

The 3-month time limit - “ABAWD” Work Rules

- ABAWD = “Able Bodied Adults Without Dependents”
 - Certain adults between age 18 & 55, who *based on DTA screening are not exempt*
 - If DTA determined not exempt: Can only get 3 months of SNAP until Jan 1, 2027 unless:
 - Exempt
 - Working 20+ hrs/week
 - Doing DTA SNAP Path to Work training program for 20 hours/week
 - Doing certain # of community service hours/month

When does time limit start?

- Ticking clock starts May 1st
- Some areas of state waived based on elevated rates of unemployment.
- DTA must screen for exemptions before starting the 3-month clock.
- ***MANY people are exempt!***
- NO SNAP terminations due to 3 month clock before August 1, 2025.

MLRI ABAWD training on April 10 from 2-3 PM. [Register here.](#)

Exemptions

- Under 18 or 55 or older
- Living in household with child under age 18
- In school or college program
- Homeless or at imminent risk of homelessness
- In substance use disorder treatment program
- Veteran (any branch, regardless of discharge)
- Pregnant plus

Exemptions continued

- Applied for or getting unemployment benefits
- Earning \$217.50/week (14.5 hours/week in MA)
- Disabled or not able to work because of a health reason - short or long term, mental or physical
- Caring for a disabled person or child under 6, even if not living together
- Was in foster care when turned 18, and is under 25
- In a refugee training program