

IMPORTANT NOTICE

You may be required to meet work requirements to continue receiving Food and Nutrition Services (formerly Food Stamps).

Effective January 1, 2016, the Food and Nutrition Services (FNS) Program has a work requirement in the county where you live for adults who are ages 18 through 49, are able to work, and do not have a child(ren) under age 18 included in your FNS benefits. You are receiving this letter because you or someone in your household has been identified as someone who may be subject to this rule. This rule is called "ABAWD" (Able-Bodied Adult without Dependents) and means you can only get FNS for 3 months during the next 3 years unless you are exempt from the rule or meet certain work requirements.

You must work 20 hours per week to receive FNS benefits for more than 3 months unless you are:

- Under 18 or 50 years of age or older;
- Physically or mentally unable to work 20 hours per week (even temporarily);
- Pregnant;
- Part of a FNS benefit household with a child under 18 (the child need not be yours);
- Providing care for an incapacitated person;
- Participating in a substance abuse program;
- Receiving unemployment benefits; or
- In school at least half time (as defined by any recognized school, training program, or institution of higher education).

If none of the above apply to you, in order to receive FNS benefits for more than 3 months you must work 80 hours per month in some combination of the following:

- Paid Work (including your own business);
- Work program such as Workforce Innovation and Opportunity Act (WIOA);
- Volunteering with an approved public or nonprofit agency;
- Employment and Training (E&T) program that includes ABAWD qualifying activities; or
- Have good cause for failure to work 80 hours that month (such as illness or no transportation).

You will only receive 3 full months of FNS benefits beginning January 1, 2016, if you do not work or do not meet one of the above exemptions. If you lose your benefits, others in your household can still get FNS benefits.

If you have any questions about this information or if you need help finding volunteer work, contact your county department of social services or call 1-866-719-0141.