Who needs to meet the new SNAP work requirements?

As of June 1, 2026, when you recertify or apply for SNAP, you will be told if you need to meet the new work requirements.

BETWEEN 18-64 YEARS

If you are between the ages of 18 and 64, you may be classified as an **Able-Bodied Adult Without Dependents (ABAWD).** ABAWDs must meet new work requirements to receive SNAP.

You may be exempt from the work requirements if you:

- Are pregnant.
- Live with a child under 14.
- Receive disability-related benefits.
- Have a physical or mental health condition that makes it hard to work.
- Meet another exemption.

*Visit **workrequirements.dc.gov** for the full exemption list.*

If you are not exempt, you must:

- Work or do training for 80 hrs/month.

OR

- Volunteer at the SNAP Volunteer Program for a smaller number of hrs.

If you do not have an exemption and do not meet the work requirements, you cannot receive SNAP for more than **3 months in a 3-year period.**

DHCF
Department of Health Care Finance

DC | DEPARTMENT of HUMAN SERVICES

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MURIEL BOWSER, MAYOR

What to do now?

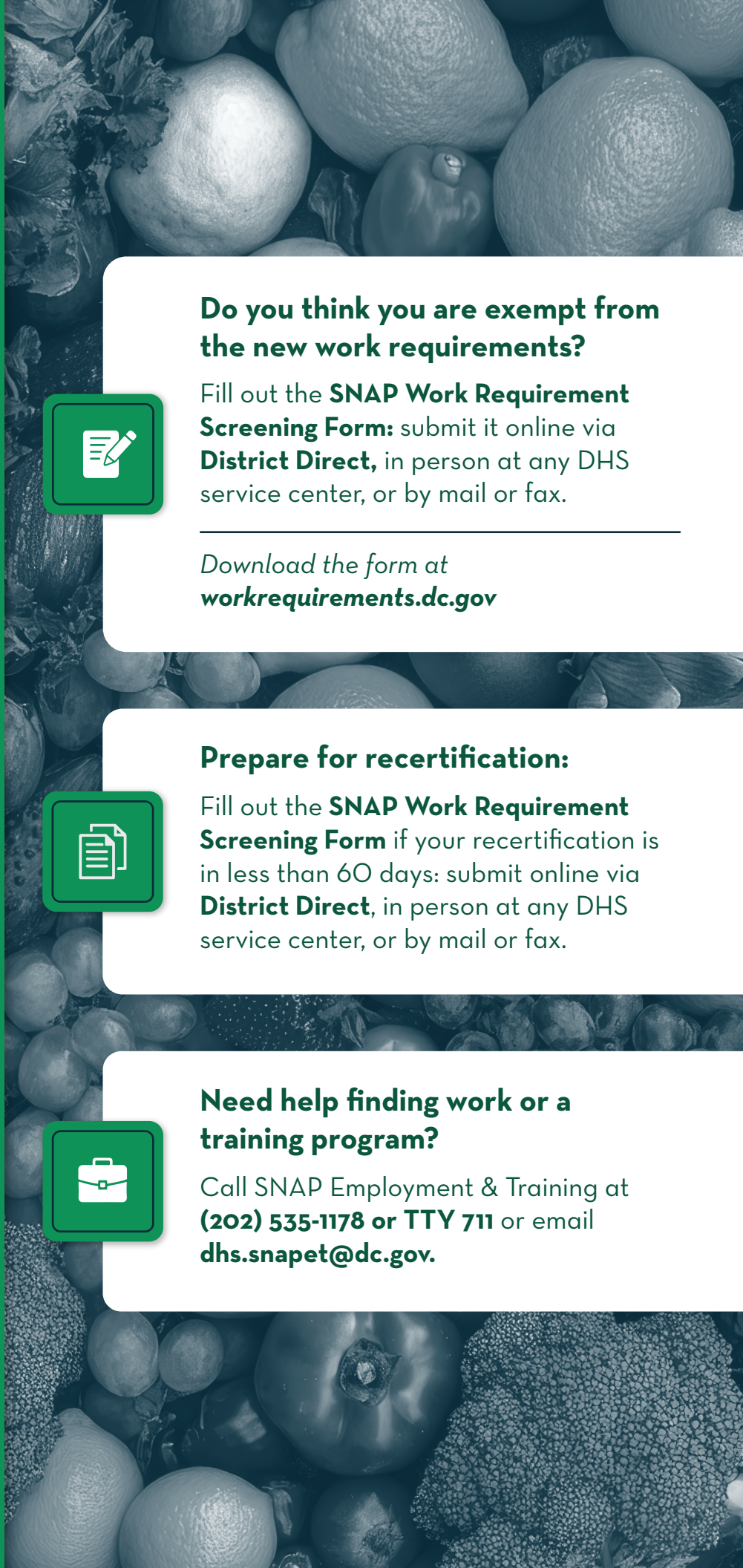
Find out if you may be exempt:

Complete the **Pre-Screener** at **workrequirements.dc.gov.** It takes less than 10 minutes!

SCAN ME

Questions?

Visit workrequirements.dc.gov or call (202) 727-5355 (TTY 711).



Do you think you are exempt from the new work requirements?

Fill out the **SNAP Work Requirement Screening Form:** submit it online via **District Direct,** in person at any DHS service center, or by mail or fax.

Download the form at ***workrequirements.dc.gov***

Prepare for recertification:

Fill out the **SNAP Work Requirement Screening Form** if your recertification is in less than 60 days: submit online via **District Direct**, in person at any DHS service center, or by mail or fax.

Need help finding work or a training program?

Call SNAP Employment & Training at **(202) 535-1178 or TTY 711** or email **dhs.snapet@dc.gov.**