

How is the 36 month period measured?

Alaska's current 36 month period is January 1, 2019 through December 31, 2021. A new 36 month period will start January 1, 2022.

Can an ABAWD regain eligibility?

An individual who has used their three countable months may regain eligibility for SNAP benefits if any of the following occur:

- They become exempt from the work requirements;
- They work an average of 80 hours or more during a 30 day period;
- They participate in an approved work program an average of 80 hours or more in a 30 day period;
- They volunteer at a community service site an average of 80 hours or more in a 30 day period. Works or participates in an approved employment and training program activity at least 80 hours in a 30 day period. The volunteer activities must be community service work done at a public or nonprofit organization.
- The 36 month period expires and a new 36 month period begins

What if an ABAWD loses employment?

An individual who regained eligibility by working 80 hours or more in a 30 day period who then loses this employment shall remain eligible for an additional consecutive three month period.

What are the reporting requirements for ABAWDs?

In addition to reporting when your household's total gross income goes over the income limit for your household size, an ABAWD must report when their work hours fall below 20 hours per week.

Where can I find out more about ABAWD work requirements?

Any of the Division of Public Assistance offices can provide more information.

State of Alaska
Dept. of Health & Social Services
Division of Public Assistance

ABLE BODIED ADULT WITHOUT DEPENDENTS (ABAWD)



Mike Dunleavy, Governor
Adam Crum, Commissioner
Dept. of Health & Social Services
www.hss.state.ak.us

What is an ABAWD?

An Able-Bodied Adult Without Dependents (ABAWD) is an individual who:

- Is age 18 through 49;
- Is fit for work and not exempt; and
- Does not receive SNAP benefits in a household that includes a minor child.

Individuals who are exempt from the following basic SNAP work requirements are automatically exempt from the ABAWD work requirements:

- Individuals eligible to participate in the subsistence hunting and fishing purchase provision, who are engaged in subsistence hunting and/or fishing an average of at least 30 hours weekly during the certification period
- Temporary Assistance for Needy Families (TANF) recipients

How can an ABAWD meet the work requirements?

An individual determined to be an ABAWD can meet the work requirements by:

- Working at least 20 hours per week;
- Participating in an approved work program at least 20 hours per week; or
- Volunteering at a community service site at least 20 hours per week.

Are there any exemptions?

An individual may be exempt from the ABAWD work requirements if one of the following applies to them:

- Medically (either physically or mentally) unable to work;
- Pregnant;
- Residing in a household with a dependent child. A dependent is defined as a child under the age of 18 years old that is included in the SNAP household;
- Responsible for the care of an incapacitated adult (either a household member or non-household member);
- Receiving unemployment compensation;
- Participating in a drug and alcohol treatment program;
- Enrolled at least half time in a school or training program; or
- Living in an exempt area due to locally high unemployment rates.

What is a countable month?

Any month in which an ABAWD receives SNAP benefits for a full month without meeting either the work requirements or an exemption from those work requirements.

What months do not count towards the ABAWD time limit?

- Any month in which the individual did not receive SNAP benefits for the full month, including the application month;
- Any month in which the individual shows that they are exempt from the ABAWD work requirements

What happens if I do not meet the ABAWD work requirements?

Once an ABAWD has exhausted the three full months of SNAP participation, that individual will lose eligibility for the remainder of the 36 month period. The three countable months are not required to be used consecutively.