

# Able-Bodied Adults Without Dependents



## WORK RULES

## What YOU need to know



If you are between the ages of 18 through (and including) age 64, and are able to work, you might need to meet the Able-Bodied Adults Without Dependents (ABAWD) Work Rules to get SNAP for more than 3 months. If you have to meet these rules, you must meet them during the current time limit, which is March 1, 2026 until February 28, 2029.

The VI DHS SNAP Program has to screen you for exemptions before deciding if you have to meet the ABAWD Work Rules. You can be exempt from meeting the ABAWD Work Rules if you are:

The VI DHS SNAP Program will send you a Consolidated Work Notice telling you if and when you have to meet the rules. For more information, see [www.dhs.vi.gov](http://www.dhs.vi.gov). If the VI DHS SNAP Program tells you that you must meet the ABAWD Work Rules, you must:

1. Work 80 hours a month (average 20 hours per week). This work can be paid, unpaid, for goods or services/ in kind (for something other than money), or in the form of volunteering.
2. Participate in a qualifying work program for 80 hours a month (average 20 hours per week).
3. Combine work and participation in a qualifying work program, for example 40 hours of work alongside 40 hours in the program.

- Exempt from the general work requirements, except when the exemption is solely due to age.
- Younger than age 18, or age 65 or older.
- Living with a child under age 14 in the SNAP household.
- Pregnant.
- Are “An Indian”, An Urban Indian” or “A California Indian”.
- Experiencing a physical or mental barrier to employment that lasts for at least 30 days and is certified by a licensed physician or certified psychologist.

If you have an open SNAP case with us, you can tell us if you meet any of these exemptions by calling your local VI DHS SNAP location at (340) 772-7100, ext. 7159 or 7166 (STX), (340) 774-0930 ext. 4303 (STT), ext. 4275 (STJ), or (340) 774-2399 (STT).

Remember: If you earn more than \$217.50/week (even if that is less than 20 hours of work), tell us! If you do, you are exempt from the ABAWD Work Rules.



## How to meet the ABAWD Work Rules by Working

You can tell us you are working by:

- Speaking to us in person at your local VI DHS SNAP office
- Sending proof by email to: [certoffice.stx@dhs.vi.gov](mailto:certoffice.stx@dhs.vi.gov) if you are located on STX or [certoffice.stt@dhs.vi.gov](mailto:certoffice.stt@dhs.vi.gov) if you are located on STT/STJ
- Calling (340) 772-7100 ext. 7159 or 7166 (STX) or (340) 774-0930 ext. 4303 (STT), ext. 4275 (STJ), or (340) 774-2399 (STT) and ask to speak to the Eligibility Specialist assigned to your case.

## How to meet the ABAWD Work Rules by Volunteering

You can find your own non-profit or public volunteer site in your community, such as at a public library or a food pantry. If you meet the rules by volunteering, you can verify this by completing the **SNAP ABAWD/Employment & Training (E&T) Participation & Activity Verification Form** which is to be submitted at each reporting period.

If you need help, please call (340) 772-7100 ext. 7159 or 7166 (STX) or (340) 774-0930 ext. 4303 (STT), ext. 4275 (STJ), or (340) 774-2399 (STT) so that we can discuss the next steps.

## How to meet the ABAWD Work Rules through an E&T Activity

You can meet the rules by completing the **Work Registration/Employment & Training Participation** form and express your interest in the SNAP E&T Program. Keep in mind that SNAP E&T fulfills less than half of the ABAWD work requirement; the rest must come from paid work, volunteer activities, or in-kind work.

For more information, visit [www.dhs.vi.gov](http://www.dhs.vi.gov) or call (340) 772-7100 ext. 7159 or 7166 (STX) or (340) 774-0930 ext. 4303 (STT), ext. 4275 (STJ), or (340) 774-2399 (STT)

## Already participating in an E&T Activity or Volunteering?

Please let us know as soon as possible! If you are volunteering at a public or nonprofit organization, ask your supervisor to help you complete the **SNAP ABAWD/Employment & Training (E&T) Participation & Activity Verification Form**. This will help us verify that you are meeting the ABAWD Work Rules.

If you are in an employment or training program that the VI DHS SNAP Program doesn't know about, ask your training provider to assist you in submitting the form as well.

For questions about the ABAWD Work Rules, call (340) 772-7100 ext. 7159 or 7166 (STX) or (340) 774-0930 ext. 4303 (STT), ext. 4275 (STJ), or (340) 774-2399 (STT)



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