

# SNAP Changes!

Beginning March 1, 2026



## What is an ABAWD?

---

- ABAWD stands for Able Bodied Adults Without Dependents.

## New Work Rule (ABAWD)

---

Adults ages 18–64 without a child under 14 must work, train, or volunteer **80 hours per month** to keep SNAP longer than 3 months.

## Who's Affected? (New Rules)

---

People applying for SNAP benefits on or after November 1 will follow the new ABAWD (Able Bodied Adults Without Dependents) work rules.

## Who's NOT Affected? (Old Rules)

---

- Current SNAP recipients who are considered ABAWDs will stay under the old rules until:
  - Their next recertification, or
  - Their status changes

Please refer your questions to:



**Group**

**Do New Rules Apply?**

**What It Means**

Adults 18-64 with **no kids under 14**



Must work/train/volunteer 80 hours per month after 3 months (Applicants applying on or after November 1 or at recertification.)

Parents with a **child under 14**



Exempt from new work rules

Homeless, Veterans, Foster Youth (18+)



No longer exempt - must meet work rules (May need to meet new work requirements at recertification or report a change.)

**SCAN ME**

to view OTDAs requirements and more info!



[otda.ny.gov/programs/snap/](https://otda.ny.gov/programs/snap/)



**SCAN ME**

to watch a short video explaining the new changes!

