

ADULTS WITHOUT CHILDREN & FOOD STAMP BENEFITS

ARE YOU AN ABAWD?

An ABAWD is an Able-Bodied Adult Without Dependents. It is an important Food Stamp rule to be aware of because it is the only time Food Stamp benefits are time limited. *ABAWDS are eligible to receive Food Stamps for only 3 months in each 36-month period.* As a result, your Food Stamp benefits will be discontinued when you have received three months of benefits within a thirty-six month period.

What makes you an ABAWD? You are an ABAWD if you are:

- ❖ Over the age of 17 and under the age of 50 – AND-
- ❖ Not caring for a dependent child -AND-
- ❖ Not working at least 80 hours a month –AND-
- ❖ Able to work

You are NOT limited to 3 months of benefits if you are:

A parent or other household member caring for a dependent child; -OR-

Pregnant (regardless of when the baby is expected to be born); -OR-

Unable to work because of a physical or mental or emotional problem. –OR-

- NOTE:** If you believe you cannot work, you must give your Food Stamp worker a letter from your doctor. If you don't have a doctor, you can contact the Crossroads Hotline at 351-6500 or 1-800-367-2700 or a Community Health Center in your neighborhood.

Working 20 hours or more a week (or at least 80 hours per month); -OR-

Taking part in a work-training program, such as a Workforce Investment Act Program, for 20 hours or more a week (or at least 80 hours per month); -OR-

Taking part in an unpaid Community Work Experience Program through The Food Stamp E&T Program for 20 hours or more a week (or at least 80 hours per month). –OR-

- NOTE:** For help with getting a job, contact Network RI at 1-888-616-5627.

A resident of the following exempt cities/towns:

- Central Falls
- New Shoreham (Block Island)
- Pawtucket
- Providence

If you have any questions about these Food Stamp rules or if you need to talk about your current situation, contact your Food Stamp worker right away or call the Food Stamp Outreach Project toll free, 1-866-306-0270.