

Serving able-bodied adults without dependents

Supplemental Nutrition Assistance Program (SNAP) eligibility for able-bodied adults without dependents, sometimes referred to as ABAWDs, is limited to any three months in a 36-month period unless the individual meets work requirements (defined below). The three-month time limit does not apply to individuals who are receiving cash assistance; under age 18 or 50 years of age or over; residing on an able-bodied adults without dependents-exempt reservation or in an exempt county; residing in a unit with a unit member under age 18; or exempt from work registration. All other able-bodied adults without dependents are time-limited.

How can an able-bodied adult without dependents meet the work requirement?

Countable work or work program activities are:

- Working, including paid employment, self-employment, in-kind and unpaid work; this includes use of accrued sick or vacation time, if available
- Participating in Workforce Innovation and Opportunity Act services equal to or more than the able-bodied adult without dependents work requirement of 20 hours per week, averaged 80 hours per month
- Participating in Trade Adjustment Act services equal to or more than the work requirement of 20 hours per week, averaged 80 hours per month
- Participating in SNAP Employment and Training activities.

NOTE: For an able-bodied adult without dependents, participation in job search is not a countable activity unless it makes up less than 50% of the required 80 hours per month, or the individual is co-enrolled in the Workforce Innovation and Opportunity Act.

Able-bodied adults without dependents who exhaust their three months of benefits and do not comply with the work requirement lose their benefits for the remainder of the 36-month time period. An individual can regain eligibility during this time period by becoming exempt or meeting the work requirement for 30 days, after which they remain eligible to receive SNAP for as long as they continue to meet work requirements.

Able-bodied adults without dependents can also regain eligibility after exhausting the first three months by verifying that they have worked or participated in work activities for at least 80 hours during any consecutive 30 days, and the work activities have ended or hours have been reduced. The individual would then qualify for a second three-month period of eligibility. This can only be given once in the 36-month period.

Again, the able-bodied adult with dependents work requirement does not apply to those who reside in areas of the state that are granted a waiver of the three-month time limit by the federal Food and Nutrition Service, or to those who are included in a state agency's 15% exemption allowance (referred to in Minnesota as Banked Months). Visit the SNAP Banked Months Guide for more information on [Banked Months](#).

What is the difference between the additional able-bodied adults without dependents requirements and general SNAP work requirements?

SNAP recipients who are not specifically exempted by law are subject to work requirements as a condition of eligibility. Able-bodied adults without dependents are a subset of this population and must meet additional requirements in order to continue receiving SNAP benefits beyond the three-month time limit. These adults must meet all SNAP eligibility criteria and the general SNAP work requirements (like registering for work and not voluntarily quitting a job) as well as the additional requirements for able-bodied adults without dependents.