**Understanding the 3-Month SNAP Time Limit for Unemployed Adults Without Minor Children (“ABAWDs”)**

Unemployed adults without minor children (also known as Able-Bodied Adults without Dependents or ABAWDs) are eligible for SNAP benefits for just 3 months each 3 years unless they meet certain requirements or are exempt.

**Who is an ABAWD?**

1. Age 18-49
2. Does **not** live with children
3. Is able to work
4. Is **not working** 20 hours per week
5. Does not live in an area where the time limit doesn’t apply

**How can I keep my SNAP?**

1. **Work** 20+ hours per week
2. Do **job training** 20+ hours per week
3. **Volunteer** approximately 26 hours per month
4. **Work + volunteer**

**You do NOT have a time limit if you:**

* Are 50 or older
* Are under 18
* Live with children under 18
* Are in school or taking classes at least part time
* Are pregnant
* Have experienced domestic violence
* Are applying for or getting Unemployment Compensation
* Are in a drug and alcohol treatment program
* Care for a disabled family member
* **Are not able to work**

**WHAT IF I CANNOT WORK?**

If you have a medical condition that keeps you from working 20 hours per week, **you do NOT have a time limit and you do NOT have to work to get SNAP**. Have your medical provider fill out Form 1921 from the welfare office.

**IMPORTANT DETAILS:**

* Starting April 1, 2020, this rule will apply in almost all of Pennsylvania (except maybe Forest County). This includes Philadelphia!
* The three-year time clock starts again on January 1, 2021. So if you lose benefits in 2020, you can apply again in 2021 for another three months of SNAP.
* Even if you lose your SNAP after three months, you can get your SNAP back if you start meeting the work requirements or if the time limit doesn’t apply to you now.