



IMPORTANT NOTICE FOR SNAP RECIPIENTS

Effective November 3, 2025, SNAP work requirements for Able-Bodied Adults Without Dependents (ABAWDs) are back in effect with new rules!

What should I know?

Individuals receiving SNAP who are considered “ABAWDs”, MUST fulfill SNAP work requirements to keep their SNAP benefits.

SNAP work requirements are intended to promote gainful employment and self-sufficiency, while reducing dependency on public assistance programs.

Who is an ABAWD?

Individuals between the ages of 18 and 64 years old, who do not live with a child under age 14, and do not qualify for an exemption.

Who may be Exempt?

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

- Younger than age 18.
- Have a physical or mental health condition that limits your ability to work.
- Meet the work rules under the Temporary Assistance for Needy Families (TANF) program.
- Age 65 or older.
- Are a recipient of disability benefits from a public or private source.
- Pregnant.
- Taking care of an incapacitated person.

What are the Work Rules?

There are 3 ways for ABAWDs to meet Work Rules and keep their SNAP benefits:

- (1) Paid or unpaid work for at least 20 hours per week (80 hours per month) or earn at least \$217.50/week.
- (2) Learn job skills for 20 hours per week (80 hours per month).
- (3) Community Service/Volunteer work.

To read more about ABAWD →

[SNAP Work Requirements | SNAP | OTDA](#)

