

# You're an ABAWD. Now what?

ABAWD stands for Able-Bodied Adult Without Dependents. An ABAWD is a person between 18 to 64 years old who can work and who doesn't live with any children under age 14. Your local social services district will tell you if you are an ABAWD.

If you are an ABAWD, you can only get SNAP benefits for 3 months unless you meet the federal ABAWD work rules.

If you think you should be exempt from the federal ABAWD work rules, talk to your social services district.

## Are You Exempt?

You may not need to meet the ABAWD work rules if you are:

- Younger than age 18, or age 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 your 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

\* Please let your worker know if any of these exemptions apply to you.

## Don't Lose Your SNAP Benefits!

To keep getting SNAP beyond 3 months, you must:

1. **Work (paid or unpaid)** and/or do an approved **Employment and Training (E&T) activity** for 20 hours per week (80 hours per month);  
OR
2. **Volunteer** or do a **Work Experience Program (WEP)** at a non-profit or public organization. The number of hours you must do per month depends on your monthly SNAP benefit amount and the local minimum wage.\*
3. **Submit proof** of how many hours you are working, volunteering, or doing an approved E&T activity. Talk to your local social services district to make sure you know what kind of proof to show and where you should submit it.

\*Example: If you get \$155 per month in SNAP and you live upstate where the minimum wage is \$15.50, then you must do 10 hours of volunteering or WEP each month.