



# D.C. Hunger Solutions

## Ending Hunger in the Nation's Capital

### SNAP Time Limits for Able-Bodied Adults Without Dependents (ABAWDs) in the District of Columbia

Supplemental Nutrition Assistance Program (SNAP) time limits, also known as work requirements, in the District of Columbia are changing. SNAP participants who are between the ages of 18–64 years old who are Able-Bodied Adults Without Dependents (ABAWDs) and do not meet exemptions, may be subject to work requirements.

#### What Are SNAP Time Limits?

Time limits are rules that determine ongoing eligibility to receive SNAP benefits. The time limits refer to work requirements that must be met for able-bodied SNAP recipients to receive benefits for longer than three months in a 36-month period.

#### Who Has to Meet Work Requirements?

Any SNAP client who is considered an ABAWD must meet work requirements.

#### What Is an ABAWD?

ABAWD stands for “Able-Bodied Adults Without Dependents.” Typically, this means people who are between the ages of 18 and 64, are not pregnant or disabled, and do not have physical or mental health barriers to work.

#### How Can You Meet Work Requirements?

You can meet the ABAWD work requirement by doing any one of these things for at least 80 hours a month:

- work for pay, for goods or services (for something other than money), unpaid, or as a volunteer; or

- participate in a work program such as SNAP Employment and Training (SNAP E&T); or
- participate in a combination of the above; or
- participate in workfare for the number of hours assigned to you each month (the number of hours will depend on the amount of your SNAP benefit).

#### You May Be Exempt From Work Requirements, if You Are:

- age 17 or younger, or age 65 or older
- receiving temporary or permanent public or private disability benefits
- responsible for a dependent child under 14 years of age
- medically certified as facing mental or physical barriers to employment
- pregnant
- a member of an Indigenous group
- already working 30 hours a week
- attending school, college, or a training program at least half-time

Certain groups, including caregivers for children under age 6, drug treatment program participants, and individuals enrolled in a SNAP Employment and Training (E&T) program, will continue to be exempt from these requirements.

#### Who Is No Longer Exempt From Work Requirements?

- people experiencing homelessness
- veterans
- youth with experience in foster care ages 24 years old and younger



For more information, please visit the D.C. Hunger Solutions website at [www.dchunger.org](http://www.dchunger.org).

If you have questions, or need assistance with SNAP, please email us at [info@dchunger.org](mailto:info@dchunger.org) or call 202-640-1088.