

Nuevos requisitos laborales de SNAP

Guía rápida de identificación y acción

1 ¿Le afectan los nuevos requisitos?

¿Se identifica con las siguientes declaraciones?

- ✓ Tengo entre 18 y 64 años
- ✓ No vivo con un menor de 14 años
- ✓ Trabajo menos de 20 horas a la semana
- ✓ No asisto a una escuela ni a un programa de capacitación
- ✓ No tengo una condición ni exención médica

Si respondió que sí -> es posible que le afecten.

2 ¿Ha recibido estas notificaciones?

— Revise su correo postal —

HUMAN RESOURCES ADMINISTRATION
FAMILY INDEPENDENCE ADMINISTRATION
Supplemental Nutrition Assistance Program
P. O. Box 29008
Brooklyn, NY 11202

NYC Department of Social Services
Family Independence Administration
100-103 (rev. 10/25) (L) (P) (A) (20) (1) 10/25/2025 page 1 of 3 LIP

Date: _____
Case Number: _____
Participant Name: _____
Zip Code: _____

Able-Bodied Adult Without Dependents (ABAWD) Work Activity Letter

You are receiving this letter because you are applying for or receiving Supplemental Nutrition Assistance Program (SNAP) benefits either individually or as a part of a household, and you are an Able-Bodied Adult Without Dependents (ABAWD) as defined by federal SNAP rules.

Under federal law, ABAWDs are only eligible to receive SNAP benefits for three (3) months in a 3-year period unless they meet certain special work requirements, or are excused. In New York State, this 3-year period will expire on September 30, 2026. A new 3-year period will then start over on October 1, 2026.

For each month that you receive a full month of SNAP benefits and do not meet your ABAWD work requirement, without a good reason, you will use up a countable month. Your countable months are tracked by HRA. Unless you are satisfying your ABAWD work requirement, you will be ineligible to receive SNAP benefits after your third countable month.

To help you meet the ABAWD work requirements and continue to get your SNAP benefit without interruption, we have scheduled the following appointment for you. During this appointment, you will be offered a chance to participate in a work activity that meets the ABAWD work requirement.

Appointment Date: _____ Time: _____ Telephone: _____
Provider Name: _____
Provider Address: _____
City: _____ State: _____ Zip Code: _____
Email: _____

You can also call the telephone number to discuss remote options available.
For travel information, please call the New York City Transit Authority at 718-330-1234 or 511.
See the next page for more information about the ABAWD work requirements and qualifying exemptions.

(Turn page)

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Date: _____
Case Number: _____
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IMPORTANT INFORMATION ABOUT SNAP WORK RULES (GENERAL, MANDATORY E&T, AND ABAWD)

This letter is to tell you about work rules for the Supplemental Nutrition Assistance Program (SNAP). If you don't follow these rules, your SNAP benefits may go down or stop.

What do you need to do?
Listed below are the people in your house that must follow the General SNAP Work Rules:

Listed below are the people in your house who must participate in a SNAP Employment and Training (E&T) Assignment:

Listed below are the people in your house who must follow the Able-Bodied Adults without Dependents (ABAWD) Rules:

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Zip Code: _____

Follow-Up to the Offer of a Work Activity to an Able-Bodied Adult Without Dependents (ABAWD)

You are receiving Supplemental Nutrition Assistance Program (SNAP) benefits. Our records show that you are not currently working or participating in an approved work/training program for at least 90 hours per month. In order to help you meet your ABAWD work requirements, we made a qualifying work activity available to you. We scheduled an appointment for you with an employment provider, but you did not keep the appointment. You can still go and meet with the employment provider listed below where you have an open offer of an ABAWD work activity. Or, you can call the phone number and discuss remote options.

Provider Name: _____
Provider Address: _____
City: _____ State: _____ Zip Code: _____
Telephone: _____ Email: _____

For travel information, please call the New York City Transit Authority at (718) 330-1234 or 511.
To get SNAP benefits for more than 3 months in a 3-year period, you must follow the ABAWD work rules by:
1. Spending at least 90 hours every month (20 hours per week) doing one or more of the following:

- Working (including "in-kind" work);
- Participate in a qualifying work/training program approved by HRA;
- Participating in an employment and training program for veterans operated by the Department of Labor or the Department of Veterans Affairs;
- Participating in a program under Workforce Innovation and Opportunity Act (WIOA) or Trade Act which may include job search, job readiness, occupational skills training and education activities; or
- Participating in a combination of work or qualifying programs

OR

2. Participating in a work experience activity approved by HRA, or volunteering in a community service activity, for the number of hours per month equal to the household's SNAP benefit divided by the higher of the federal or State minimum wage.

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— O su cuenta de ACCESS HRA —

Ingrese a la aplicación móvil de ACCESS HRA



**ACCESS
HRA**



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3 Pasos a seguir para los beneficiarios:

1er

Asista a su cita con PACE

PASO

- La fecha, hora y lugar de la cita aparecen en la notificación.
- Si pierde su cita con PACE, llame al número de teléfono del proveedor de PACE que aparece en la notificación para reprogramarla o solicitar una cita virtual.

2do

Recuerde enviar su documentación

PASO

- Por ejemplo, formularios de exención médica o registros de las actividades laborales o escolares en las que participa. El proveedor de PACE le indicará qué debe enviar.

3er

Revise su cuenta de ACCESS HRA o su correo postal para ver si hay otras notificaciones de HRA sobre su estatus.

PASO

¿Tiene preguntas o necesita ayuda para acceder a su cuenta de ACCESS HRA?



Llame al 718-SNAP-NOW

718-762-7669

No ignore las notificaciones

Si no toma medidas tras recibir varias notificaciones, se **suspenderán sus beneficios de SNAP.**