

AT A GLANCE

SNAP WORK RULES

What are the SNAP Work Rules?

The Supplemental Nutrition Assistance Program (SNAP) has two sets of work rules you may need to follow to receive SNAP benefits: the General Work Requirements and the Able-Bodied Adult Without Dependents (ABAWD) Work Requirement/Time Limit Rules. You do not have to follow any of the work rules if you meet an exemption or exception. (see page 2).

General Work Requirements

These rules apply no matter where you live in the State.

- Register for work (most SNAP offices do this automatically for you).
- Accept a job if offered.
- If you have a job where you work 30 hours or more a week, do not voluntarily quit your job or reduce your weekly hours below 30.
- Participate in an Employment and Training or workfare program if assigned by your SNAP office.
- Tell your SNAP office about your job or availability to work if they ask.

ABAWD Work Requirement/Time Limit Rules

These rules only apply if you live in a location where they are in effect.

If you must follow the ABAWD Work Requirement/Time Limit Rules, you must follow the General Work Requirements (see left) and one of the following to receive more than 3 months of SNAP benefits in a 3-year period:

- Spend at least 80 hours each month doing one or more of the following activities: working, participating in a work program, or volunteering.
- or
- Participate in workfare for the number of hours your SNAP office assigned to you each month.

What happens if I do not follow the SNAP Work Rules?

You **may lose your SNAP benefits** if you do not follow these work rules and you do not have a good reason.

General Work Requirements¹

Contact your SNAP office if you think you have a good reason for not following the General Work Requirement Rules. Good reasons include issues you can't control, such as getting sick, not having childcare for a child younger than age 12, or work conditions that are unreasonable. These are some examples of good reasons but not all of them.

¹7 CFR § 273.7(i) Good cause

ABAWD Work Requirement and Time Limit Rules²

Your SNAP office will count each full month that you receive SNAP benefits but do not follow the ABAWD Work Requirement and Time Limit Rules without a good reason. Once the office has counted 3 full months, you may lose your benefits for the rest of your 3-year period. You may be able to regain eligibility through meeting the ABAWD work requirement or meeting an ABAWD exception.

Contact your SNAP office if you think you have a good reason for not following the ABAWD Work Requirement and Time Limit Rules in any month. Good reasons include issues you can't control, such as getting sick or not having transportation. These are some examples of good reasons, but there are others, too.

²7 CFR § 273.24(b) General Rule, 7 CFR § 273.24(b)(2) Good cause, 7 CFR § 273.24(d) Regaining eligibility

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Does everyone need to follow the SNAP Work Rules?

No, only certain people do. You **may not** have to follow these rules if you meet the following:

General Work Requirement Exemptions

You do not have to meet the **General Work Requirement Rules** and the ABAWD Work Requirement and **Time Limit Rules** if you are:



Younger than 16, or age 60 or older



Facing physical or mental barriers to work (determined by your SNAP office)



Responsible for the care of a child under age 6 or a person who needs help caring for themselves



Going to school, college, or training program at least half time



Receiving unemployment benefits or applied for unemployment benefits



Meeting the work rules for Temporary Assistance for Needy Families (TANF)



Working 30 hours or more a week or earning at least \$217.50 a week



Participating in a drug addiction or alcohol treatment and rehabilitation program

ABAWD Work Requirement/Time Limit Exemptions

You do not have to meet the **ABAWD Work/Time Limit Rules** if you are:



Younger than age 18, or age 53 or older



A veteran



Experiencing homelessness



Living with someone under 18 in your SNAP household



Exempt from the General Work Requirement Rules (see left)



Pregnant



Experiencing physical or mental barriers to work (may need to be certified by a medical professional)



Age 24 or younger and in foster care when you were age 18