

Are You an ABAWD?

An ABAWD is a person age 18 through 49 who does not live with a child under 18 and who is fit for work. ABAWD stands for Able-Bodied Adult Without Dependents.

If you are an ABAWD, here is some important information about your SNAP benefit:

What is SNAP?

SNAP is the new name for Food Stamps. SNAP stands for Supplemental Nutrition Assistance Program.

Why am I getting this information?

Because if you are an ABAWD, you need to meet special rules.

What are the ABAWD special rules?



ABAWDs can only get SNAP benefits for 3 months in 3 years unless they meet certain special work requirements or are excused. This is called the 3-month time limit, and the months are called countable months. The 3-month time limit is an extra rule for ABAWDs.



ABAWD work rules say you need to do one or more of these things:

- Work—work can be for pay, for goods or services (like trading work for rent payment), or as a volunteer; or
- Be in an approved work training program.

You must do one or more of these activities for at least **80 hours a month**. If you don't do this, you will lose your SNAP benefits after 3 months.

	<p>As an ABAWD, you <u>must</u> report when you work less than 80 hours a month.</p> <p>*You must report this by the 10th of the following month.*</p> <p>For example, if your hours drop in June, you must report on or before July 10.</p>	
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What are the ABAWD countable months?

Each month that you get a full month of SNAP benefits and you do **not** meet the ABAWD work requirements without a good reason, you will get a “countable” month. We will track your countable months. Once you get 3 countable months, you will lose your SNAP benefits. However, if you meet the special ABAWD work requirements for a 30-day period, you may be eligible for SNAP again.

Can I be excused from the 3-month time limit?

The ABAWD time limit of 3 months may not apply to you if you:

- Are under 18 years old or 50 years of age or older
- Cannot work because of a physical or mental concern
- Have someone under 18 in your household
- Are pregnant
- Live in certain areas with a high unemployment rate and/or a lack of available jobs
- Are excused from general work requirements, which includes if:



- You are following all the work requirements for Financial Assistance to Needy Families (FANF)
- You are responsible for the care of a child under age 6 or an incapacitated person
- You get unemployment insurance benefits from NH Employment Security (NHES), even if the benefits haven't started yet, as long as you are registered for work with NHES
- You are a regular participant in a drug or alcohol treatment and rehabilitation program
- You are employed or self-employed and working a minimum of 30 hours a week or earning wages at least equal to the federal minimum wage (\$7.25/hour) multiplied by 30 hours
- You are a student aged 18 or older and are enrolled at least half-time at a recognized school, training program, or institution of higher education and meet student eligibility conditions

Contact us if you think one of these excuses might describe you. We can tell you for certain if the ABAWD time limit applies to you.

What if I lose my excuse from the 3-month time limit?

If you're excused from the 3-month time limit and the reason for your excuse goes away, then you automatically become an ABAWD again—which means you must begin working 80 hours a month (unless you have a different excuse). If you don't start to work 80 hours a month, we will begin to count your 3 countable months and you will only be able to get SNAP benefits for 3 months in a 3-year period. If your excuse from the 3-month time limit ends early in your SNAP certification period but you don't tell us until you reapply for SNAP, you could find out that you have already used up all 3 of your countable months.

It is important to remember that if you do not have an excuse from the 3-month time limit, then you must work for 80 hours a month in order to keep your SNAP benefits.

Questions?

Need to report that your work hours were less than 80 hours a month?

Call!

Client Services Center: (603) 271-9700, or 1-800-852-3345, ext. 9700
TDD Access Relay 1-800-735-2964 or 711
Or you can call your worker directly.

To learn more about services that can help you find a job, call SNAP's Employment & Training Program:
1-800-852-3345, ext. 9329