

# Pave a Path to Your Future

## FSET (FoodShare Employment and Training)

### What is FSET (FoodShare Employment and Training)?

FSET is a free employment and training program for anyone in your household who gets FoodShare and is age 16 and over. FSET can help you learn new job skills, get access to education and training, and find a job that interests you. Participating in FSET for 80 hours each month outside your home meets the FoodShare work requirement.

### Getting started

To join FSET, you must be enrolled in FoodShare. For more information please visit [dhs.wi.gov/fset](https://dhs.wi.gov/fset) to find your local FSET agency and get started.

The first step with your FSET agency will be a welcome meeting, called an orientation. They will share what FSET offers. That includes one-on-one support with a case manager, talking about what your interests are, and finding jobs that match. They will also go over how they can support you in finding and keeping a job. The orientation will also explain the FoodShare work requirement and if it affects you.

Once you have completed your orientation and are ready to get started, you will fill out a participation agreement and begin your journey.

*"FSET has a lot of benefits for those who really want to do something with their lives." – Ame, an FSET participant*

### What can FSET help me with?

FSET offers a lot of different activities to support your career goals and help you succeed. Whether you're looking to build your resume, learn new skills, or find a new job, FSET is here to support you every step of the way with:

- Exploring local job offerings
- Talking about your abilities and skills to see what types of careers match your interests
- Helping create or update your resume
- Learning about careers that offer new skills and promotions
- Helping develop and practice interview skills
- Getting your General Education Development (GED) or High School Equivalency Diploma (HSED)
- Accessing job trainings and hands-on work experience like OSHA training, commercial driver's license, certified nursing assistant, food service, forklift training, and conservation work in the field
- Paying for things you need like job training programs, work clothes, transportation, books, and tools
- Meeting the FoodShare work requirement

Be sure to talk with your FSET worker about the offerings in your area.

## How can I learn more about FSET?

Visit [dhs.wi.gov/fset](https://dhs.wi.gov/fset) or contact your local FSET agency.

To find your agency, go to [dhs.wi.gov/forwardhealth/imagency](https://dhs.wi.gov/forwardhealth/imagency)

## FoodShare Work Requirement

Taking part in FSET is not required for you to get FoodShare benefits, but if you are an adult who needs to meet the FoodShare work requirement, FSET is a great way to meet it.

## Do I have to meet the FoodShare work requirement?

If you are a FoodShare member age 18 to 64, and you do not have any children 13 or younger living in your home, you may have to meet a work requirement to get benefits unless you have an exemption.

The FoodShare work requirement is different from FoodShare basic work rules.

If you need to meet the work requirement and do not meet it, you will only get three months of FoodShare benefits in a three-year period without meeting the work requirement if you don't have an exemption. The current period began on January 1, 2025 and continues until December 31, 2027.

*"I grew my career through FSET. Without this program I don't know where I'd be right now." – Tracy, an FSET participant*

## The FoodShare work requirement

There are three main ways to meet the work requirement.

1. Working or volunteering at least 80 hours per month.
2. Participating in a work training program at least 80 hours per month. Work programs include [FoodShare Employment and Training \(FSET\)](#), Job Corps, Workforce Innovation and Opportunity Act (WIOA) training programs through your local job center, Transitional Jobs, and Transform Milwaukee Jobs.
3. Working, volunteering, or taking part in a work program for a combined total of at least 80 hours each month.

## What are exemptions to the work requirement?

You may be exempt and don't have to meet the work requirement if:

- You are pregnant.
- You can't work due to your physical or mental health. This includes if you can't work because you are experiencing homelessness.
- You are living with a child who is 13 years old or younger, even if the child is not eligible for FoodShare.
- You are Tribal member.
- You care for a child age 5 or younger who doesn't live with you.
- You care for a person who can't care for themselves (whether the person lives in or out of your home).
- You are getting or applied for unemployment compensation.

- You are in a school, training program, or college at least half-time.
- You are in an alcohol or other drug abuse (AODA) treatment or rehabilitation program.
- You are participating in W-2.
- You are a tribal member.



If you think one of these exemptions describes you, tell your FSET case manager. Or, report an exemption in your [ACCESS \(ACCESS in Spanish\)](#) account.

**Note:** You may need to provide proof that you meet an exemption.

### What if something happens and I can't meet the 80-hour work requirement in a month?

If something happens in your life that you cannot control, like you get sick or your car breaks down and you can't meet the work requirement's 80 hours in a month, contact your [local agency](#) and explain that you had "good cause." If you have an approved good cause, then you can get benefits that month without it hurting your ability to continue getting FoodShare.

### Not enrolled in FoodShare?

You've probably heard of food stamps or SNAP (Supplemental Nutrition Assistance Program). In Wisconsin, we call the program FoodShare. The goal of this program is to stop hunger.

Visit [dhs.wi.gov/foodshare](https://dhs.wi.gov/foodshare) to get started or talk to your IM/Tribal Agency.

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Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. **Mail:**  
USDA Food and Nutrition Service  
1320 Braddock Place, Room 334  
Alexandria, VA 22314; or
2. **Email:**  
[FNSCIVILRIGHTSCOMPLAINTS@usda.gov](mailto:FNSCIVILRIGHTSCOMPLAINTS@usda.gov)

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