



Supplemental Nutrition Assistance Program (SNAP) Able-Bodied Adult Without Dependents (ABAWD) Time Limit Rules You Must Follow These Rules to Continue to Receive SNAP Benefits

This letter informs you that the Supplemental Nutrition Assistance Program (SNAP) time limit rule for Able-Bodied Adults Without Dependents (ABAWD) will resume on July 1, 2023. You can only receive SNAP benefits for 3 months in 3 years (36 months) unless you meet the time limit rule or ABAWD work requirement.

If you don't follow these rules, your SNAP benefits may decrease or end. Different people in your house may need to follow different work requirement rules. This letter explains what you need to do.

What do you need to know?

Beginning on July 1, 2023, you must follow the ABAWD time limit rule or work requirements. This rule may apply to you if you are between the ages of 18 and 49, do not live with a child under 18 in your SNAP household, and are considered physically and mentally able to work. This is called the ABAWD work requirement. You can only get SNAP benefits for 3 months in 3 years (36 months) unless you meet the time limit rule. Keep reading to find out what to do.

What do you need to do?

After July 1, 2023, you must follow the ABAWD time limit rule to keep your SNAP benefits. The ABAWD time limit rule requires ABAWDs to:

1. Spend at least 20 hours a week or an average of 80 hours each month doing one or a combination of the following activities:
 - a. working;
 - b. participating in a job training or work program;
 - c. volunteering; or,
 - d. a combination of working and volunteering.

If these hours drop below 80 hours in a month, you must call us at 1-800-383-4278 to report the change. Changes must be reported within 10 calendar days after the end of the month in which the change occurs.

Does everyone need to meet these ABAWD Time Limit Rules?

You may not have to follow any of these ABAWD Time Limit Rules if:

- you are younger than age 18 or age 50 or older.

- someone in your SNAP household is age 17 or younger.
- you are unable to work 20 hours or more a week because of a physical or mental health reason.
- you are pregnant.
- you reside in Thurston County, on the Winnebago Reservation, or the Omaha Reservation.
- You are taking care of a child younger than age 6 or someone who needs help caring for themselves.
- you are already working at least 20 hours per week.
- you are already earning a gross income of \$217.50 or more per week.
- you are receiving unemployment benefits or have applied for unemployment benefits.
- you are going to school, college, or a training program at least half-time.
- you are meeting the work rules for Aid to Dependent Children (ADC) Employment First (EF) Program.
- you are participating in a drug or alcohol addiction treatment program.

Call us at 1-800-383-4278 as soon as possible if you think one of these might describe you. If we find that it does, you will not need to follow the ABAWD time limit rule.

What happens if you do not follow the ABAWD time limit rule?

Each month that you receive SNAP benefits but do not meet the time limit rule without a good reason will be tracked. After 3 full months, you will lose your SNAP benefits for up to 36 months from when the tracking started.

What if I have a good reason for not following the ABAWD time limit rule?

Call us as soon as possible at 1-800-383-4278 if you think you have a good reason for not following the ABAWD time limit rule. Good reasons include issues you cannot control, such as getting sick or not having transportation. If it is determined that you have a good cause, there will be no change to your SNAP benefits.

If you lose your SNAP benefits, how can you get them back?

If you start meeting the ABAWD time limit rule, you may be able to receive SNAP benefits again. You can also receive SNAP benefits again if something changes in your life and there are reasons you no longer need to follow the rule. For example, you may receive SNAP benefits again if you have a new physical or mental health reason for not working or for any other reasons listed above. If you have used all 3 of your months in your 3 year period, you may be able to receive SNAP for an additional 3 consecutive months. To do this, you must have been working or participating in a work program for at least 80 hours in any 30 consecutive days after you used up your first 3 time-limited months. When you lose the job or work program, your additional 3 consecutive months will start when you let the department know by re-applying for SNAP or telling the department if you are already part of a SNAP household. When you use your 3 consecutive months, you will not be eligible for SNAP again during the 3 years unless you start working, volunteering, or become exempt from the ABAWD time limits described above.

Why do I need to follow the time limit rule now?

Congress suspended the time limit rule due to the COVID-19 pandemic and the federal Public Health Emergency (PHE). Now, the COVID-19 federal Public Health Emergency is coming to an end. This means the time limit rule will go back into effect starting on July 1, 2023.

What if you need more help?

Visit www.accessnebraska.ne.gov to apply for assistance or view case information.

If you have questions or need more information, please call 1-800-383-4278, Monday through Friday, 8 am-5 pm.

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The completed AD-3027 form or letter must be submitted to:

1. mail: Food and Nutrition Service, USDA 1320 Braddock Place, Room 334 Alexandria, VA 22314; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: FNCSIVILRIGHTSCOMPLAINTS@usda.gov

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Nebraska DHHS

PO Box 2992

Omaha, NE 68102

dhhs.andicenter@nebraska.gov

If you have questions or need more information, please call us at 1-800-383-4378, Monday through Friday, 8:00 am–5:00 pm. You may also visit our website www.accessnebraska.ne.gov for more information.