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Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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## Requirement to Work

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**RTW**

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## What is the Requirement to Work or RTW?

It is a rule for SNAP.

It means that certain individuals who are considered to be Able Bodied Adults Without Dependents, or ABAWDs for short, have to meet work requirements to receive SNAP benefits.

This rule is known as the “ABAWD” rule .

If the work requirements of this rule aren’t met, then an ABAWD can only get SNAP for 3 months out of a 3-year period.

## What Are the Work Requirements?

Work at least 20 hours per week or 80 hours averaged monthly;

OR

Participate in and comply with a Workforce Investment Act (WIA) Program for 20 hours or more per week or 80 hours averaged monthly;

OR

Participate in a SNAP Employment and Training (E&T) Program.

OR

Participate in and comply with a Workfare Program;

OR

Participate at least half-time in a recognized refugee training program approved, funded, or operated by the Office of Refugee Resettlement which determines half-time status.

## Exemptions:

This means that I don’t have to meet the work requirement if the following apply to me if I am:

Under 18 or age 50 or older; OR

Residing in a SNAP household where a household member is under age 18;

OR

Pregnant; OR

Physically or mentally unable to work and a healthcare provider can provide verification of this; OR

Already working more than 20 hours a week; OR

Complying with the work requirements of another program; OR

Exempt from work registration which means I am:

- \* Receiving a TEA Benefit; or
- \* Receiving Unemployment; or
- \* Participating in a Drug or Alcohol Treatment Program; or
- \* A Full Time Student