

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 工作需求

如果您領取 SNAP 的福利，您可能需要符合工作要求才能繼續領取。通常情況下，兒童、長者及身心障礙人士可免除工作要求。參與教育、訓練或治療計畫，亦可視為符合工作要求。HRA 會針對每個案例進行個別審核，並會通知您是否適用工作要求。

如果您是「身心健全且無家屬供養的成年人」(Able Bodied Adult Without Dependents, ABAWD)，則可能需要符合額外的工作要求。

什麼是 ABAWD?

如果您年齡介於 18 至 64 歲之間，且家戶中沒有與 14 歲以下的兒童同住、並非懷孕中或並未照顧無法自理的人士，同時在就業方面沒有任何生理或心理障礙，那麼您可能就需要符合 ABAWD 的相關要求。

什麼是通用 SNAP 工作要求?

請向 HRA 說明您的就業狀態以及是否可以工作。如果您目前有工作，請勿在沒有正當理由（例如生病）的情況下自願離職或將每週工作時數減至 30 小時以下。

如果您目前沒有工作並收到了一份合適的工作錄取通知，除非有正當理由導致您無法勝任，否則您必須接受該工作。此外，如果人力資源局為您指派了 SNAP 就業與訓練計畫，您必須參與該計畫。



如需詳細資訊，
請掃描 QR 碼。

什麼是 ABAWD 要求?

如果您是 ABAWD，您將需要工作或參加核准的就業計畫（例如 SNAP 就業與訓練計畫），每月至少達 80 小時。您可以透過結合工作時數與計畫時數，以及參與核准的替代活動來達成此要求。

您也可以透過參與工作經驗活動或社區服務來符合 ABAWD 的要求。所需的時數是根據您的 SNAP 福利金額除以基本時薪計算而得。

如果您已經在工作，或認為自己有妨礙工作的生理或心理狀況，請告知 HRA 並提供證明文件。如果您因為生理或心理健康狀況而無法每月工作至少 20 小時，您可以請醫療或臨床提供者填寫一份可在 HRA 網站上取得的簡便表格。

如果您收到關於履行工作要求的面談預約，請務必出席，或提供您無法參加的有效理由。

如果您在三年期間內累計超過三個月未能達成 ABAWD 的相關要求，可能會導致您失去領取 SNAP 福利的資格。