

# SNAP Work Requirements

If you receive SNAP benefits, you may need to meet work requirements to continue receiving them. In general, children, older adults, and people with disabilities are exempt from work requirements. Participation in education, training, or treatment programs may also satisfy work requirements. HRA reviews each case individually and will inform you if work requirements apply to you.

**You may need to meet additional work requirements if you are an Able Bodied Adult Without Dependents (ABAWD).**

## WHAT IS AN ABAWD?

If you are aged 18-64, and you do not live with a child under 14 in your household, are not pregnant or caring for someone who cannot take care of themselves, and do not have any physical or mental barriers to employment, you will probably need to meet ABAWD requirements.

## WHAT ARE GENERAL SNAP WORK REQUIREMENTS?

Tell HRA about your employment status and availability to work. If you are working, do not voluntarily quit or work less than 30 hours a week without a good reason (such as being sick).

If you are not working and you receive a suitable job offer, you will need to accept it unless there is a good reason you can't. Also, you will need to participate in a SNAP Employment & Training program if one is assigned to you.



**For more information,  
scan the QR Code.**

## WHAT ARE ABAWD REQUIREMENTS?

If you are an ABAWD, you will need to work or participate in an approved work program, such as a SNAP Employment & Training program, for at least 80 hours per month. You can meet this through a combination of work and program hours, and through approved alternative activities.

You can also meet ABAWD requirements by participating in a work experience activity or community service. The number of required hours is based on your SNAP benefit amount divided by the minimum wage.

If you are already working, or believe you have a physical or mental condition that prevents you from working, please tell HRA and provide documentation. If you are unable to work at least 20 hours per month because of a physical or mental health condition, you can have a medical or clinical provider complete a simple form available on the HRA website.

If you receive an appointment for meeting work requirements, be sure to attend or provide a valid reason why you cannot.

Failing to meet the ABAWD requirements for more than 3 months over a 3-year period may result in a loss of your SNAP benefits.

# SNAP 工作要求

若您领取 SNAP 福利，则可能需要满足相关工作要求，方可继续领取该福利。通常情况下，儿童、老年人及残障人士可豁免该工作要求。参与教育、培训或相关治疗项目，同样可视为满足此工作要求。HRA 会对每个个案进行单独审核，若您需遵守工作要求，该局会就此正式通知您。

**若您属于无受抚养人健全成年人口 (Able Bodied Adult Without Dependents, ABAWD)，则可能需要满足额外的工作要求。**

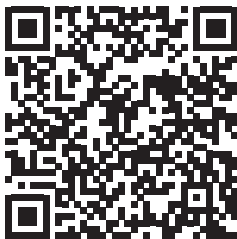
## 什么是 ABAWD?

若您的年龄在 18 至 64 之间，住户内无未满 14 周岁子女共同居住，非处于孕期，无需照护生活无法自理人员，不存在任何阻碍就业的身体或精神障碍，则您大概率需遵守 ABAWD 要求。

## SNAP 的通用工作要求包含哪些内容?

需向 HRA 报备您的就业状况及可工作时段。若您正在工作，无正当理由（如患病）不得主动辞职，亦不得将周工时缩减至 30 小时以下。

若您尚未就业且收到一份合适的工作邀约，则必须予以接受，除非存在无法入职的正当理由。此外，若您被指派参与 SNAP 就业与培训项目，则必须按要求参加。



如需了解更多信息，  
请扫描二维码。

## ABAWD 要求是什么?

若您属于 ABAWD，则每月须通过就业或参与经批准的工作类项目（例如 SNAP 就业与培训项目），累计投入至少 80 小时。您可通过就业时长与项目参与时长相结合的方式，或参与经批准的替代类活动，来满足此项时长要求。

您亦可通过参与工作见习活动或社区服务，来满足 ABAWD 要求。所需时长的核定依据为：您的 SNAP 福利金额除以最低工资标准。

若您已处于就业状态，或认为自身存在阻碍就业的身体或精神健康状况，请及时告知 HRA 并提交文档。若因身体或精神健康状况，您每月无法完成至少 20 小时的工作时长，可由医疗或临床服务提供者填写 HRA 官网上的简易申请表。

若您收到关于履行工作要求的约谈通知，务必按时出席；若无法出席，须提供正当的缺席理由。

若在 3 年内，您累计超过 3 个月未满足 ABAWD 要求，您的 SNAP 福利可能会被取消。