



Why are my SNAP benefits (Food Stamps) shut off??

You might be ABAWD!

What is an “ABAWD”? An Able Bodied Adult Without Dependents (ABAWD) is an adult age 18 through 49, who is fit for work and not exempt, and who does not have a minor child in the Supplemental Nutrition Assistance Program (SNAP) household.

Non-exempt ABAWDs must work or participate in an approved work program at least 20 hours per week to be eligible for more than three full months of SNAP benefits in the 36 month period from January 2019 through December 2021.

How can I get SNAP benefits again?

You could be eligible for SNAP by bringing us proof that you are:

- Working;
- Living in an exempt area;
- Physically or mentally unable to work;
- Pregnant;
- Caring for an incapacitated adult;
- Receiving Unemployment Compensation;
- Residing in a home with a minor child;
- Participating in a drug or alcohol treatment program;
- Engaged in subsistence hunting and/or fishing 30 hours weekly;
- Enrolled at least half time in any recognized school or training program; or
- Receiving Temporary Assistance for Needy Families (TANF).

Let us know if you believe any of these exemptions apply to you.