

Federal SNAP Work Rules Are Changing



Starting March 1, some adults may need to meet SNAP ABAWD work rules to keep food benefits per new federal work requirements. Not everyone is affected the same way. Here's how it looks for real people.



DAVID – EXPERIENCING HOMELESSNESS

David is 42 and doesn't have stable housing. Before March 1, he was exempt due to homelessness. David may still qualify for SNAP without work requirements. If housing instability makes it hard to work, he may be exempt for other reasons and should speak with an outreach worker or community partner who can help document his situation so a community partner exemption form can be submitted on his behalf.



MARY – A MOM WHO USED TO BE EXEMPT

Mary is 38. She is not working, her kids are older, and she primarily relies on SNAP to supplement her grocery shopping. Mary was previously exempt and did not have a time limit, but all her kids are older than 15 and she must now work, volunteer, or participate in a work program at least 80 hours a month. She may be eligible for other exemptions. She may also continue to receive her SNAP benefits if March is her first ABAWD countable month. Otherwise, she can contact DHS to learn and enroll in available work, training, or volunteering opportunities through risnapet.org



LINDA – AN OLDER ADULT NOT YET ELIGIBLE FOR RETIREMENT

Linda is 61 and ABAWD work rules previously didn't apply to her since she was exempt due to her age. However, new Federal SNAP changes mean she is not exempt based on her age alone. She may still qualify for SNAP without time limits if she qualifies for an exemption based on her health or work history. Linda should reach out to DHS to review if she potentially has another exemption, she may qualify for that she did not know.

Important Things to Know:

March may be the first countable month for some. Check with DHS or a community partner and ask: 'How many countable months do I have?'

Need Help?

Contact a community partner, visit a DHS office, or call DHS at 1-855-MYRIDHS (1-855-697-4347)



Community Partner ABAWD Exemption Request Form



Customer Request Exemption Form