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The Time Limit for Able-Bodied Adults Without Dependents (ABAWDs) in The Supplemental Nutrition Assistance Program (SNAP)

Some adults can get SNAP (Supplemental Nutrition Assistance Program) benefits only for 3 months in 3 years if they don't meet special work requirements. This is called the time limit. This rule applies to people who are able bodied and do not take care of anyone else. These people are sometimes called **ABAWD**s, which stands for **Able-Bodied Adults Without Dependents.** Some people are "exempt" from the time limit, which means it does not apply to them. If you live in an area where there are not enough jobs to go around, your State may choose not to use the time-limit rule where you live.

These questions and answers will help you understand if this time-limit rule affects you and what to do if it does.

- **Am I an ABAWD?** If you are between the ages of 18 and 49 and do not take care of any children or other people, then you are probably an ABAWD. Talk to your caseworker* to find out for sure if you are an ABAWD.

- **I am an ABAWD.** Does the 3-month time limit apply to me? The time limit may apply to you if you do not work at least 20 hours a week or participate in educational or training activities at least 80 hours a month. But it does not apply to you if you:

  - are pregnant
  - already work most of the time or full time
  - cannot work because of a physical or mental concern
  - live in a place that does not use this rule.

  Talk to your caseworker to find out for sure if the time limit applies to you.

- **What do I do if the 3-month time limit applies to me?** To keep getting SNAP benefits, you must work half time or do 80 hours per month of educational or training activities. You can also participate in workfare. Workfare means that you can do unpaid work through a special State-approved program. For workfare, the amount of time you work depends on the amount of benefits you receive each month. Talk to your caseworker to find out what you need to do in order to keep getting SNAP benefits if the time limit applies to you. Your caseworker can refer you to programs that will help you get a job or get training.

- **I am an ABAWD and I don't work or do training. Can I be excused from the 3-month time limit?** If you are pregnant or not able to work for physical or mental health reasons, you could be excused from the time limit even if you do not work, do training, or volunteer. Talk to your caseworker to see if you might be excused. Being excused is sometimes called being "exempt."

- **My caseworker says I must meet the ABAWD work requirements. What happens if I don't meet them?** After 3 months, you could lose your SNAP benefits. You can get SNAP benefits again if you meet these work requirements later.

- **What should I do if I lose my SNAP benefits and do not have enough money to buy food anymore?** Contact your local food bank.** They can help you find food to get through the tough times.

- **Where can I get more information?** Talk to your caseworker. Everyone's situation is different. Your caseworker knows your case and can help with your questions.

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* **Caseworker:** http://www.fns.usda.gov/snap/state-informationhotline-numbers

** **Local Food Bank:** http://www.feedingamerica.org/find-your-local-foodbank/

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