

Don't Lose Your SNAP Benefits

Keep your address current with DSS and the post office so you don't miss important mail!

Able Bodied Adults Without Dependents (ABAWD) Work Rules

Recent Federal SNAP Work Rule changes mean that some adults aged 18 through 64 without dependents must meet ABAWD work rules to keep SNAP. You **MUST** meet these rules starting December 1, 2025.

These rules apply to you if you are:

- ▶ 18-64 years old
- ▶ Do not have a dependent child under 14 in the household
- ▶ Are physically and mentally able to work

How to meet the ABAWD Work Rules

Start a new job or increase your employment - for connection to current employment opportunities; visit www.RochesterWorks.org

If you are not exempt, you must participate in required activities and provide verification each month to MCDSS to maintain your SNAP benefits.

Attend a Social Services Orientation Session and comply with a Work Experience assignment for the number of hours per month equal to the SNAP grant divided by the State minimum wage.

OR

Do one of the following for at least 80 hours per month

- ▶ Volunteer or In-Kind work
- ▶ Participate in a qualifying work/training program
- ▶ Participate in an employment and training program for veterans operated by the Department of Labor or the Department of Veterans Affairs
- ▶ Participate in a training or employment program through RochesterWorks
- ▶ Participate in a combination of work, volunteer or qualifying work programs



For more information and forms for verification and exemption, please scan QR code, or call 585-753-5386

