



Keep Your SNAP Benefits

If you are between 18 and 64 years old and do not live with a child under age 14, you will lose your SNAP benefits unless you meet new rules from the Federal government. These new work requirements apply to “Able-Bodied Adults Without Dependents” (ABAWDs).

If you do not meet these work rules, you will only be able to receive Supplemental Nutrition Assistance Program (SNAP) benefits for three months in a three-year period. We want to help you continue to receive your SNAP. You can act to keep your SNAP by doing one of three items listed below.

Three Ways to Meet the ABAWD Work Rules and Keep Your SNAP Benefits:

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

Examples include:

- Having a job where you work at least 20 hours per week or earn at least \$217.50 per week, even if you work less than 20 hours a week.
- Doing in-kind work by exchanging your 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 for 20 hours per week (80 hours per month) that can help you earn more money.

Examples include:

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

3. Community Service/Volunteer

- The number of hours you would need to participate in community service or volunteer work is based on your SNAP benefit divided by the state minimum wage. For example, if you get \$300

in SNAP and the state minimum wage in your area is \$16.50, then you 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 (WEP) assignment with local nonprofit or public service organizations, such as food pantries, parks, or libraries.

*** Please let your worker know if you are doing any of these activities, and they will tell you how to report your activities each month to help you keep your SNAP benefits.**

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.**

Additional Resources:

Find your Local Department of Social Services by visiting: <https://otda.ny.gov/workingfamilies/dss.asp>

Find the Career Center nearest you by visiting: dol.ny.gov/career-centers

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.

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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.