

**ATTENTION: Some SNAP recipients will receive only 3 months of benefits between April 2020 and March 2023, unless they meet the ABAWD work requirement. This is known as the SNAP Time Limit.**

**STEP 1**

**Know whether the ABAWD work requirement applies to you.**

Do you meet the definition of an **Able-Bodied Adult Without Dependents (ABAWD)**? Are you:

- between ages 18 and 49,
- not living with a child under age 18, and
- considered to be able bodied (able to work and not disabled)?

**STEP 2**

**The SNAP Time Limit does not apply to you if you meet one of the following exceptions:**

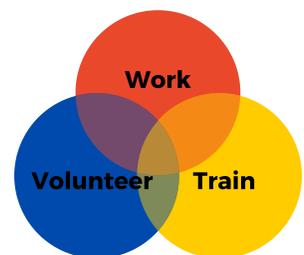
- Your SNAP case includes a child under 18 (even if this is not your child).
- You are responsible for the care of a child under age 6 or an incapacitated person.
- You are getting disability benefits or veterans disability benefits (at any percentage).
- You have a physical or mental disability that makes you unable to work at least 80 hours per month.
- You have experienced physical or psychological trauma from domestic violence and are unable to work at least 80 hours per month.
- You are getting unemployment benefits.
- You are regularly participating in a drug or alcohol treatment program.
- You are pregnant (at any stage).
- You are attending school.

**If you meet any of these exceptions, contact DCFS at LAHelpU.DCFS@la.gov or 1-888-LA-HELP-U (1-888-524-3578).**

**STEP 3**

**If you meet the definition of an ABAWD, but don't meet any of the exceptions, you have the following options to continue receiving SNAP benefits:**

- Work in a job (for pay or as a volunteer) for at least 80 hours per month; or
- Participate in a SNAP Employment and Training program for at least 80 hours per month (More information available at [www.dcfslouisiana.gov/SNAPET](http://www.dcfslouisiana.gov/SNAPET)); or
- Work and/or participate in any combination of the above for a total of at least 80 hours per month.



***\*If you drop below 80 hours per month, you are required to report that change to DCFS by the 10th of the following month.***

**IMPORTANT: If you get 3 months of benefits between April 2020 and March 2023 without meeting the ABAWD work requirement, your SNAP benefits will end.**

**QUESTIONS? Call DCFS at 1-888-LA-HELP-U (1-888-524-3578)**

[www.dcfslouisiana.gov/ABAWD](http://www.dcfslouisiana.gov/ABAWD)

