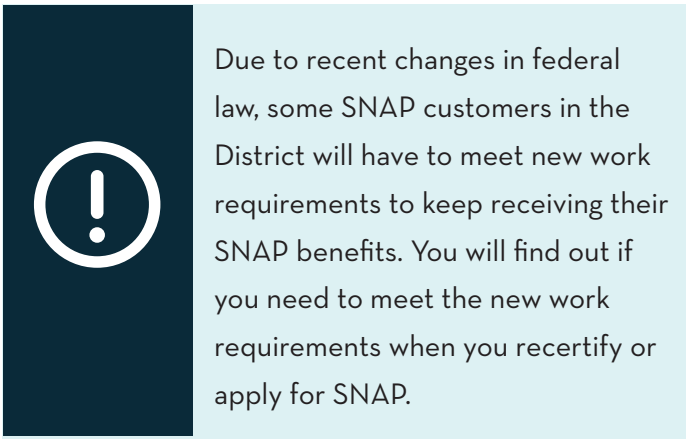
Who needs to meet the new SNAP Work Requirements?

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.



Due to recent changes in federal law, some SNAP customers in the District will have to meet new work requirements to keep receiving their SNAP benefits. You will find out if you need to meet the new work requirements when you recertify or apply for SNAP.

WHO DOES THIS IMPACT?

The new work requirements apply to Able-Bodied Adults Without Dependents (ABAWD) who do not qualify for an exemption.

What is an ABAWD?

People between the **ages of 18 and 64** who:

- **Do not** face mental and physical barriers to working
- **Do not** live with a child under the age of 14
- **Do not** meet another exemption
- See **workrequirements.dc.gov** for a full list of exemptions.

IF YOU ARE AN ABAWD, YOU MUST:

① Work or do training for 80 hours per month

OR

② Volunteer at the SNAP Volunteer Program for a smaller number of hours

⚠ 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.

Questions?
Visit workrequirements.dc.gov

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Who is exempt from the ABAWD Work Requirements?

If you are exempt, the ABAWD work requirements do not apply to you. You will find out if you are exempt when you recertify or apply for SNAP.

ABAWD EXEMPTIONS

You may be exempt from the SNAP ABAWD work requirements if any of the following apply to you:

Under age 18 or over age 64	Physical or mental health conditions that make it difficult for you to work	Receiving or applying for unemployment compensation
Pregnant	Caring for a child under age 6 or someone who is ill or disabled living in or outside your home	Receiving TANF or Cash assistance and complying with its work requirements
An American Indian, Alaska Native, Urban Indian, or California Indian	Participating in a drug or alcohol treatment program	Working 30+ hours per week or earning more than $217.50 per week before taxes
Living in a SNAP household with a child under 14	Receiving disability-related benefits, such as SSI/SSDI, veterans' benefits, worker's compensation, or private disability	Enrolled half time in school, training, higher education, or a federally recognized refugee program

If you are between the ages of 18 and 64 and **do not** meet an exemption, you are considered an Able-Bodied Adult Without Dependents (ABAWD), and you must meet the ABAWD work requirements. You will find out if you need to meet the work requirements when you recertify or apply for SNAP.

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HOW TO PROVE THAT YOU QUALIFY FOR AN EXEMPTION?

Some exemptions may require proof, and some may not. You will find out when you recertify or apply for SNAP if you need to provide proof. Listed below are the types of documents that you could provide for each of the following exemptions. You do not need to provide every document listed. One from each group may be enough.

EXEMPTIONS		VERIFICATION NEEDED
AGE	Under 18 Or Over 64	No Proof Needed
CARETAKER	Caring for a child under 6 in your home	No Proof Needed
	Caring for a child under 6 who lives outside your home	Signed SNAP Work Requirement Screening Form OR a note from family/third party
	Caring for someone ill/disabled who lives in your home	SNAP Medical Report Form OR documentation from qualified professional for ill/disabled person (Not needed if person ill/disabled receives SSI)
	Caring for someone ill/disabled who lives outside your home	Signed SNAP Work Requirement Screening Form
	Living in a SNAP household with a child under 14	No Proof Needed
EMPLOYMENT OR EDUCATION	Working 30+ hours/week or earning $217.50+/week before taxes	Paystub, employer statement/contract, OR SNAP Verification of Employment or Qualifying Work Activity Form
	Enrolled half-time in school, training, higher education, or a refugee program	SNAP Verification of Employment or Qualifying Work Activity Form, program documentation, OR written statement

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How to prove that you qualify for an exemption? (continued)

Some exemptions may require proof, and some may not. You will find out when you recertify or apply for SNAP if you need to provide proof.

EXEMPTIONS		VERIFICATION NEEDED
OTHER PROGRAMS	Receiving or applying for unemployment compensation	Copy of Unemployment Compensation Application OR Award letter
	Receiving TANF or Cash assistance and complying with its work requirements	None - Internally Verified
INDIGENOUS IDENTITY	American Indian, Alaska Native, Urban Indian, or California Indian	Signed SNAP Work Requirement Screening Form
HEALTH & SPECIAL CONDITIONS	Pregnant	Signed SNAP Work Requirement Screening Form (medical proof encouraged but not required)
	Physical/mental health condition making it difficult to work	SNAP Medical Report Form OR qualified professional documentation
	In drug/alcohol treatment through anonymous peer-support recovery meetings (NA, AA, etc)	Signed SNAP Work Requirement Screening Form
	Participating in a drug or alcohol treatment program	SNAP Medical Report Form OR provider verification
	Receiving disability-related benefits (e.g. SSI/SSDI, VA, worker's comp, or private disability)	Award/benefit letter, check copy, SNAP Medical Report Form from an allowable professional, OR other written proof
	Obvious barriers to work as determined by DC DHS (e.g., chronic homelessness, domestic violence, or other barriers)	Signed SNAP Work Requirement Screening Form

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HOW DO YOU MEET THE ABAWD WORK REQUIREMENTS?

You can meet the work requirements through a variety of activities. You will find out if you need to meet the work requirements when you recertify or apply for SNAP.

WAYS TO MEET THE WORK REQUIREMENTS

You can participate in any of the following work activities to meet the work requirements:

PAID EMPLOYMENT	Participate in full-time, part-time, temporary, internship, freelance, or self-employed work for at least 20 hours per week or 80 hours per month
UNPAID WORK	Participate in unpaid work or work in exchange for goods or services for at least 20 hours per week or 80 hours per month (e.g., unpaid internship/externship)
WORK, EDUCATION & TRAINING PROGRAMS	Participate in an approved work, education, or training program for at least 20 hours per week or 80 hours per month
SNAP VOLUNTEER PROGRAM	Volunteer at an approved volunteer site coordinated by SNAP Employment & Training for approximately 30 hours or fewer per month (hours vary by household)

Reach out to SNAP Employment & Training to learn more about the SNAP Volunteer Program and qualifying Work, Education, & Training Programs.

- **(202) 535-1178; TTY 711**
- **dhs.snapet@dc.gov**
- **Anacostia DHS Service Center**

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HOW TO SHOW THAT YOU MEET THE WORK REQUIREMENTS?

If you are not exempt from the work requirements, you will need to provide proof that you are meeting them.

SOME EXAMPLES OF HOW TO VERIFY YOUR WORK ACTIVITIES

Listed below are examples of types of documents that you could provide for each of the work activities. You do not need to provide every document listed. One from each group may be enough.

PAID EMPLOYMENT	• Pay stub or employer statement • SNAP Verification of Employment or Qualifying Work Activity Form • Self-employment records, if applicable
UNPAID WORK	• SNAP Verification of Employment or Qualifying Work Activity Form • Documentation of volunteer hours
WORK, EDUCATION & TRAINING PROGRAMS	• SNAP Verification of Employment • Qualifying Work Activity Form • Other program document
SNAP VOLUNTEER PROGRAM	• These programs are internally verified, so you do not need to provide additional verification

Reach out to SNAP Employment & Training to learn more about the SNAP Volunteer Program and qualifying Work, Education, & Training Programs.

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WHAT TO DO NOW

Take action while you wait to hear from DHS.

FIND OUT IF YOU MAY BE EXEMPT

You will find out if you need to meet the new work requirements when you recertify. In the meantime, use the **Pre-Screener Tool** to help find out whether you or someone in your household may be affected by the new rules and start getting prepared. It takes less than 10 minutes!

Scan the QR code for the Pre-Screener Tool:

LET US KNOW IF YOU ARE EXEMPT

Do you think you or someone in your household is exempt from the new work requirements? Fill out the **SNAP Work Requirement Screening Form** now: 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 YOUR SNAP RECERTIFICATION

If your SNAP recertification is in less than 60 days, fill out the **SNAP Work Requirement Screening Form**. You can submit the form online via **District Direct**, in person at any DHS service center, or by mail or fax. Completing the form now will help prevent delays with your SNAP benefits.

Download the Screening Form at workrequirements.dc.gov:

FIND A WORK ACTIVITY TO MEET THE ABAWD WORK REQUIREMENTS

If you are not exempt and need help meeting the work requirements, SNAP E&T can help you find a job, join the SNAP Volunteer Program, get training, or attend school. Call SNAP E&T at (202) 535-1178 or TTY 711, email dhs.snapet@dc.gov, or visit the Anacostia DHS Service Center for help.

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WHAT TO EXPECT WHEN YOU MEET WITH DHS

DHS will work with you to determine if you need to meet work requirements when you recertify or apply for SNAP benefits.

WHAT COMES NEXT

When you apply or recertify for SNAP benefits, DHS will determine if you need to meet the ABAWD work requirements or are exempt.

If you are exempt	• **If you are currently receiving SNAP benefits,** the next time you recertify, DHS will determine if you qualify for an exemption. • **If you are applying for SNAP benefits**, DHS will determine if you qualify for an exemption at the time of your application.
If you need to report work activities	If you do not qualify for an exemption, you will have to verify your work activities. For paid and unpaid employment, you can submit proof of your hours via the **SNAP Verification of Employment Form**. If you are participating in the **SNAP Volunteer Program** or other SNAP E&T-approved program, DHS will verify your hours internally.
When you can't meet your work requirements for one month	If you cannot meet your required hours one month through no fault of your own, you may not be penalized if you have a **good cause**. Some examples of **good cause** include: • Temporary illness • Eviction or foreclosure • Sudden breakdown in transportation • Sudden loss of childcare • Court-ordered appearance or temporary incarceration • Domestic violence If you think you have **good cause,** report it via the SNAP Work Requirement Screening Form or to a case worker during your next interview.
If you don't meet your work requirements	If you do not have an exemption or good cause and do not meet the work requirements, you cannot receive SNAP for **more than 3 months in a 3-year period**. You can start receiving SNAP benefits again if you meet the work requirements for 30 days.

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