



NEW YORK CITY DEPARTMENT OF HEALTH AND MENTAL HYGIENE

Dr. Michelle Morse, MD, MPH

*Acting Commissioner*

Gotham Center  
42-09 28th St.  
Long Island City, NY 11101

October 29, 2025

**Re: New SNAP Requirements for Provider Awareness**

Dear colleague,

Pursuant to federal guidance issued on October 3, certain New York City residents who receive Supplemental Nutrition Assistance Program (SNAP, often known as “food stamps”) beneficiaries will need to comply with SNAP Able-Bodied without Dependents (ABAWD) work requirements or face loss of their food assistance benefits.

This change will affect nearly 100,000 low-income New York City residents who are currently classified as “able-bodied adults without dependents” (generally defined as adults aged 18-64 without a child under 14 in their household). It may also impact another 130,000 existing SNAP clients who could be determined to be ABAWD under new criteria in effect November 1, 2025. Beginning in December 2025, these SNAP beneficiaries will be required to demonstrate that they are meeting ABAWD requirements by either working or participating in workforce programming or face loss of their SNAP benefits.

However, SNAP beneficiaries who face mental health or physical health barriers to employment may be medically exempted from complying with these work requirements. To demonstrate eligibility for a medical exemption, a health care professional must complete a NYC Human Resources Administration Form FIA-1021w (ABAWD Medical Statement). This form may be signed by any of the following: physician, physician’s assistant, nurse practitioner, osteopath, licensed or certified psychologist, substance use counselor, certified mental health counselor, licensed independent clinical social worker, licensed certified social worker, and certified midwife.

**Please be aware that your assistance completing this form may be requested to support the continuity of SNAP benefits.**

As medical providers, you know that access to healthy food is critical to health and wellbeing.

This is an important way to help stabilize food access to your most vulnerable patients.

A copy of the form can be found at:

<https://www.nyc.gov/assets/hra/downloads/pdf/ABAWD-Medical-Statement-FIA-1021w.pdf>

More information is available from the NYC Human Resources Administration at:

<https://www.nyc.gov/site/hra/help/able-bodied-adults-without-dependents.page>.

With appreciation,  
Michelle Morse, MD, MPH  
Acting Commissioner of Health  
NYC Department of Health and Mental Hygiene