



SNAP BENEFITS ARE CHANGING



Able-Bodied Adults Without Dependents (ABAWD) Work Rules

Recent Federal SNAP Work Rule changes mean that some adults must meet ABAWD work rules to continue receiving their SNAP benefits.

1 Do the new work rules apply to me?

YES! if you :

- Are between the ages of 18 and 64 years old.
- Do not have a child under 14 years old in the household.
- Are considered physically and mentally able to work at least 20 hours per week.



If you have one or more of these exemptions, you may not have to meet the work rules

- You are currently working 30 hours a week OR earning at least \$217.50 per week.
- You are pregnant.
- You are receiving or have applied for unemployment benefits.
- You are participating in a drug or alcohol treatment program.
- You are an “Indian”, “Urban Indian”, or “California Indian.”
- You have someone in your SNAP household under age 14 or a person who needs help caring for themselves.
- You are a student enrolled in any recognized school, job skills training, or college at least half time.
- You are experiencing physical or mental barriers preventing you from working.

2 Don't meet an exemption?

You have options. If you don't meet any of the exemptions contact DHS for more information at (340) 772-7100, ext. 7159 or 7166 (STX), (340) 774-0930 ext. 4303 (STT), ext. 4275 (STJ), or (340) 774-2399 (STT).



Keep your address current with DHS and the post office so that you don't miss important mail!