



Change Tools

SNAP Recipients with Able-bodied Adults Without Dependents (ABAWD) Status

Supporting people as they navigate changes to their SNAP food benefits

For individuals with disabilities or individuals who speak a language other than English, OHA can provide information in alternate formats such as translations, large print, or braille. Contact 503-945-5488 (all relay calls accepted) or feedback@odhsoha.oregon.gov.



Overview: SNAP Recipients with ABAWD Status

Able-bodied Adults Without Dependents, or ABAWDs, are people who receive SNAP benefits and are at least 18 but not yet 50-years-old and do not have a child under the age of 18 receiving SNAP benefits with them.

Federal rules limit SNAP benefits to three months in a three-year period for people with ABAWD status unless they are exempt or participate in verified work activities. [Learn more about ABAWD exemptions and work requirements.](#)

Due to COVID-19, Oregon suspended federal SNAP time limits and work requirements for people with ABAWD status. When the COVID-19 Public Health Emergency (PHE) ends in May 2023, these SNAP time limits and work requirements will begin again on July 1, 2023.

Time limits and work requirements resume for SNAP recipients with ABAWD status starting July 1, 2023.

Only people with ABAWD status who are not exempt will receive advance notice of these changes and need to act immediately.

I'm not exempt from
ABAWD work
requirements and
need to act when the
PHE ends



Scenarios and
Challenges



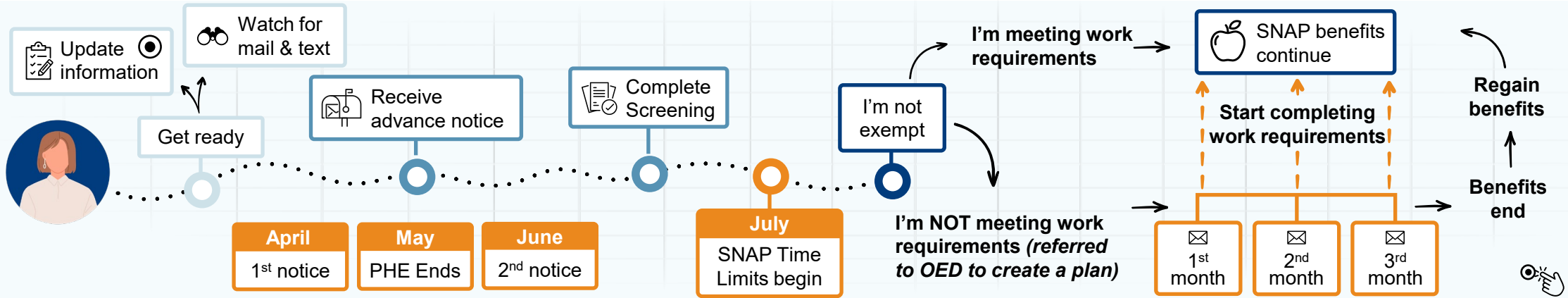
ABAWD exemptions
and work requirements



Journey Map: SNAP Recipients with ABAWD Status Who Are Not Exempt



JOURNEY



STAGES

Get ready

Receive advance notice and complete screening

Complete work requirements or regain benefits if applicable

EXPERIENCE

I may learn about SNAP ABAWD time limits and work requirements re-starting in various ways, including:

- [ONE Applicant Portal notices](#)
- Community Partners
- Social media

I receive advance notice in April and June in the mail and on my ONE Applicant Portal if I have one. My notices include information about my ABAWD status, work requirements, and potential exemptions, and tell me to contact Oregon Department of Human Services (ODHS) to complete a screening.

During my screening, staff will determine if I'm exempt or completing work requirements.

- If I'm meeting work requirements, my SNAP benefits continue.
- If I'm not meeting work requirements, ODHS staff will refer me to the [Oregon Employment Department \(OED\)](#) for case management.
- I will receive notice in the mail for every month I receive SNAP without completing work requirements. My SNAP benefits will end after three months in a three-year period if I do not begin completing work requirements.

ACTIONS

I can prepare by:

- [Updating my contact and household information.](#)
- Watching for mail and texts from the state and acting when needed.

- I can [get help understanding these notices](#) from the ODHS ABAWD Team.
- I should [contact the ODHS ABAWD Team](#) immediately to complete my screening.

- I can meet work requirements by [creating a case plan with OED and reporting my activities every week.](#)
- I should [notify the ODHS ABAWD Team](#) if my circumstances change or if I want to contest any notices I receive.
- I can regain my benefits by meeting an exemption, living in a waived area, or starting to meet work requirements again.



Scenario 1: An individual with ABAWD status who is exempt

An individual with ABAWD status lives in a county where SNAP work requirements do not apply. They will not receive advance notice by mail from the state about changes and will continue to receive SNAP benefits once the PHE ends and SNAP time limits begin in July 2023. They will be notified of the work requirements if they no longer meet an exemption when they report a change or renew.

Anticipating needs

This individual may learn about SNAP ABAWD time limits and work requirements resuming once the PHE ends via social or other media and worry that these changes will impact them. They may contact the state or community partners to verify their status and ask what will happen.



Scenario 2: An individual with ABAWD status who is not exempt

An individual with ABAWD status who is not exempt and not currently meeting work requirements has continued to receive SNAP benefits for three years without having to report weekly work activities to OED. When SNAP time limits and work requirements resume in July 2023, they will need to complete an orientation and create a new case plan with OED.

Anticipating needs

This individual may not have experience working with OED case managers. They need to understand how to complete activities and what may happen if they do not meet work requirements. They may also need support or access to technology and Internet to create an iMatchSkills profile as required by OED.

CHALLENGES



Lack of awareness of the ODHS ABAWD Team

People with ABAWD status who have questions, need to schedule a screening, or report changes in their circumstances may not know about ODHS's new, dedicated support team. This can slow them down if they contact traditional ODHS channels and are passed around.



People may be new or unfamiliar with the OED ABAWD Program and SNAP Employment and Training Activities

People with ABAWD status who are not exempt and have not been meeting work requirements during the pandemic may have never experienced the OED case management process and will need help learning what to do and how.



Difficulty reaching people with outdated or no address on file

It will be challenging to reach people who are houseless, move often, and/or do not have an updated address on file. Unless they have other ways of receiving information from the state, they may miss their opportunity to meet requirements and could lose their SNAP benefits.



Difficulty accessing critical food supports

People living in food deserts or who need help finding and accessing food banks and similar resources may struggle to fill the gaps in their food benefits if their SNAP benefits end.



High cost of living and related factors

Rising prices for food, goods, and services only worsen the challenges people will face if their SNAP benefits end. Losing SNAP also means less money for medicine, shelter, and utilities, which means people may seek assistance from community partners for other needs.

What you need to know

This applies to you if:

You can receive SNAP benefits for three months in a three-year period

You have Able-bodied Adults Without Dependents, or ABAWD, status:

- You are at least 18 but not yet 50-years-old.
- You do not have a child under the age of 18 receiving SNAP benefits with you.

You can receive SNAP for longer than three months if you participate in verified work activities.

You have ABAWD status and:

- You work no less than 80 hours a month. This may be paid or unpaid (volunteering or bartering). If self-employed, you must earn at least \$1,160 per month including business costs or \$580 without business costs.
- You participate in [the Oregon Employment Department's \(OED\) ABAWD program](#) for no less than 80 hours a month completing the work-related activities listed on your OED ABAWD case plan.
- You complete a combination of no less than 80 hours a month of working (paid or unpaid) and participating in work-related activities listed in your OED ABAWD case plan.
- You participate in [Workfare](#) at the Fair Labor Standard Act (FLSA) rate.

What you need to know

This applies to you if:

You can receive SNAP for longer than three months if you are exempt.

You have ABAWD status and:

- You live in a waived county or reservation or in a county where Oregon will apply discretionary exemptions.
- You meet at least one of the following reasons below (known as exemptions)*:
 - You're a student enrolled at least half time in any program of study (high school, community college, undergrad, technical/vocational training).
 - You're unable to work due to a health reason (mental, physical or behavioral health problems).
 - You participate in an alcohol/drug treatment program (Not AA/NA).
 - You care for a person with a disability/incapacity and this is not your employment. The person you care for does not have to be living in the same household.
- You are already participating in at least one work activity equivalent to the ABAWD work requirements, such as:
 - Working for pay 30 hours a week OR earning at least \$935.25 per month.
 - Self-employed and earning \$1870.50 if they have costs, or \$935.25 if they have no costs.
 - Receiving TANF and participating in the JOBS program.
 - Recently applied for or receiving unemployment benefits.

You can get dedicated support navigating ABAWD activities

You can contact the [ODHS ABAWD Team](#) or your OED SNAP Coach (if you have one) to learn more about your ABAWD status and what you can do to maintain your SNAP benefits.

1 Check monthly SNAP benefit amounts at ebtEDGE.com or log into your ONE account at benefits.oregon.gov.

2 Update contact information and report any changes in income or number of people in household:

- **Online:** benefits.oregon.gov
- **Call** the ONE Customer Service Center at 1-800-699-9075 (ODHS accepts all relay calls), Monday through Friday, from 7 a.m. to 6 p.m. Pacific Time.
- **Visit a local office:**
 - Find an ODHS Office at <https://www.oregon.gov/dhs/Offices/Pages/one-services.aspx>
- **Mail:** ONE Customer Service Center, PO Box 14015, Salem, OR 97309
- **Fax:** 503-378-5628

3 Access local food resources and support:

- Find food resources in the community: needfood.oregon.gov or alimentos.oregon.gov
- Find a local food bank or pantry: foodfinder.oregonfoodbank.org
- Learn about government programs and community resources for older adults and people with disabilities:
 - Aging and Disability Resource Connection of Oregon at 1-855-673-2372 or www.adrcoforegon.org.
- Dial 2-1-1, or text your zip code to 898-211, www.211info.org
- Connect with a local Community Action Agency: www.caporegon.org

ODHS's dedicated ABAWD Team can answer questions, complete screenings, and refer you to OED if needed. This team will be available to support people with ABAWD status beginning April 1, 2023.



Email

SNAP.ABAWDTeam@ODHSOHA.Oregon.gov



By phone

Call 833-947-1694 on Mondays through Fridays from 8 a.m. to 6 p.m. (PST).
All relay calls accepted.

You also can connect with an interpreter in 16 different languages before being transferred to the ABAWD Team by selecting [a dedicated, toll-free number](#).



Additional resources for people with ABAWD status

- [ABAWDS - Partners for a Hunger-Free Oregon \(oregonhunger.org\)](https://oregonhunger.org)
- [State of Oregon: Food Benefits - Food Benefits](#)
- [STEP \(worksourceoregon.org\)](https://worksourceoregon.org)

