

# SNAP BENEFITS ARE CHANGING

## 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

### 1 Do new work rules apply to me?

Use this [screening tool](#), or contact DSS directly to confirm individual requirements



If you have one or more of these exemptions, you may not have to meet the work rules

- You are currently working 30 or more hours a week OR earning at least \$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

### 2 Don't meet an exemption?

You have options. If you don't meet any of the exemptions contact to DSS for more information at (607) 274-5680



[tompkins-opportunity.org](http://tompkins-opportunity.org)

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