

Able-Bodied Adults Without Dependents

WORK REQUIREMENTS

What YOU Need to Know



The federal work requirements for able-bodied adults without dependents (ABAWDs) go into effect on January 1, 2016 in Massachusetts. Able-bodied individuals may only receive SNAP benefits for up to three months within 36 months without meeting the work requirements.

ABAWDs are able-bodied individuals between the ages of 18 and 50 who have no dependents living with them.

An individual is exempt from meeting the work requirement if he or she:

- Works 30 or more hours per week or is earning more than \$217.50 per week, averaged monthly
- Is medically certified as physically or mentally unfit for employment. (*Note: The ABAWD Work Program Requirement Medical Report must be completed by a competent medical authority.*)
- Is an unemployment applicant or recipient
- Participates in a drug or alcohol treatment and rehab program
- Is a student enrolled at least 1/2 time in a recognized school or training program
- Cares for an incapacitated person
- Is pregnant
- Lives in a waived area. For a list of waived areas visit www.mass.gov/dta
- Lives with any minor in the home & in the SNAP household (does not have to be your own child)



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How does an able-bodied individual meet the work requirements?

There are three ways an individual can meet the work requirements:

- Work 20 hours per week in unsubsidized employment, averaged monthly
- Participate 20 hours per week in an approved employment and training program, averaged monthly
- Participate in “work for benefits” by volunteering at a nonprofit organization



Frequently Asked Questions

What training programs are available?

- Approved training programs will be available through the SNAP Employment and Training Program (E&T). Visit www.mass.gov/dta or call the SNAP Work Requirements Line at 1-888-483-0255 to learn more.

How does an able-bodied individual participate in Community Service?

- An able-bodied individual can choose to “work for benefits” by volunteering at a non-profit to earn their SNAP monthly benefit. The number of hours required are determined by dividing the individual's household monthly SNAP benefit by MA's minimum wage.
- An able-bodied individual can call 1-888-483-0255 to find out how many hours they must volunteer.
- An able-bodied individual must submit a completed ABAWD Work Program Participation Report every month to avoid interruptions in benefits.

How does an able-bodied individual prove he or she is meeting the work requirements?

- An able-bodied individual meeting the work requirements through unsubsidized employment and/or participation in an E&T program should send documentation in the initial month of working or enrolling in a program, but does not need to provide proof each month.
- An able-bodied individual must show proof of completing community service hours every month by turning in a completed ABAWD Work Program Participation Report every month.

What else should you know?

- An able-bodied individual can participate in a combination of unsubsidized employment and an E&T program, but cannot combine either with community service to meet the minimum hour requirement.
- The three months of benefits available without meeting an able-bodied individual exemption is cumulative, so participants can use their three months at different times throughout the 36 months.
- All participants will be able to receive benefits for another three months without meeting the work requirements on January 1, 2018, no matter when they enroll in SNAP prior to this date.

If you have more questions, or think you should be exempt from meeting the work requirements, call 1-888-483-0255.

