The SNAP ABAWD Time Limit Rule
How to keep your benefits and what to do if you have lost them

If you are between the ages of 18 and 49, do not work at least 20 hours per week, and do not have children, the SNAP ABAWD Time Limit Rule may apply to you. The rule only lets you have SNAP benefits for three months in a three year period.

You should not lose your benefits if you are:

- Under age 18 or 50 years or older.
- Working at least 20 hours per week, including self-employment and working in exchange for goods or services.
- Getting a disability-based benefit (like Worker’s Comp, sick pay benefits, or VA benefits).
- Injured, ill, or mentally or physically unable to work at least 20 hours per week.
- Regularly participating in a drug or alcohol treatment and rehab program.
- Receiving or have applied for unemployment benefits.
- Attending high school, including those who are 18 years old or older.
- Attending training or college at least half-time (must meet SNAP student eligibility).
- Living with a child under 18 who is part of your SNAP case.
- Pregnant.
- Taking care of a person with a disability or a frail senior (the person does not need to live in the same house).

If you have lost your benefits:

If anything listed above applies to you, contact your SNAP office right away to provide information about your situation so that your benefits will not be lost.

If not, contact your SNAP office right away for help getting started in work activities and work programs that will allow you to continue to receive SNAP benefits.

For more information and help, contact:

Your local SNAP/HRA office
Outside New York City, dial 800-342-3009
In New York City, dial 311

Nutrition Outreach & Education Program (NOEP)
NOEP Coordinators provide help with SNAP. Find a local NOEP Coordinator at FoodHelpNY.org.

Note: If you lost your SNAP benefits between January 2016 and December 2018 because of this rule, you may be eligible for SNAP now. A new three year period began on January 1, 2019. You may reapply and, if eligible, receive at least three months of benefits.