



Your path through the SNAP work or activity rules

What to expect when you apply for or renew your SNAP benefits if you have ABAWD status

Federal rules require some adults to meet SNAP work or activity rules to keep receiving food benefits. There are two kinds of rules: general work rules and work rules for people with ABAWD status (able-bodied adults without dependents). This guide is for people with **ABAWD status**.

Step 1: Applying for or renewing your SNAP benefits

Apply for or renew SNAP benefits



Read your renewal notice from ODHS

You will get a notice that it's time to renew 45 days before the due date. It will tell you if you need to meet work or activity rules.

Interview

An eligibility worker will reach out to schedule an interview to go over your application. [Learn more about how to prepare for your SNAP interview.](#)

Learn your status

During your interview, you will learn if you have "ABAWD" status and if you need to meet work or activity rules.

Learn if you have an exemption

This means you do not need to meet work or activity rules to get SNAP. Learn more about exemptions on the next page.

[See next page for details →](#)

Referral to ABAWD team

Meet work or activity rules.

If more information is needed, your eligibility worker will refer you to an ABAWD worker.

[See next page for details →](#)

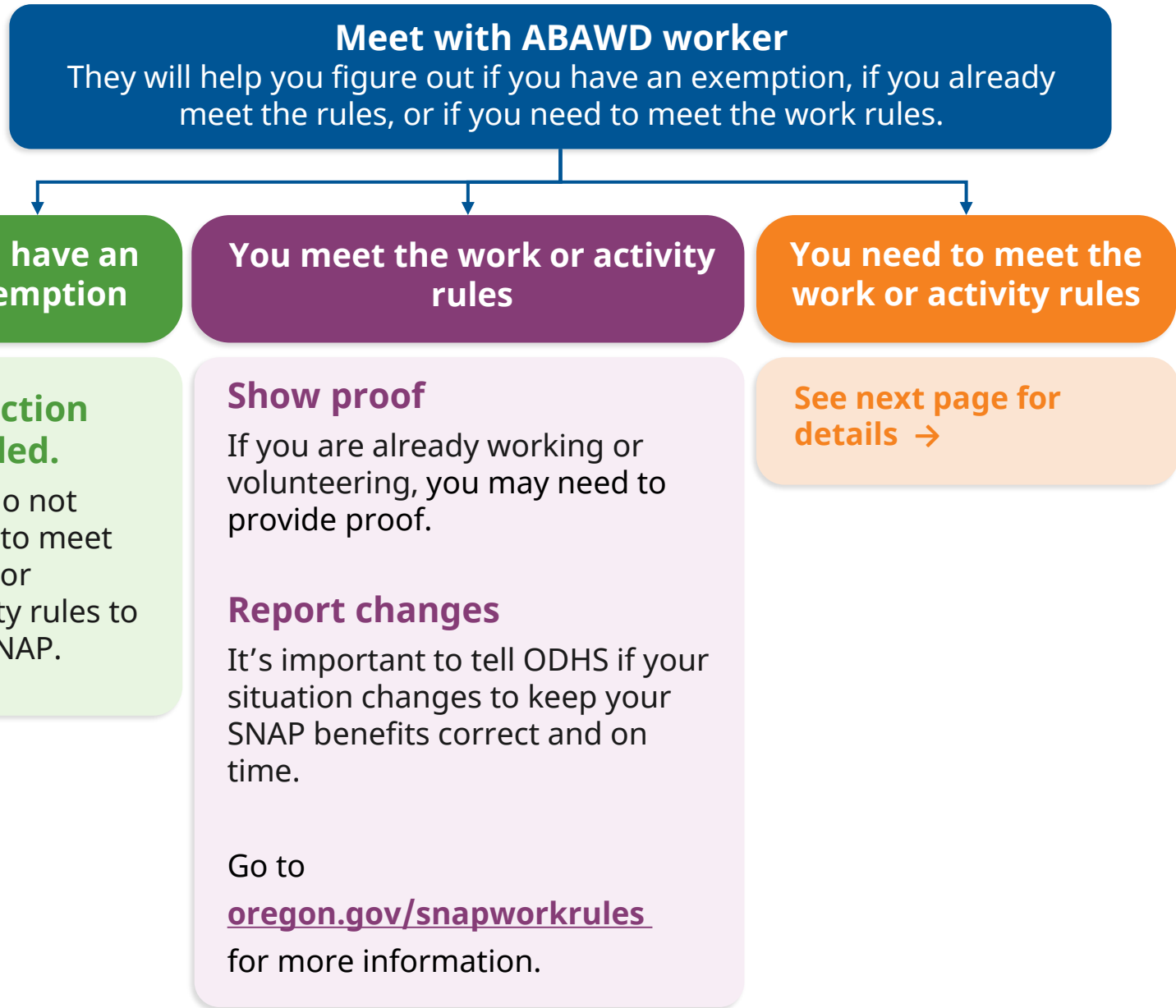
 Estimated time to get connected to an ABAWD worker:
1-2 days



What is "ABAWD"?

- "ABAWD" stands for able-bodied adults without dependents. You may have ABAWD status if you are aged 18-64 and **do not** have a child under age 14 on your SNAP case.
- If you do not meet an exemption, federal rules require you to meet SNAP work or activity rules to keep getting food benefits.

Step 2: Find out if you are exempt from the work or activity rules



What is an exemption?

Some people do not need to meet work or activity rules. This is called an exemption. You may be exempt if:

- ✓ A child under age 14 gets SNAP with you
- ✓ You are a student
- ✓ You care for someone who cannot care for themselves.
- ✓ You can't work because of a disability or health condition.
- ✓ You meet **another exemption**.

Go to oregon.gov/snapworkrules for the full list of exemptions.



Step 3: Find out if you need to meet the work or activity rules

Discuss meeting work or activity rules with ABAWD worker

If you do not have an exemption, you will need to meet work or activity rules.



Meet work or activity rules

If you are not exempt, meet the rules by doing at least 80 hours each month of:

- ✓ Paid work or self-employment
- ✓ Volunteering
- ✓ Trading work for housing or other needs
- ✓ Participating in the Oregon Employment Department's ABAWD program
- ✓ **Any mix of the above**



Get free help meeting the rules

You can get free help with employment and training from the Oregon Employment Department's ABAWD program. Your ABAWD worker will refer you. It is your choice if you want to participate.

[See next page for details →](#)



SNAP time limit

If you don't meet the SNAP work or activity rules and don't have an exemption, federal rules say you can only get SNAP for 3 months in a 3-year period.

Contact ODHS if you lose benefits and need help getting them back.

Step 4: If you want help meeting the work or activity rules

1

Get an appointment

Your ABAWD worker will set up your first appointment with an employment specialist at your local Oregon Employment Department [WorkSource Center](#).

 Estimated time to get connected to an Employment Specialist: 1-2 weeks

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Work with an employment specialist

They will help you make a plan to meet your employment goals. Services may include:

- ✓ Help paying for training or education
- ✓ Help searching for jobs and preparing to work
- ✓ Help buying things you need to be successful in your case plan
- ✓ Continued support for 90 days after you start a new job

Get Help

Don't wait until your SNAP benefits stop. Contact ODHS today.

Call: 833-947-1694

Email: snap.abawdteam@odhs.oregon.gov

You can contact ODHS to:

- ✓ Ask questions about work rules
- ✓ Learn about exemptions
- ✓ Report a change in your situation
- ✓ Submit proof of your work or activities
- ✓ Get help meeting work or activity rules

Learn more:
oregon.gov/snapworkrules

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