

# KNOW YOUR RIGHTS:

## SNAP 3-month time limit for some Massachusetts adults on SNAP



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 [DTAConnect](#) 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:
LAURA PALMER	General Work Rules	99/99/9999
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 [MassLRF.org](#)
- Fill out [this form](#) from MLRI to share your story or if you need help. Email [info@masslegalservices.org](mailto: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

### Family reasons:



- 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:



- Don't have a regular place to sleep at night
- 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 job
- 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 [SNAPPathtoWork.org](https://SNAPPathtoWork.org) 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 [DTAConnect.com](https://DTAConnect.com) 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.