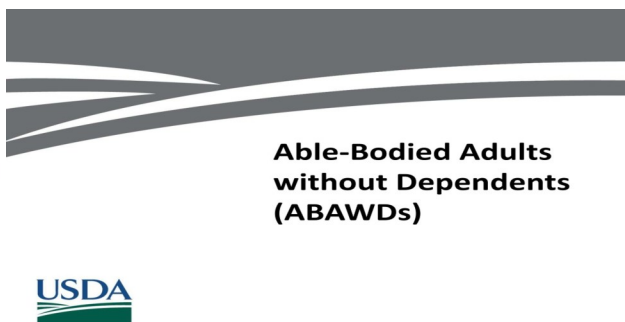




NEWSLETTER

SAFER food access edition vol. 4



What are **SNAP** Work Requirements?

Certain **SNAP** recipients need to **work, volunteer, do job-training** a number of hours per month.

Most kids, older adults, people w/ disabilities, and their care-givers don't have work requirements.

IF YOU DO have work requirements, there are **two types**:

General Work Requirements for most able-bodied adults not in school, caring for someone else, or receiving unemployment or SSI.

ABAWD Requirements apply only to "able-bodied adults without dependents" (**ABAWDs**).

If you are an adult without dependents (age 13 or under), you can **ONLY** get SNAP for 3 months in 3 years **IF YOU DO NOT**:

- Work** w/pay for 80 hrs. a month,
- Participate in approved **work experience programs**, OR
- Volunteer** community service

If you don't meet the requirements for any 3 months in a 3-year period, your **SNAP** will stop. You can become eligible for **SNAP** again if you show you're meeting required hours OR no longer an **ABAWD**.

Are you a SNAP recipient?

New work requirements might affect you.

If you meet all three criteria...

- ☐ I am 18 to 64 years old
- ☐ I do **not** have a disability
- ☐ I do **not** have dependents (children) under 14 years old

...you are an **ABAWD**
(Able-Bodied Adult Without Dependents)

You must follow ABAWD work requirements, even if you are one of the following...



I am a veteran **or**



I am experiencing homelessness **or**



I am a foster care youth between 18 to 24 years old

ABAWD Waiver Update:

Due to federal court litigation, the approved SNAP ABAWD time limit waiver for New York remains in effect for all districts except Saratoga County.

The ABAWD rules for SNAP participants are in effect only for Saratoga County. For all other areas of the State, the ABAWD waiver will remain in effect until March 1, 2026. ABAWDs in all areas of the State except Saratoga must start meeting the ABAWD work rules beginning March 1, 2026.



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