

Requirements for Adults Without Dependents Receiving Food Stamps (ABAWDs)

What You Need to Know About Work Requirements

Only Able-bodied adults without dependents (ABAWDs) who are receiving food stamps (Basic Food/SNAP) in King County are subject to work requirements through March 2020. As of April 1, 2020 (see below), these rules will apply to additional counties. Individuals considered ABAWDs might only receive food stamps for three months out of every 36 months unless they meet an exemption or comply with certain work requirements.



An ABAWD is an able-bodied individual between the ages of 18 and 49 who is not disabled, pregnant, or living in an assistance unit with minor children.

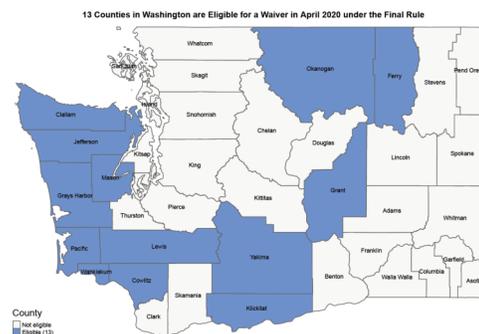
Who is exempt from the 3-month time limit?

You are exempt from the time limit if you are:

- Are living on the Muckleshoot Reservation (through March 2020)
- Working 30 hours per week, including self-employment or in-kind work. The number of hours could be less; contact DSHS to determine if you meet this exemption.
- Receiving a disability-based benefit (SSI, SSDI, ABD, Workers' Comp, etc.)
- Physically or mentally unable to work
- Homeless and cannot find work because of this
- Receiving—or has applied for— unemployment benefits
- Participating in a drug or alcohol treatment program
- A student enrolled at least 1/2 time in a high school or college
- Living in a Basic Food/SNAP assistance unit with **any** child under 18
- Pregnant—at any stage of pregnancy
- Providing care for a disabled person or incapacitated adult

OR

- **Living in any county other than King (through March 2020). As of April 1, 2020, the only counties exempt from these rules will be: Clallam, Jefferson, Grays Harbor, Pacific, Mason, Lewis, Wahkiakum, Cowlitz, Yakima, Klickitat, Grant, Okanogan, and Ferry. All other counties will subject to the rules.**



I'm not exempt. How do I meet the work requirements?

If not exempt, there are several ways an ABAWD can meet the work requirements:

1. Working, including for pay and work for goods or services, at least 80 hours per month - roughly 20 hours per week
2. Participating in an eligible work training program, like BFET or another state-approved program (see below) for at least 20 hours per week **OR**
3. Volunteering with a public or private non-profit organization. The number of required monthly volunteer hours is calculated by dividing your food benefit amount by the local minimum wage . Contact DSHS to get the exact number.

You can claim “good cause” for not meeting the work or community service hours if, for example, you were sick, transportation broke down, or there was bad weather that shut down the workplace.

Contact DSHS at 1-877-501-2233 or visit your local CSO for more information about:

- ◆ BFET, RISE, or another state-approved employment or training program
- ◆ Approved agencies for volunteer hours
- ◆ Obtaining an exemption for physical or mental impairment/s that prevents you from working
- ◆ Exemptions for homeless individuals

My food stamps were terminated for not complying with these requirements—can I appeal?

YES! Every food stamps applicant or recipient has the right to ask for an administrative hearing to challenge any DSHS decision they disagree with. This includes if DSHS denies or terminates food stamps benefits for alleged failure to meet an ABAWD exemption, or a work or volunteer requirement.

You can find legal help by calling 2-1-1 or CLEAR at 1-888-201-1014.