

Able-Bodied Adult Without Dependents (ABAWD) Requirements Form

The Food and Nutrition Services (FNS) Program, formerly known as Food Stamps has a work requirement for some adults known as Able-Bodied Adult Without Dependents (ABAWDs). Some adults may only receive FNS for 3 months' time limit, unless they are working or otherwise meeting the ABAWD work requirement.

The work requirements apply to individuals who are:

- Age 18 - 49
- Fit for employment
- Not living in a FNS household with a minor
- Not pregnant
- Not already exempt from general work requirement
- Not covered by time limit waiver or 15 percent exemption

What is the time limit?

ABAWD eligibility for FNS is limited to any 3 months in a 36-month period (considered the 3-month time limit) unless the individual meets the ABAWD work requirements

What is the ABAWD work requirement?

ABAWDs can meet the work requirement by:

- Working 20 or more hours a week, averaging 80 hours monthly
- Participating in and complying with the requirements of a work program for 20 or more hours a week
- Participating in and complying with the requirements of a workfare program (North Carolina does not operate workfare program at this time)

What are the exemptions from ABAWD work requirements?

ABAWDs are exempt from work requirements in the following situations:

- Under 18 or 50 years of age or over
- Medically certified as physically or mentally unfit for employment
- Responsible for a dependent child or residing in a household where a household member is under age 18
- Exempt from FNS work requirements
- Pregnant

Regaining Eligibility

ABAWDS who have exhausted their 3 countable months may regain eligibility at any time by meeting ABAWD work requirements for 30 consecutive days, meeting an exemption from ABAWD work requirements or when their 3-year period expires.

Countable work or work program activities are:

- Volunteering or working in paid employment, including self-employment
- Participating in Workforce Innovation and Opportunity Act (WIOA) services
- Participating in Trade Adjustment Act (TAA) services
- Participating in an allowable FNS Employment and Training (E&T) activity

What happens if an ABAWD who has regained eligibility stops meeting the work requirement?

FNS regulations provide that in limited circumstances, ABAWDs can gain an additional 3 months of eligibility.

This provision:

- Applies only to ABAWDs who regained eligibility but are no longer fulfilling the work requirement
- Provides that ABAWDs may only take advantage of this provision once in a 3-year period
- The additional 3 months must be used consecutively
- If the individual was working, the consecutive 3 months must start when the participant notifies the agency that he or she is no longer in compliance with ABAWD work requirements
- If the individual was participating in a work program or workfare program, the consecutive 3 months must start when the agency determines the ABAWD is no longer in compliance