

SNAP Work Rules: How to Keep Your Benefits

Understanding ABAWD

If the **Able-Bodied Adults Without Dependents (ABAWD)** rule applies to you, you can only receive SNAP for three months in a three-year period unless you are working, participating in job training, volunteering, or qualify for an exemption. You have to follow the ABAWD rule if you:

- Are 18 to 64 years old
- Do not live with a child under age 14, and
- Are able to work

You can meet the ABAWD rule and keep your benefits if you:

- Earn at least \$217.50 per week (\$943 per month)
- Work (including in-kind work) or take part in a job skills program or activity for at least 80 hours per month, or
- Do community service or volunteer work

Are you exempt?

You may not have to follow the ABAWD rule if you are pregnant, in school, have a physical or mental health condition, receive disability benefits, or already work 30 hours a week. This is not a complete list. For many exemptions, your statement is generally accepted unless the SNAP office has questions. Ask a SNAP Navigator for help with exemptions.

Can't make your hours one month?

Tell your caseworker if you have “good cause” to miss work like illness, childcare, transportation, or other emergencies. The month may not count against you.

Get help:

A SNAP Navigator can help you meet ABAWD work requirements and exemptions.

Visit [FoodHelpNY.org](https://www.foodhelpny.org) to find a SNAP Navigator near you.