SNAP ABAWD
Time Limit Checklist

Childless adults between the ages of 18 and 49—referred to in SNAP regulations as Able-Bodied Adults Without Dependents (ABAWD)—are subject to a time limit rule. The rule limits SNAP benefits to three full months in a defined three year period unless the person lives in a waived area, qualifies for an exemption, or meets work requirements. The current three year period runs from January 1, 2019 through December 31, 2021. Note: if a recipient lost benefits due to this rule during the previous three year period (January 1, 2016 – December 31, 2018), they may again be eligible for SNAP benefits and can reapply.

Use this form to determine if SNAP time limit rules may apply to an individual. Check all that apply and follow the corresponding Client Action to ensure that SNAP benefits are not interrupted.

Waived County or Jurisdiction

☐ Living in a waived area
Individuals living in the following counties and jurisdictions in New York State have been waived from time limits through March 31, 2020:*  

### Counties

<table>
<thead>
<tr>
<th>Allegany</th>
<th>Genesee</th>
<th>Richmond</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bronx</td>
<td>Hamilton</td>
<td>St. Lawrence</td>
</tr>
<tr>
<td>Broome</td>
<td>Herkimer</td>
<td>Schenectady</td>
</tr>
<tr>
<td>Cayuga</td>
<td>Jefferson</td>
<td>Schoharie</td>
</tr>
<tr>
<td>Chautauqua</td>
<td>Kings</td>
<td>Schuyler</td>
</tr>
<tr>
<td>Chemung</td>
<td>Monroe</td>
<td>Seneca</td>
</tr>
<tr>
<td>Chenango</td>
<td>Montgomery</td>
<td>Steuben</td>
</tr>
<tr>
<td>Clinton</td>
<td>Niagara</td>
<td>Sullivan</td>
</tr>
<tr>
<td>Delaware</td>
<td>Oneida</td>
<td>Warren</td>
</tr>
<tr>
<td>Erie</td>
<td>Onondaga</td>
<td>Wayne</td>
</tr>
<tr>
<td>Essex</td>
<td>Orleans</td>
<td>Wyoming</td>
</tr>
<tr>
<td>Franklin</td>
<td>Oswego</td>
<td>Yates</td>
</tr>
<tr>
<td>Fulton</td>
<td>Otsego</td>
<td></td>
</tr>
</tbody>
</table>

### Jurisdictions

<table>
<thead>
<tr>
<th>CITIES/TOWNS</th>
<th>DISTRICTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poughkeepsie</td>
<td>Manhattan Community</td>
</tr>
<tr>
<td>Mt. Vernon</td>
<td>Districts 9, 10, 11, and 12</td>
</tr>
<tr>
<td>Yonkers</td>
<td>Queens Community</td>
</tr>
<tr>
<td>Haverstraw</td>
<td>Districts 10, 12, and 14</td>
</tr>
</tbody>
</table>

*New waiver criteria go into effect April 1, 2020.
**For more information on the addresses that fall into the waived areas, contact your local SNAP office or visit otda.ny.gov/programs/snap/qanda.asp#why-abawd.

CLIENT ACTION ➔ Contact your local SNAP office to make sure they have your current address information (including zip code).
Exemptions

☐ **Under age 18 or 50 years or older**
SNAP time limit rules only apply to those age 18-49.

**CLIENT ACTION ➔** Provide proof of your age to the local SNAP office.

☐ **Physically or mentally unable to work at least 20 hours per week**
An individual is considered physically or mentally unfit for work if they have an illness, disability, condition, or life circumstance, whether temporary or permanent, that reduces or affects their ability to work 20 hours a week. “Unfit for work” has a much lower standard of unfitness than SSI or Social Security Disability and does not require a specific diagnosis or submission of medical testing result.

**CLIENT ACTION ➔** Provide a letter from a medical or mental health provider stating that you are not able to work 20 hours per week to your local SNAP office. (Visit HungerSolutionsNY.org/ABAWD for a sample medical statement.) The letter should include the medical professional’s contact information, and can come from any of the following:

- Doctor
- Doctor’s assistant
- Representative of a doctor’s office
- Nurse or nurse practitioner
- Licensed or certified psychologist
- Social worker

☐ **Regular participant in a drug addiction or alcohol treatment and rehabilitation program**

**CLIENT ACTION ➔** Provide proof that you are a regular participant in a substance abuse treatment and rehabilitation program to your local SNAP office. There is no minimum weekly amount of time that a person must attend a program, but Alcoholic Anonymous (AA) or Narcotics Anonymous (NA) alone do not fall under this exemption.

☐ **Receiving disability benefits from a private or government source**
Private benefits include, but are not limited to, Worker’s Comp, disability insurance, certain disability retirement pensions, or other sick pay benefits. Government disability benefits include, but are not limited to, Social Security, SSI, VA benefits based on a disability, and disability benefits provided by the NYS Department of Vocational Rehabilitation Services.

*Note: All individuals in receipt of VA disability compensation or Worker’s Comp, regardless of the percentage, are exempt.*

**CLIENT ACTION ➔** Contact your local SNAP office and let them know what disability benefits you currently receive.

☐ **Receiving unemployment benefits or have applied for unemployment benefits**

**CLIENT ACTION ➔** Contact your local SNAP office and let them know that you are receiving or have applied for unemployment benefits.

☐ **Living with a child under age 18 who is part of your SNAP household**
This can be the SNAP recipient’s own child, sibling, or the child of a family s/he lives with.

**CLIENT ACTION ➔** Inform your local SNAP office that you live with a child who is under 18 and part of your SNAP household. Additional proof may be needed.
Pregnant
Women at any stage of pregnancy are not subject to SNAP time limits.

CLIENT ACTION ➔ Contact your local SNAP office and tell them that you are pregnant. Proof of pregnancy must be provided. (Visit HungerSolutionsNY.org/ABAWD for a sample medical statement letter.)

Caretaker for a person with a disability or a frail senior
The incapacitated person does not need to live in the SNAP household.

CLIENT ACTION ➔ Contact your local SNAP office and tell them that you are caring for a person with a disability or a frail senior. Additional proof may be needed.

A student:
- enrolled in high school and 18 years old or older, OR
- enrolled at least half-time in job skills training, college, or any other recognized institute of higher education and meeting the student eligibility criteria to receive SNAP

CLIENT ACTION ➔ Contact your local SNAP office and tell them that you are a student enrolled in one of the above educational settings. Provide proof of your enrollment. Additional information may be needed to determine if you are an eligible student under SNAP rules (does not apply to high school students).

Qualifying Work Activities
If a person is working, participating in a qualifying work/training program, volunteering, or any combination of these activities, they may be meeting the time limit rule work requirement and should be able to receive SNAP beyond the three month limit.

Working at least 20 hours per week on average, including self-employment, in-kind work (working for goods and/or services), or volunteering

CLIENT ACTION ➔ Contact your local SNAP office and tell them that you are currently working. You will need to provide one of the following:

- Last four weeks of pay stubs
- A signed and dated statement on employer’s letterhead with anticipated weekly hours and pay per hour
- Proof of your self-employment
- A signed and dated statement concerning your in-kind/volunteer work, including the number of hours worked each week

In an eligible work-training program for at least 20 hours a week
This may include job search, job readiness activities, skill training, and adult education and literacy activities under the NYS Department of Labor's Job Zone.

CLIENT ACTION ➔ Contact your local SNAP office and tell them that you are currently in a work training program. You will need proof of your participation. This activity must be approved by the SNAP office.
Doing volunteer work at a public or non-profit organization, including faith-based organizations

To calculate the number of required hours per month, divide the amount of your SNAP benefit by the number of adult SNAP recipients in the household. Then divide by the NYS minimum wage that is in effect in your area:

<table>
<thead>
<tr>
<th>Location</th>
<th>Minimum Wage</th>
</tr>
</thead>
<tbody>
<tr>
<td>New York City</td>
<td>$15.00</td>
</tr>
<tr>
<td>Long Island and Westchester</td>
<td>$13.00</td>
</tr>
<tr>
<td>Rest of State</td>
<td>$11.80</td>
</tr>
</tbody>
</table>

Volunteering at places like public schools, food pantries, and local churches may count as a work activity if approved by the SNAP office.

CLIENT ACTION ➔ Contact your local SNAP office and tell them that you are currently doing volunteer work. Provide a letter from the place where you do volunteer work. The letter must include:

- Name, phone number, and address of place where you volunteer
- Number of hours (on average) that you volunteer each month
- Signature of a staff person and the date

This activity must be approved by the SNAP office. Additional information may be required.

If none of the above apply

If a person does not meet an exemption and is not working, participating in a qualifying work activity, or a combination of these for at least 20 hours per week, then s/he will only receive SNAP benefits for three months in the 36 month period beginning January 1, 2019. People in this situation should contact their SNAP office right away for help meeting work requirements so that their SNAP benefits will not be interrupted.

Additional Resources

To find your local SNAP/HRA office:
Outside New York City, dial 800-342-3009
In New York City, dial 311

HungerSolutionsNY.org/ABAWD
This site houses an array of resources, including a desk guide, policy updates, and a sample medical statement.

Nutrition Outreach and Education Program (NOEP)
Clients who need additional assistance with SNAP or more information about SNAP time limits can be referred to their local NOEP Coordinator. To find a local NOEP Coordinator, go to FoodHelpNY.org.