



National Edition 38

Your Future Starts Here: New Resources, Career Paths & SNAP Updates

July Edition 2026

Haga clic aquí para español

! SNAP Rules Have Changed. Here's What You Need to Know:



If you're **18–64 years old** and receive **SNAP (food stamps)**—or plan to apply in the future—there are new nationwide work requirements as of June 1, 2026 that may affect your eligibility to receive or keep your benefits.

Our SNAP Updates video and the flyer below explain:

- Who the new rules apply to
- The new 80-hour monthly work/activity requirement
- Common exemptions (former foster youth are not automatically exempt anymore)
- What documents you may need to keep your benefits
- What happens if you miss deadlines
- How iFoster can help you understand the rules and protect your benefits

Don't guess—find out if these changes affect you.

 Watch our [SNAP Updates video](#) to learn what changed, who is affected, and the steps you can take to keep your SNAP benefits.

Also check out our [SNAP Benefits guide](#) covering the new SNAP work requirements, exemptions, required documentation, and what to do if your benefits are impacted.

You don't have to navigate these changes alone. iFoster's Government Benefits Counselor can help you determine if the rules apply to you, check for exemptions, gather the right documents, and connect you with programs and resources that may help you maintain your benefits.

Our World Cup Fan Zone Adventures! ⚽🧸



What an unforgettable summer! ReMade in America took the excitement of the **World Cup Fan Zones** across Los Angeles, where we connected with thousands of fans from around the world and shared how iFoster is creating brighter futures for foster youth through innovation, sustainability, and workforce development.

Our **limited-edition World Cup ComFYie keychains** were a fan favorite! Designed and handcrafted by foster youth at our Dream Factory in Boyle Heights using **100% recycled materials**, every ComFYie represents opportunity, creativity, and purpose. Every donation helps support iFoster's programs, providing foster youth with access to education, employment opportunities, housing support, and other essential resources.

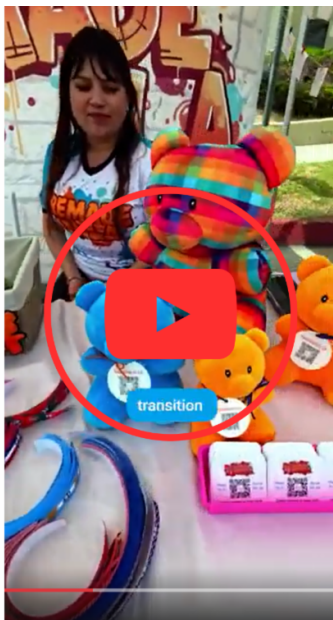
The excitement didn't stop there! iFoster was featured on **K-Love** and **Recuerdos**, two Spanish-language radio stations, where we shared the story behind ReMade in America and how our foster youth-led initiative is making an impact throughout Los Angeles. [Watch it here!](#)

Another highlight of the summer came at the **Magic Johnson Park Fan Zone**, where **Los Angeles County Supervisor Holly J. Mitchell** stopped by iFoster's ReMade in America Booth and commended them for bringing workforce development, sustainability, and opportunity to her district. It was a powerful reminder of what can happen when a community comes together to invest in foster youth, creating opportunities, opening doors, and helping young people build brighter futures.

From cheering alongside fans from every corner of the globe to introducing thousands of people to the mission behind ReMade in America, these Fan Zones were about so much more than soccer; they were about community, connection, and creating opportunity.

Thank you to everyone who visited our booth, supported our mission, and helped us spread the word. We can't wait for the next adventure! 💙⚽🧸

Check out the recap below to see everything we've been building together!



Research Opportunity for Young Adults Who Aged Out of Foster Care

Researchers at the University of Pennsylvania are looking for young adults who aged out of foster care to participate in a national research study about the lasting impact of supportive adults during the transition to adulthood.

If you:

- ☒ Are **18–23 years old**
- ☒ Aged out of foster care in the U.S.
- ☒ Speak English
- ☒ Can identify **at least one caring or supportive adult** who was there for you during your transition to adulthood

Participants will complete a one-time **60–90 minute interview** and a brief questionnaire and will receive a **\$40 e-gift card** as a thank-you for their time.

 **Interview slots available through the end of July & space is limited.**

To complete a prescreen and schedule an interview, contact:

 Whostayed-study@sp2.upenn.edu

 215-573-9779



Who Stayed?

Lasting Connections After Foster Care

Recruiting U.S. emerging adults who aged out of foster care for a qualitative interview study on relational permanence—and the impact of having at least one caring/supportive adult in your late teens to 20s.

Eligibility Requirements

- AGED OUT OF FOSTER CARE IN THE U.S.
- 18-23 YEARS OLD
- ABLE TO IDENTIFY A CARING ADULT

Participation in this study involves an in-depth 1:1 interview over Zoom or cell phone with a trained researcher. Participants will receive a \$40 e-gift card.

This study (#26-6679) was approved by the University of Pennsylvania's IRB

Contact Information

Principal Investigator:
Dr. Johanna Greeson
215-573-9779
jgreeson@sp2.upenn.edu

To participate in a prescreen for eligibility and to schedule an interview, call or email:

Amber Davis
215-573-9779
whostayed-study@sp2.upenn.edu

 The Field Center for Children's Policy, Practice & Research
UNIVERSITY OF PENNSYLVANIA

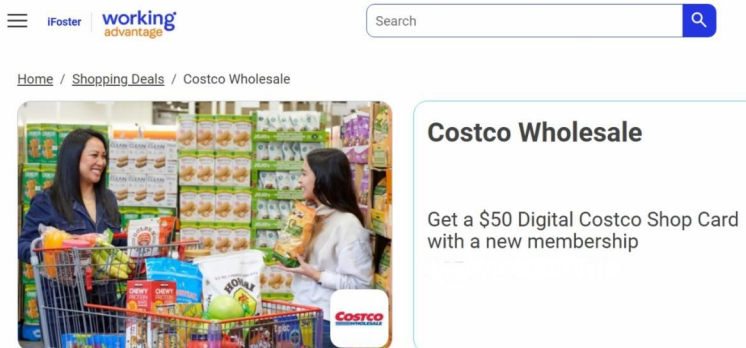
Exclusive Member Savings: Save on a Costco Membership!

As an iFoster member, you have access to more than just resources; you also receive exclusive discounts and special offers through our member benefits portal.

This month, take advantage of special savings on a Costco membership and enjoy access to warehouse prices on groceries, electronics, home essentials, and more.

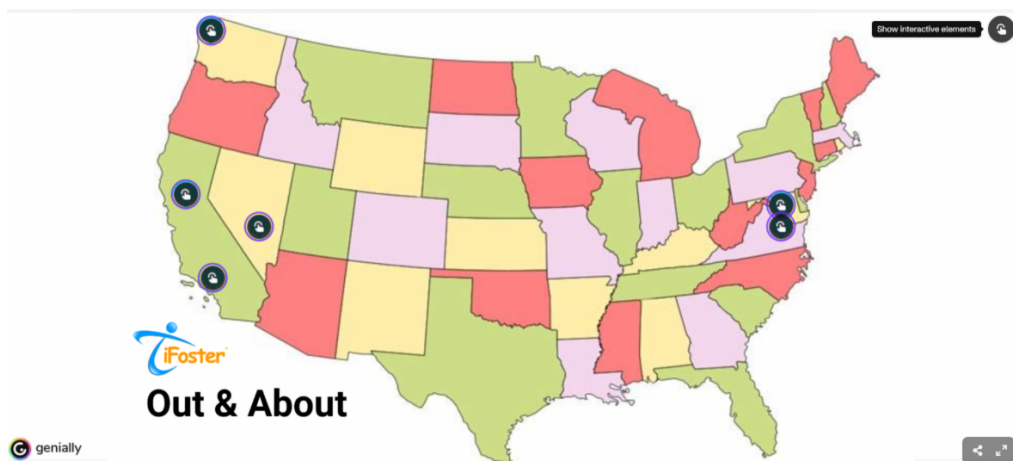
Redeeming your offer is easy:

1. Become an iFoster member [here](#) (it's free!).
2. Log in to your iFoster account.
3. Go to Resources and select Working Advantage.
4. Search for Costco.
5. Copy the promo code and follow the instructions on the page to redeem your offer!



Not an iFoster member yet? [Join for free](#) today to unlock this offer and hundreds of other resources, discounts, and opportunities designed to help current and former foster youth thrive.

iFoster Out and About



[Click here](#) to journey through iFoster's ongoing impact and all the new stories we've gathered from across the Country.



For more information, please contact: iFoster Support at
530-550-8001/ support@ifoster.org
Must be an iFoster Member/ Register at www.ifoster.org, it's free!

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