

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.

If you have one or more of these exemptions, you would not have to meet the new SNAP work and reporting requirements:

- ▶ You are employed (or self-employed) at least 30 hours per week or receiving weekly earnings at least equal to the federal minimum wage times 30 (currently \$217.50 per week)
- ▶ You are pregnant
- ▶ You are receiving disability benefits, such as NYS Disability benefits or SSI, or are an applicant for SSI
- ▶ You are receiving Unemployment Benefits
- ▶ You are participating in a substance use treatment program
- ▶ You are responsible for the care of an ill or disabled person (even if they do not live in your home)
- ▶ You are a student enrolled in any recognized school, job skills training, or institution of higher learning at least half time and meeting the student eligibility criteria to receive SNAP



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

