

ABAWD Requirements Form

The Food and Nutrition Services (FNS) Program, formerly known as Food Stamps has a work requirement for some adults. **Some** adults may only receive FNS **for 3 months**, unless they are working.

YOU ARE NOT REQUIRED TO WORK TO GET FNS IF YOU ARE:

- Applying for or receiving unemployment benefits
- Getting Refugee or Work First Assistance
- A student in school at least half time
- Caring for an incapacitated person (who does not have to live with you)
- Operating a Home School at least 30 hours weekly
- Under the age of 18 or at least 50 years old
- Pregnant
- Physically or mentally unfit for work (even temporarily)
- Part of a FNS household with a child under 18 (even if the child is not eligible for FNS)
- In a drug or alcohol treatment program
- Unable to work due to Alcohol/Drug dependence (even if not in treatment)
- Homeless – Living in a Homeless Shelter or living on the street

If none of the above exceptions are met, you must be working an average of 20 hours per week, in any combination of the following:

- Paid Work (including your own business, even if you are making no money right now);
- Volunteering with a public, private or nonprofit agency such as Food Banks, Food Pantries, Schools, or Religious Organizations; or
- An approved Employment and Training (E&T) program.

If you have been denied FNS because you were not meeting the work requirement, you may be able to get FNS for at least three more months if you:

- Worked 80 hours in any 30-day period since you lost your FNS;
- Have started working, volunteering, or job training; or
- Are now unable to work or meet one of the other exceptions to the rule listed above.