

ATTENTION: BEGINNING OCTOBER 1, 2024, CERTAIN SNAP RECIPIENTS IN LOUISIANA WILL NEED TO FOLLOW FEDERAL ABAWD WORK REQUIREMENT RULES TO CONTINUE RECEIVING SNAP BENEFITS.

KNOW WHETHER THE ABAWD WORK REQUIREMENT APPLIES TO YOU.

You meet the definition of an Able-Bodied Adult Without Dependents (ABAWD) if you are:

- between 18 and 54,
- not living with a child under 18, and
- considered to be able bodied (able to work and not disabled).

THE WORK REQUIREMENT DOES NOT APPLY TO YOU IF YOU MEET ONE OF THE FOLLOWING EXCEPTIONS:

- Physically or mentally unable to be employed.
- Pregnant.
- Caring for dependents.
- Veteran status.
- Experiencing homelessness.
- Age 24 and younger who were in foster care on their 18th birthday.
- Working at least 30 hours a week.
- Earning \$217.50 or more per week.
- Receiving unemployment benefits, or have applied for unemployment benefits.
- Going to school, college, or a training program at least half-time.
- Meeting the work rules for Temporary Assistance for Needy Families (TANF).
- Participating in a drug or alcohol addiction treatment program.

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

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 (20 hours per week); or
- Participate in a SNAP Employment and Training program for at least 80 hours per month (20 hours per week) (More information available at www.dcf.la.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 October 2023 and March 2026 without meeting the ABAWD work requirement, your SNAP benefits will end.

QUESTIONS? Call DCFS at 1-888-LA-HELP-U (1-888-524-3578 or visit dcfs.la/abawd