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
Department of Health Care Finance

DC | DEPARTMENT of HUMAN SERVICES

GOVERNMENT OF THE DISTRICT OF COLUMBIA
MURIEL BOWSER, MAYOR

Questions? Visit workrequirements.dc.gov

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.*

Scan the QR code and complete the Pre-Screener Tool to find out if you may be exempt.

SCAN ME

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.

SNAP E&T can help you find work: *Call SNAP E&T at (202) 535-1178 or TTY 711, e-mail dhs.snapet@dc.gov, or visit the **Anacostia DHS Service Center to get help.***

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.**

What to do now

Four steps to take right away:

- Find out if you may be exempt: Use the **Pre-Screener Tool at workrequirements.dc.gov.**
- Do you think you are exempt from the new work requirements? Fill out the **SNAP Work Requirement Screening Form at workrequirements.dc.gov.**
- Prepare for recertification: If your SNAP recertification is in less than 60 days, fill out the SNAP Work Requirement **Screening Form at workrequirements.dc.gov.**
- Need help finding work, volunteering, or a training program? **Call SNAP E&T at (202) 535-1178 or TTY 711 or email dhs.snapet@dc.gov.**