



Resource Guide

Supporting San Juan County Families – Jan 2026

Federal News: SNAP Rule Changes for 2026

What's Changing:

Starting January 1, 2026, new federal SNAP rules take effect that impact who must meet work and time-limit requirements. These changes are especially important for Native American families in and around San Juan County.

New Work Requirements

- Adults ages 18–64 without certain dependents must now meet federal work requirements or face a three-month time limit
- This means some people can only receive SNAP for 3 months within a 3-year period unless they work sufficient hours, participate in an approved work activity, or qualify for an exemption
- Previously, only adults ages 18–49 had these rules—the upper age limit has now increased to 64

Important Protections for Tribal Members

If you are a tribal member, you may be exempt from strict time-limit rules. New federal law creates special protections for many Native people, including those who meet definitions of "Indian" or "Urban Indian."

What to do:

- Tell your SNAP worker about your tribal status
- Share your tribal enrollment or other proof (tribal ID or records) if asked
- Ask directly: "Do these Native exceptions apply to me?"
- If you are Diné, Ute, Jicarilla Apache, or another Indigenous person living in or around San Juan County, your SNAP worker should check whether you qualify for an exemption from the ABAWD time limit

Changes for Parents and Caregivers

- The caregiving exception now only covers adults caring for a child under 14
- Temporary exceptions for homeless individuals, veterans, and some young adults formerly in foster care have ended
- If you fall into these categories, contact HCA immediately to discuss your options

Important Reminder

- You are still counted as "elderly" at age 60 (not 65), so people 60 or older do not have to meet SNAP work rules

- New Mexico may have separate rule updates affecting how utility help is counted and how benefits are calculated

Get Help

New Mexico Health Care Authority (HCA)

- **Phone:** 1-800-283-4465
- **Website:** [YES.NM.GOV](https://www.yes.nm.gov)
- **Farmington Local Office:** 101 W. Animas, Farmington, NM 87401
- **Hours:** Monday–Friday, 8:00 AM – 4:30 PM
- **Services:** SNAP (Food Assistance), Medicaid, TANF (Cash Assistance), Behavioral Health Services, and Disability Services

State News: New Mexico's Universal Free Child Care

Historic Achievement:

New Mexico has become the first state in the nation to offer free universal child care for all families, regardless of income. This landmark program helps working parents, students, and caregivers access quality early childhood services at no cost.

Who Can Apply

Universal child care is available to families meeting one of these criteria:

- Parents working or attending school
- Grandparents and relatives raising children
- Families caring for substance-exposed babies
- Families experiencing housing instability
- Families involved with the Children, Youth & Family Department (CYFD)

No income limits. Eligibility is NOT based on how much money your family earns.

What's Covered

- Children from birth through approximately age 13 (older if they have special needs)
- Care at licensed child care centers, family child care homes, and some other registered providers
- Both full-time and part-time care arrangements
- Some evening and weekend care options depending on the provider and your needs

How Much It Saves Your Family

- Families can save approximately **\$12,000 per child per year** on average, depending on the child's age and hours in care
- There are **no parent copays** under the universal program
- This support helps working families afford quality care while staying financially stable

How to Apply

Online Application:

Visit nmececd.org/apply-for-services to apply 24/7

Documents You'll Need:

- Proof of New Mexico residency (utility bill, lease, or ID)
- Picture ID for the parent/guardian
- Birth certificate or proof for each child
- Recent pay stubs or proof of income (if applicable)
- School enrollment or training schedule (if applying as a student)
- Immigration documents for non-U.S.-born family members (if applicable)

Application Support:

If you need help applying, contact the Early Childhood Education & Care Department (ECECD) or a local child care assistance office. They can help you complete your application and answer questions.

Learn More

- **Website:** nmececd.org
- **Phone:** Call (800) 832-1321

Local News: Kirtland Family Resource Center

Now Open & Welcoming Your Community

The Kirtland Family Resource Center (KFRC) is a new community hub providing support, resources, and gathering space for families in San Juan County.

What Services Are Available

The KFRC offers connections to:

- Food assistance and support through programs
- Housing and shelter resources
- Early childhood services and support
- Family coordination and advocacy
- Community event hosting and gatherings

Location & Hours

Kirtland Family Resource Center

- **Address:** 10 Road 6400, Kirtland, NM 87417
- **Phone:** (505) 581-1768
- **Hours of Operation:**
 - Monday–Friday: 8:00 AM – 4:00 PM

- Some evenings and weekends (operates on CCSD calendar)
- **Website:** ccsdnm.org/Safetynet.a.aspx

Community Gathering Event

Mark Your Calendar:

- **Date:** Wednesday, January 21, 2025
- **Time:** 10:00 AM
- **Location:** Kirtland Early Childhood Center
- **What to Expect:** A community gathering and resource fair where you can meet staff, learn about services, and connect with other families

Staff & Support

The KFRC is staffed by caring professionals dedicated to serving your family:

- **Corinna White** – FRC Supervisor
- **Kevin Bahe** – Family Care Specialist
- **Michelle Nakai-Gale** – Family Care Specialist
- **Charmayne Yazzie-Washburn** – Family Care Specialist
- **Treva Yellowhair** – Clerical Support
- **Dr. Elfreda Harvey** – Social & Safety Net Coordinator

The team believes in providing positive, supportive services to all customers and community members.

Finding SNAP-Eligible Groceries in Winter

Year-Round Grocery Options in San Juan County:

Larger Stores (Best Selection & Prices)

- **Walmart Supercenter, Farmington** – Lowest everyday prices on meat, rice, beans, frozen vegetables
- **Smith's Food & Drug, Farmington** – Weekly sales and digital coupons; good for budget shopping
- **Safeway, Farmington** – Accepts SNAP/EBT; frequently offers buy-one-get-one sales
- **Safeway, Aztec** – Full-service grocery; good for east-county shopping

Smaller Local Stores (Closer to Home)

- **Family Dollar & Dollar General, Kirtland** – Good for basics and shelf-stable items
- **Local groceries in Shiprock** – Including Beclabito Express and small food stores
- **Farmers Family Center, Bloomfield** – General grocery store accepting SNAP

Finding All SNAP Retailers Near You

Use the **USDA SNAP Retailer Locator**: Enter your ZIP code at fns.usda.gov/snap/retailer-locator to see every authorized store accepting EBT in your area.

Simple Recipe: Chews -Simple Pumpkin Soup Recipe

Easy Pumpkin Soup

Ingredients:

- 2 cups canned or cooked pumpkin puree (not pumpkin pie mix)
- 3 cups vegetable broth
- 1 cup milk (or non-dairy option)
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a large pot over medium heat. Add onion and garlic, cook until soft.
2. Stir in cumin, then add pumpkin, broth, and milk. Mix well.
3. Bring to a boil, reduce heat, and simmer for 10 minutes.
4. Blend with an immersion blender until smooth (optional).
5. Season with salt and pepper. Serve warm, topped with seeds or herbs if desired.

Using Fresh Pumpkin Instead of Canned

1. Wash the outside of the pumpkin
2. Cut off the stem, then carefully cut the pumpkin in half
3. Scoop out seeds and stringy insides with a spoon
4. Cut into large slices or chunks
5. Place on a baking sheet, skin side down, lightly brushed with oil
6. Bake at 375–400°F for 35–50 minutes until very soft when poked with a fork
7. Cool, then scoop soft flesh into a bowl and mash or blend until smooth
8. Use about 2 cups of cooked fresh pumpkin in place of one 15-oz can

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