until you comply or at least for:

- ◆ Two months the first time
- ◆ Three months the second time
- ◆ Six months each additional time

Employment and Training Resources

To see what employment and training opportunities are available, you may contact:

- ◆ The Department of Human Services E&T Program online at <https://dhs.iowa.gov/food-assistance/related-programs/employment-and-training> or by phone at (515) 281-3131
- ◆ Your local IowaWorks Center. You may find your local work center at <https://www.iowaworkforcedevelopment.gov/contact>
- ◆ United Way – 211