

# SNAP ABAWD Time Limit *Desk Guide*

The federal **Able Bodied Adults Without Dependents (ABAWD) Time Limit Rule** places a limit on how long certain individuals are eligible to participate in SNAP. Those considered “ABAWDs” may only receive SNAP benefits for a total of three full months, for the 36-month period beginning January 1, 2019, and ending December 31, 2021,\* unless they live in a waived area, meet an exemption, or are already meeting work requirements (see reverse).

## Who is at risk?

SNAP recipients who:

- **are between 18 and 49 years old,**
- **are not disabled,**
- **do not have children under 18, and**
- **are not working at least 20 hours a week.**

## Additional Resources

### **To find your local SNAP/HRA office:**

*Outside New York City, dial 800-342-3009*

*In New York City, dial 311*

### **HungerSolutionsNY.org/ABAWD**

This site houses an array of resources, including our SNAP ABAWD Time Limit Checklist, a webinar overview, powerpoint slides, policy updates, a medical statement template, and a client flyer.

### **Nutrition Outreach & Education Program (NOEP)**

Clients who need additional assistance with SNAP or more information about SNAP time limits can be referred to their local NOEP Coordinator. To find a local NOEP Coordinator, go to [FoodHelpNY.org](http://FoodHelpNY.org).

## How community organizations can help:

- **Share** this fact sheet with other service providers in your community. You can also find a flyer for clients under Additional Resources.
- **Use** Hunger Solutions New York’s SNAP ABAWD Time Limit Checklist to determine if time limit rules apply (see Additional Resources).
- **Provide** individuals who are “unfit for work” with Hunger Solutions New York’s sample medical statement form, to be signed by an approved medical professional. (A list of approved medical professionals is provided on the form—see Additional Resources.)
- **Ensure** exempt individuals contact their SNAP office to provide information about their exempt status and help them gather the needed documentation.
- **Ensure** individuals subject to work requirements contact their SNAP office to learn how to meet requirements and enroll in qualifying activities.
- **Mediate** with the SNAP office on behalf of clients wrongly denied benefits under the time limit rule.

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\* The ABAWD time clock in NYS was reset on January 1, 2019. Anyone who lost SNAP benefits due to ABAWD Time Limit rules may now be eligible to reapply.



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[WICHelpNY.org](http://WICHelpNY.org)  
[FoodHelpNY.org](http://FoodHelpNY.org)  
[SummerMealsNY.org](http://SummerMealsNY.org)  
[ChildcareMealsNY.org](http://ChildcareMealsNY.org)  
[SchoolMealsHubNY.org](http://SchoolMealsHubNY.org)  
[AfterschoolMealsNY.org](http://AfterschoolMealsNY.org)  
[HungerSolutionsNY.org](http://HungerSolutionsNY.org)

# Quick Facts: Waivers, Exemptions, and Work Requirements

## Waivers

Individuals living in the following counties and jurisdictions in New York State have been waived from time limits through December 31, 2019:\*

### Counties

Allegany	Genesee	Richmond
Bronx	Hamilton	St. Lawrence
Broome	Herkimer	Schoharie
Cayuga	Jefferson	Seneca
Chautauqua	Kings	Schuyler
Chemung	Monroe	Steuben
Chenango	Montgomery	Sullivan
Clinton	Niagara	Warren
Delaware	Oneida	Wayne
Erie	Onondaga	Wyoming
Essex	Orleans	Yates
Franklin	Oswego	
Fulton	Otsego	

### Jurisdictions\*\*

#### CITIES/TOWNS

Poughkeepsie  
Newburgh  
Schenectady  
Mt. Vernon  
Yonkers  
Haverstraw

#### DISTRICTS

Manhattan Community  
Districts 9, 10, 11, and 12  
Queens Community  
Districts 10 and 12

\*New waiver list available January 2020

\*\*For more detailed information on the addresses that fall into the waived areas, contact your local SNAP office, or visit [otda.ny.gov/programs/snap/qanda.asp#why-abawd](http://otda.ny.gov/programs/snap/qanda.asp#why-abawd).

## Exemptions

Time limits do not apply to individuals who meet any of the following:

- Under age 18 or 50 years or older
- Working 20 hours or more per week, including self-employment or in-kind work
- Receiving a disability-based benefit from a government or private source\*\*\*
- Physically or mentally unable to work at least 20 hours a week
- Regular participant in a drug addiction or alcoholic treatment and rehabilitation program
- Receiving/applied for unemployment benefits
- Attending high school
- Attending training or college at least half-time and meeting the student eligibility criteria to receive SNAP
- Living with a child under 18 who is part of the same SNAP household
- Pregnant—at any stage of pregnancy
- Full-time caretaker for a person with a disability or a frail senior
- Living in a waived area

\*\*\* All individuals in receipt of VA disability compensation, regardless of the percentage, are exempt.

## Work Requirements

Individuals who do not meet any of the above exemptions can remain eligible for SNAP benefits past three months if they participate in a qualifying work activity and document the number of hours worked each month with their SNAP office. Qualifying work activities include:

- Working at least 20 hours/week, including working for goods or services, or volunteering,
- Participating in an eligible work training program for at least 20 hours/week, including:

job search activities under the Department of Labor's Job Zone, job readiness, skill training and educational activities,

- Any combination of the above bullets for 80 hours/month, **or**
- Complying with a Work Experience Program (WEP) assignment or an approved volunteer activity at a public or non-profit organization.