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.

DHCF | DC DEPARTMENT of HUMAN SERVICES | GOVERNMENT OF THE DISTRICT OF COLUMBIA MURIEL BOWSER, MAYOR



Learn more and find out if you may be exempt!

*Visit **workrequirements.dc.gov** and use the Pre-Screener Tool*

SCAN ME

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

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.

If you are not exempt, you must:

- Work or do training for 80 hours per month.

OR

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

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