Able-Bodied Adults Without Dependents

WORK RULES | What YOU Need to Know



If you are between the ages of 18 through (and including) age 64, and are able to work, you might need to meet the Able-Bodied Adults Without Dependents (ABAWD) Work Rules to get SNAP for more than 3 months. If you have to meet these rules, you must meet them during the current time limit, which is January 1, 2024 until December 31, 2026.

DTA will send you a letter telling you if and when you have to meet the rules. For more information, see www.Mass.gov/SNAPWorkRules.

If DTA tells you that you must meet the ABAWD Work Rules, you must:

1. Work (paid or unpaid) and/or do an approved Employment and Training (E&T) activity 20 hours per week or 80 hours per month; or
2. Volunteer at a non-profit or public organization for a certain number of hours. The amount of community service hours depends on your monthly SNAP benefit amount. You will receive a notice that will tell you how many hours you will need to complete each month.

Remember: If you earn more than $217.50/week (even if that is less than 20 hours of work), tell us! If you do, you are exempt from the ABAWD Work Rules.

DTA has to screen you for exemptions before deciding if you have to meet the ABAWD Work Rules. You can be exempt from meeting the ABAWD Work Rules if you are:

- Disabled or have a hard time working because of a health problem. This includes:
  - Getting a disability-based payment, like SSI, EAEDC, Worker's Compensation, or Paid Family Medical Leave,
  - Getting services from MassAbility, the Department of Mental Health, or other state or local programs that serve people with disabilities, or;
  - Experiencing domestic violence, stalking, abuse, or having other safety concerns affecting your mental or physical health.
- Caring for a child younger than 6, or an individual who needs your care (even if the individual or child is not living in your home or is related to you)
- Getting or have applied for unemployment benefits
- Earning $217.50 per week (before taxes) or making less than this but working 30 or more hours per week
- Going to school, college, or a training program at least half time
- Receiving TAFDC or EAEDC benefits (Apply at www.DTAConnect.com)
- In a substance use treatment program
- Living with someone under age 14, even if that person does not receive SNAP
- Pregnant
- American Indian or Alaska Native (as described in the Indian Health Care Improvement Act)

You can tell us if you meet any of these exemptions by providing proof. Proof of the exemption can be:

- Uploaded to DTA Connect,
- Mailed to the DTA Document Processing Center: P.O. Box 4406, Taunton, MA 02780,
- Faxed to 617-887-8765, or
- Scanned at a local DTA office

ABAWD WR flyer (English)(Rev. 8/2026)
19-102-0625-00

How to meet the ABAWD Work Rules by Working

You can tell us you are working by:

- Submitting proof online:
  Go to www.DTAConnect.com or download the DTA Connect mobile app
- Sending proof by mail:
  DTA Document Processing Center,
  P.O. Box 4406, Taunton, MA 02780-0420
- Submitting proof by fax: 617-887-8765
- Calling 877-382-2363
- Speaking to us in person at your local DTA office



How to meet the ABAWD Work Rules by Volunteering

Visit www.SNAPPathtoWork.org to find a volunteer site in your area. You can also find your own non-profit or public volunteer site in your community, such as at a public library or a food pantry. If you meet the rules by volunteering, you can verify this by completing an ABAWD Work Program Participation Report Form (WPPR) at each reporting period.

If you need help, please call 877-382-2363 so that we can discuss the next steps.

How to meet the ABAWD Work Rules through an Employment & Training (E&T) Activity

You can meet the rules through the SNAP Path to Work program. To learn more about these free trainings, including certificate programs at community colleges, internships, the Work Participant Program through your local MassHire Career Center, and more, visit: www.SNAPPathToWork.org. Some programs are virtual. DTA can help pay for transportation.

For more information, call 888-483-0255.

Already participating in an E&T Activity or Volunteering?

Let us know as soon as possible! If you are already volunteering at a public or non-profit organization, ask the volunteer coordinator to fill out and submit the ABAWD Work Program Participation Report Form (WPPR) so that DTA can verify that you are meeting the ABAWD Work Rules by volunteering.



If you are already participating in an employment and training program that DTA doesn't know about, ask your training provider to fill out and submit the ABAWD Training Program Information Request Form (TPIR), so that DTA can determine if your participation in the program meets the ABAWD Work Rules.

If you have more questions about the ABAWD Work Rules, call 877-382-2363 or go to www.Mass.gov/SNAPWorkRules for more information.

dta

SNAP Path to Work

SNAP Putting Healthy Food Within Reach

USDA Supplemental Nutrition Assistance Program

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We must not discriminate due to race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. If you think that we have discriminated against you, call 617-348-8555 to find out how to file a complaint.