



Don't Risk Your SNAP Benefits

IF YOU ARE AGED 18-64 AND:

- Do not have a child under 14 in your household
- Are not pregnant or caring for someone who can't care for themselves
- Do not have any mental or physical barriers to employment

Then you are probably an **Able Bodied Adult Without Dependents (ABAWD)** and will need to meet additional work requirements to keep getting SNAP benefits.

Check your account on nyc.gov/accesshra to see if you have an **ABAWD** notice. You may also receive a notice by mail.

Learn more about **ABAWD** requirements, exemptions, and how HRA can help here:

