



IMPORTANT CHANGES to New Jersey SNAP

If you receive SNAP benefits and are considered an Able-Bodied Adult Without Dependents (ABAWD), this rule change affects YOU.

Under federal rules, you must participate in an approved work activity to remain eligible for benefits from SNAP (Supplemental Nutrition Assistance Program).

Beginning in 2016, ABAWDs who are **not working** or are **not in a work activity** will get only **3 months of SNAP benefits in a 3-year period**.

To keep your SNAP benefits, you must either:

- work at least 20 hours a week
- participate at least 20 hours a week in a NJ SNAP-approved work program
- participate in a NJ SNAP-approved workfare program.

If you do not meet this requirement, your case will be closed and you will lose your SNAP benefits. The New Jersey Department of Labor and Workforce Development offers a variety of employment and training programs to help able-bodied adults without dependents meet this work requirement. Call the number below to learn more.

You may be exempt from the ABAWD requirements if you are any of the following:

- under age 18, or age 50 or above
- living with a minor child
- pregnant
- receiving unemployment insurance benefits
- participating in a licensed drug/alcohol treatment program
- physically or mentally unfit for work.

Need help finding a work activity?

Call 1-855-450-3109

or

email snapconnect@dol.nj.gov