

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 are the Work Rules 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.

Who is exempt from the ABAWD time limit?

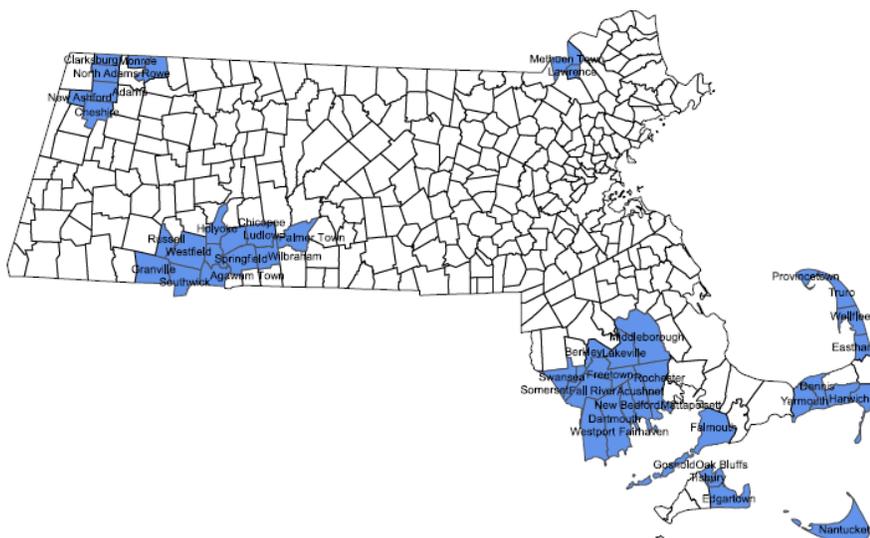
An ABAWD does not have to meet the Work Rules if they:

- 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.
- Live in certain cities or towns where unemployment is high.
- 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).

Which areas have geographic waivers?

Because of unemployment rates, ABAWDs living in the following areas do not have to meet the Work Rules through December 31, 2019.

- Acushnet
- Adams
- Agawam
- Berkley
- Chatham
- Cheshire
- Chicopee
- Clarksburg
- Dartmouth
- Dennis
- Eastham
- Edgartown
- Fairhaven
- Fall River
- Falmouth
- Freetown
- Gosnold
- Granville
- Harwich
- Holyoke
- Lakeville
- Lawrence
- Ludlow
- Mattapoisett
- Methuen
- Middleborough
- Monroe
- New Ashford
- New Bedford
- North Adams
- Oak Bluffs
- Palmer
- Provincetown
- Rochester
- Rowe
- Russell
- Somerset
- Southwick
- Springfield
- Swansea
- Tisbury
- Truro
- Wellfleet
- West
- Springfield
- Westfield
- Westport
- Wilbraham
- Yarmouth



What are the Work Rules for ABAWDs?

If a person meets one of the rules below, they should be able to keep SNAP beyond the three 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** 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** or call **1-888-483-0255** to ask about approved non-profit or public organizations.

The 3 year period re-started in Massachusetts on January 1, 2018. ABAWDs who lost SNAP between April 2016 and December 2017 can reapply and may be eligible for at least 3 more months of SNAP.

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.

Data above is from the Massachusetts Department of Transitional Assistance. MLRI Infographic modeled after Hunger Solutions New York. Updated December 2019.

