KNOW YOUR RIGHTS:







Some adults on SNAP who are 18-54 years old have to meet work rules to keep SNAP for more than 3 months between now and January 1, 2027. DTA calls this time limit the "ABAWD Work Rules."

How to know if you must meet the ABAWD Work Rules to keep SNAP:

- DTA must check to see if you have to meet the rules before starting the 3-month clock. Many adults do not have to meet (are exempt from) the rules.
- You only have to meet these rules if DTA sends you a SNAP and Work notice that says you
 have to meet the ABAWD Work Rules. Check your mail and <u>DTAConnect</u> to see notices DTA
 mailed to you. The notice looks like this:

For Your Information SNAP and Work: Rules You Must Follow

Dear LAURA PALMER,

You and/or other people you get SNAP with must meet the work rules for SNAP. Different people in the SNAP household may need to follow different work rules: Please see the table below. This letter tells each of you what you need to do. If you do not follow these rules, your SNAP benefits may decrease or end.

| | Name: | Work rules they must meet: | Start Date: |
|---|---------------|----------------------------|-------------|
| Ì | LAURA PALMER | General Work Rules | 99/99/9999 |
| ĺ | DONNA HAYWARD | ABAWD Work Rules | 99/99/9999 |

You have a right to...

- Tell DTA if you are exempt or meeting the Work Rules
- Have DTA act on updates from you before your next SNAP payment
- Get help from a DTA SNAP worker
- Appeal if DTA incorrectly reduces or ends your SNAP benefits
- For help from legal aid, visit <u>MassLRF.org</u>
- Fill out <u>this form</u> from MLRI to share your story or if you need help. Email info@masslegalservices.org with questions.

If DTA says you must meet the ABAWD Work Rules, check if you are exempt:

You are exempt if you have any of the below reasons.

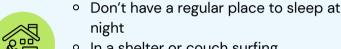
Work or school reasons:

- Make \$217.50 or more/week at work
- Get or applied for unemployment benefits
- In school at least half time



- In household with child under 18
- Care for a child under 6 or a disabled person, even if they don't live with you

Housing reasons:



- In a shelter or couch surfing
- Homeless or at risk of being homeless soon

Health reasons:

- Pregnant
- Have a hard time working because of a short or long term health issue that makes it hard to get or keep a
- Get a disability benefit or payment
- MassAbility participant (formerly Mass Rehab Commission)
- In substance use treatment program

And, if you:

- Are a veteran
- Were in foster care when you turned 18, and you are under 25
- · Have domestic violence concerns that impact work



If you are not exempt, meet the rules by:

- Working for pay or unpaid, and/or do a DTA training program, for 20 hours/week
 - Visit <u>SNAPPathtoWork.org</u> to see information about DTA training programs
- Volunteering a maximum of 19 hours/month (number depends on how much SNAP you get)

How to tell DTA if you are exempt or meeting the rules:

- Call the DTA Assistance line at (877) 382–2363
- Go to a local DTA office
- Send a written statement:
 - Online on <u>DTAConnect.com</u> or on the DTA Connect mobile app.
 - By mail: DTA Document Processing Center, P.O. Box 4406 Taunton, MA 02780-0420
 - By fax: (617) 887–8765
- If telling DTA about income, send proof of income with your statement.



