



Helping ABAWDs Can Help Your Community Organization

What is an ABAWD?

ABAWD stands for an Able-Bodied Adult Without Dependents. An ABAWD is a person 18 to 64 years old who can work and who doesn't live with any children under age 14.

New rules from the federal government now require that all ABAWDs meet certain work rules to continue getting Supplemental Nutrition Assistance Program (SNAP) benefits for more than three months in the three-year period.

ABAWDs can keep their SNAP by doing one of the three items below:

1. Paid or unpaid work for 20 hours per week (80 hours per month)

Examples include:

- Having a job where they work at least 20 hours per week or earn at least \$217.50 per week, even if they work less than 20 hours a week.
- Doing in-kind work by exchanging their services for something other than money for at least 80 hours a month (for example, doing building maintenance in exchange for a reduction in rent).

2. Learn job skills, approved by the social services district for 20 hours per week (80 hours per month), that can help them earn more money.

Examples include:

- Doing job searches, workshops on resumé writing, or other training approved by their local district. Some of these activities can be done online at websites like JobZone.labor.ny.gov and dol.ny.gov/virtual-career-center-ind.
- Job skills training programs, educational activities including college courses, certifications, or credential programs that help them prepare for work and English language instruction.

3. Community Service/Volunteer

- The number of hours they would need to participate in community service or volunteer work is based on their SNAP benefit divided by the state minimum wage. For example, if they get \$300 in SNAP and the state minimum wage in their area is \$16.50, then they have to complete 18 hours of community service or volunteer work each month. ($\$300 \div \$16.50 = 18$ hours).
- Volunteer or do a Work Experience Program assignment with local nonprofit or public service organizations (such as food pantries, parks, or libraries).

*** If the ABAWD is doing any of these activities they need to let their worker know. Their worker will tell them how to report their activities each month to help them keep their SNAP benefits.**

Does everyone have to follow the ABAWD Work Rules?

A person may not have to meet the ABAWD Work Rules if they are:

- Younger than 18, or 65 or older
- Living with a child under 14
- A recipient of disability benefits from a public or private source, such as New York State disability benefits
- Pregnant
- Someone with a physical or mental health condition that limits their ability to work
- Taking care of an incapacitated person
- Meeting the work rules under the Temporary Assistance for Needy Families (TANF) program
- Receiving or applying for unemployment benefits
- Participating in a drug or alcohol addiction treatment program
- Going to school, college, or a training program at least half time (students may be subject to other eligibility rules)
- Already working at least 30 hours a week
- Already earning \$217.50 (30 times the federal minimum wage) or more a week,
- Receiving or applying for SSI
- An Indian, Urban Indian, California Indian, and/or other Indian who is eligible for the Indian Health Services

Interested in becoming a volunteer site for ABAWDs?

If your organization is a public or nonprofit entity that can offer volunteer opportunities, consider becoming a volunteer site for ABAWDs.

Giving ABAWDs volunteer opportunities can:

- Increase your community impact by getting more people involved in your organization's activities
- Help people gain skills that could lead to better jobs and less need for public assistance.

You may make the opportunities available directly to ABAWDs you work with and/or offer opportunities. The local department of social services can refer individuals to your organization. A complete listing of social services offices can be found by visiting:

otda.ny.gov/workingfamilies/dss.asp.