Contact your caseworker at your local DHS county office.

FOR MORE INFORMATION

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WHAT IS THE REQUIREMENT TO WORK?

The Requirement to Work or RTW is a rule for Supplemental Nutrition Assistance Program (SNAP).

It means that certain individuals who are considered to be able-bodied adults without dependents, have to meet work requirements to receive SNAP benefits.

If able-bodied adults without dependents on SNAP do not meet the requirement to work, then they can only get SNAP benefits for three months out of a three-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 Program for 20 hours or more per week or 80 hours averaged monthly; or
- Participate in a SNAP Employment and Training Program; or
- Participate in and comply with a Workfare Program (this is a limited program so ask your local county office if it is available in your area); 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 TO THE REQUIREMENTS

An exemption means that you do not have to meet the work requirement. You have an exemption if you are:

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