

Harsh SNAP Rules Stopped During COVID-19:

**Massachusetts adults with no or low income
have the right to apply for SNAP benefits!**



Supplemental
Nutrition
Assistance
Program

**Starting April 1, 2020, the 3-month SNAP time limit and work rules
have stopped. No one has to meet work rules to get or keep SNAP.**

These rules affect childless adults ages 18-50 who are not disabled (also called "ABAWDs"). Congress suspended these harsh rules during the COVID-19 public health emergency.

- If your SNAP stopped because the Department of Transitional Assistance (DTA) said you did not meet work rules, re-apply now.
- If you are part of a larger SNAP household, have your household tell DTA to add you back into your family's case.

For example:

Jane got 3 months of SNAP in 2019. Her SNAP stopped because she could not get enough work hours or a place to volunteer. Jane can reapply for SNAP now. She does not need to work or volunteer during the pandemic.

If you need help buying food:

- Apply for SNAP online or on a smartphone: DTAConnect.com, or
- Get a paper application and learn more at Mass.gov/SNAP, or
- Apply over the phone or get help locating food resources near you by calling the Project Bread FoodSource hotline: 1-800-645-8333.

To learn more about:

- DTA benefits: Mass.gov/DTA/COVID-19
- Your rights and legal help: MassLegalServices.org/COVID-19

