

Are You an ABAWD?

What is an ABAWD?

ABAWD stands for Able-Bodied Adult Without Dependents. Any person who is aged 18 through 52, who is fit to work, and does not have a minor child in their SNAP household, is an ABAWD and must meet certain requirements to receive SNAP benefits.

Time Limit for ABAWDs

SNAP benefits for ABAWDs are limited to **3 months** in a 3-year (36 months) period unless they are meeting the ABAWD work requirements or have an exemption. Each full month that SNAP is received without meeting the work requirements or an exemption is known as a countable month. After 3 countable months, SNAP will close. The countable months do not have to be consecutive.

ABAWD Work Requirements

ABAWDs must be involved in certain activities for at least **80 hours per month** to receive more than 3 months of SNAP in their 3-year period. Activities that meet this requirement are:

- Working for pay (employment or self-employment)
- Working for goods or services (like trading work for rent payment)
- Volunteering
- Participating in an approved work program

Activities can be combined to meet the requirement of 80 hours per month.

If Your Activity Hours Decrease

If your activity hours fall below 80 hours in any month, you **must** report this by the 10th of the following month.

Example: If your hours drop below 80 per month in June, you must report this by July 10th.

Exemptions from the Time Limit

If you are unable to meet the ABAWD work requirements, you may still be able to continue receiving SNAP after 3 months if one of the following exemptions applies:

- You are under age 18 or you are aged 53 or older.
- You cannot work because of a physical or mental condition.
- There is someone under age 18 in your SNAP household.
- You are pregnant.
- You are homeless.
- You are a veteran.
- You are age 24 or younger and were in foster care at age 18, or higher age if the State offers extended foster care to a higher age.

- You are exempt from general SNAP work requirements (these are different than ABAWD requirements). These exemptions include:
 - You are complying with New Hampshire Employment Program work requirements.
 - You are responsible for the care of a dependent child under age 6 or an incapacitated person.
 - You are receiving unemployment compensation, or you have applied for but are not yet receiving unemployment compensation, and you are complying with those work requirements.
 - You are a regular participant in a drug addiction or alcohol treatment and rehabilitation program.
 - You are employed or self-employed and working a minimum of 30 hours per week or are earning weekly wages at least equal to the Federal minimum wage multiplied by 30 hours (the Federal minimum wage is \$7.25/hour so for this exemption you must be earning at least \$217.50 weekly).
 - You are a student enrolled at least half-time in any recognized school, training program, or institution of higher learning.

If you lose your exemption, you must start meeting the ABAWD work requirements of 80 hours per month. If you do not, you can receive only 3 countable months in your 3-year period.

Regaining Eligibility

If you use all 3 of your countable months, are not meeting work requirements, and are not exempt, your SNAP benefits will close. To receive SNAP again in the same 3-year period, you must either start meeting work requirements or an exemption. If you do, you can regain eligibility for SNAP as long as you continue meeting work requirements or an exemption.

If you meet the work requirements of 80 hours in any 30-day period after SNAP has closed, you can receive SNAP again even if you then stop working. This second period of receiving SNAP will be another 3 months, but they will be consecutive. You can receive this additional period only **one time** in your 3-year period.

Questions?

Call the Customer Service Center:
(603) 271-9700 or 1-800-852-3345, ext 9700
TDD Access Relay 1-800-735-2964 or 711

To report changes in your case, including if your work hours drop below 80 hours per month, see BFA Form 470, *Change Report*, or use your NH EASY account at nheasy.nh.gov

To learn more about services that can help you find a job, call the SNAP Employment & Training Program 603-271-9329.

To learn about the Workforce Innovation & Opportunity Act (WIOA) Adult Worker Program (an approved work program for ABAWD hours), visit <https://www.nhes.nh.gov/services/job-seekers/wioa-adult-worker.htm>.

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