



SNAP BENEFIT UPDATES



New Yorkers between the ages of 18 and 64 years old and do not live with a dependent under the age of 14 must meet Able-Bodied Adult Without Dependent (ABAWD) work requirements in order to retain SNAP benefits starting March 1, 2026.

Adults who do not meet these work rules will be only receive SNAP benefits for three months in a three-year period.

Three Ways to Meet the ABAWD Work Rules and Keep Your SNAP Benefits:

<p>1</p> <p>Paid or unpaid work for at least 20 hours per week (80 hours per month)</p>	<ul style="list-style-type: none"> • Work at a job for at least 20 hours per week or earn at least \$217.50 per week (even if you work less than 20 hours a week) • Doing in-kind work by exchanging your services for something other than money for at least 80 hours per month (e.g., doing building maintenance in exchange for a reduction in rent)
<p>2</p> <p>Learn job skills for 20 hours per week (80 hours per month) that can help you earn more money</p>	<ul style="list-style-type: none"> • Doing job searches, workshops on resume writing, or other training approved by local social services district • Participate in job skills training programs and/or educational activities (e.g, college courses, certifications, or credential programs that help you prepare for work and English language instruction)
<p>3</p> <p>Community Service / Volunteer</p>	<ul style="list-style-type: none"> • The number of hours you would need to participate in community service or volunteer work is based on your SNAP benefit divided by the state minimum

Are You Exempt?

You may not need to meet the ABAWD work rules if you are:

- Younger than age 18 or age 65 or older
- Living with a child under 14
- A recipient of disability benefits from a public or private source, such as New York State disability benefits
- Pregnant
- Someone with a physical and mental health condition that limits ability to work
- Caregiver to an incapacitated person
- Meeting the work rules under the Temporary Assistance for Needy Families (TANF) program
- Receiving or applying for unemployment benefits
- Participating in a drug or alcohol addiction treatment program
- Going to school, college, or a training program at least half time (students may be subject to other eligibility rules)
- Already working at least 30 hours per week
- Already earning \$217.50 or more per week
- Receiving or applying Supplemental Security Income (SSI)
- An Indian, Urban Indian, California Indian, and/or other Indian who is eligible for the Indian Health Services

- If you are doing any of these activities, please let your NOEP Coordinator know and they will tell you how to report the activities monthly to keep your SNAP benefit