

# SNAP Time Limit for Massachusetts Able-Bodied Adults Without Dependents (ABAWDs)

## Who are Able-Bodied Adults Without Dependents (ABAWDs)?

An ABAWD is an adult age 18 to 49 years old who does not have a disability and does not live with children.

## What is the SNAP time limit for ABAWDs?

If an ABAWD does not meet the Work Rules and is not exempt, they can only get 3 months of SNAP in a 3 year period.

## Can ABAWDs get SNAP again after 3 months?

If an ABAWD loses SNAP after 3 months but becomes exempt or starts to meet the work rules, they should re-apply for SNAP.

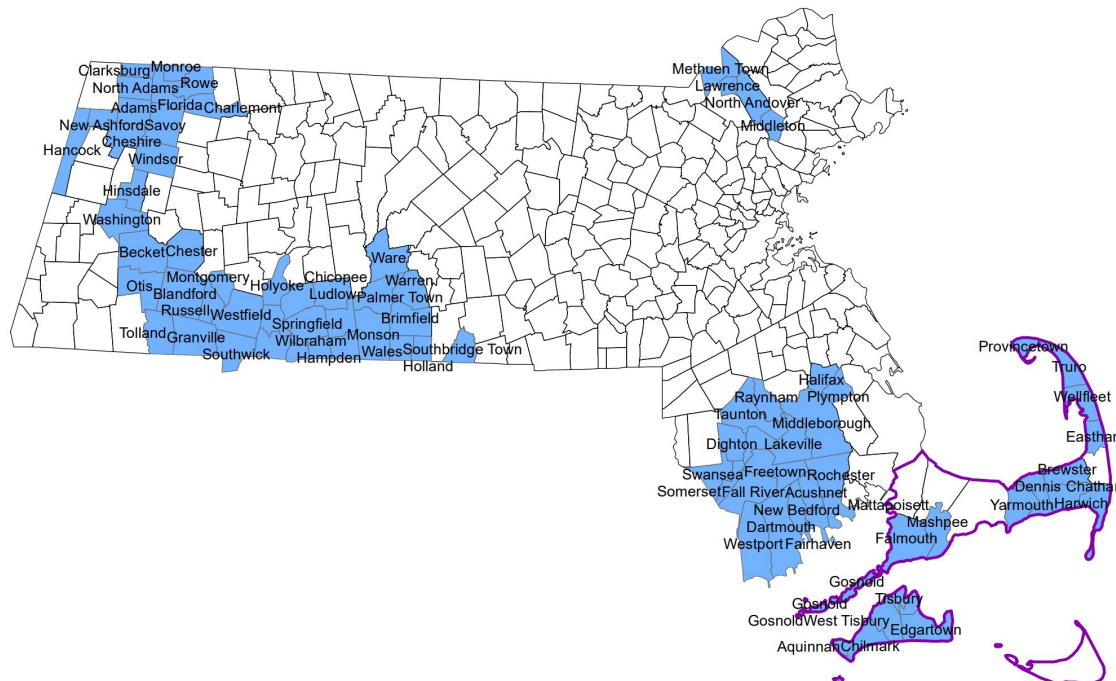
## Who is exempt from the ABAWD time limit?

An ABAWD does not have to meet the Work Rules if they:

- Are under 18 or over 49.
- Live with a child under 18.
- Have a short or long term disability or illness that makes it hard to work.
- Are homeless.
- Are pregnant.
- Earn over \$217.50/week before taxes.
- Applied for or get unemployment.
- Participate in a drug addiction or alcohol treatment program.
- Are a student at least half time.
- Care for a disabled person or child under age 6 (they do not have to live in the same household).
- Live in certain cities or towns where unemployment is high (geographically waived).

## Which areas have geographic waivers in 2020?

(see back for list of the 83 cities and towns)



SNAP is the federally funded Supplemental Nutrition Assistance Program, formerly known as Food Stamps. SNAP is the nation's first line of defense against hunger.

**Because of unemployment rates, ABAWDs living in the following areas do not have to meet the Work Rules (Jan 1 through at least Mar 31, 2020\*).**

Acushnet	East Longmeadow	Longmeadow	Raynham	Truro
Adams	Eastham	Ludlow	Rochester	Wales
Agawam	Edgartown	Mashpee	Rowe	Ware
Aquinnah	Fairhaven	Mattapoissett	Russell	Warren
Becket	Fall River	Methuen	Savoy	Washington
Berkley	Falmouth	Middleborough	Somerset	Wellfleet
Blanford	Florida	Middleton	Southbridge	West Springfield
Brewster	Freetown	Monroe	Southwick	West Tisbury
Brimfield	Gosnold	Monson	Springfield	Westfield
Charlemont	Granville	Montgomery	Swansea	Westport
Chatham	Halifax	New Ashford	Taunton	Wilbraham
Cheshire	Hampden	New Bedford	Tisbury	Windsor
Chester	Hancock	North Adams	Tolland	Yarmouth
Chicopee	Harwich	North Andover		
Chilmark	Hinsdale	Oak Bluffs		
Clarksburg	Holland	Otis	*Longer if a court stops or delays federal ABAWD rule changes. See <a href="https://www.masslegalservices.org/ABAWD">MassLegalServices.org/ABAWD</a> for up to date information.	
Dartmouth	Holyoke	Palmer		
Dennis	Lakeville	Plympton		
Dighton	Lawrence	Provincetown		

## What are the Work Rules for ABAWDs Who are Not Exempt?

If an ABAWD meets one of the rules below, they should be able to keep SNAP beyond the 3 month limit:

1. Work an average of 20 hours per week OR earn more than \$217.50 per week (before taxes).
  - Send DTA proof of the hours the ABAWD is working and how much they get paid before taxes. Tell DTA if the person works in exchange for goods or services.
2. Go to an education or training program an average of 20 hours per week.
  - DTA can help ABAWDs find an approved education or training program. Visit [SnapPathtoWork.org](https://www.snappathtowork.org) or call the SNAP Work Rules Line at **1-888-483-0255**.
3. Do community service each month.
  - DTA will send a letter with the number of required volunteer hours (16 hours/month is the maximum).
  - Visit [SnapPathtoWork.org](https://www.snappathtowork.org) or call **1-888-483-0255** to ask about approved non-profit or public organizations.

Data above is from the Massachusetts Department of Transitional Assistance. MLRI Infographic modeled after Hunger Solutions New York. Updated January 2020.

