

Changes to the Able Bodied Adults Without Dependents or ABAWD Rules



Effective July 1, 2023, anyone who receives Basic Food benefits and:

- Lives in KING or SNOHOMISH Counties (**with the exception of** those residing on the Muckleshoot or Tulalip Reservations);
- Is between the ages of 18-49 years old;
- Does not live with a child under 18 years old; and
- **Is able to** work.

May be required to meet ABAWD work requirements, such as working 20 hours per week or participating in specific work activities, to remain eligible for Basic Food benefits for more than three months.

For more information, see www.dshs.wa.gov/abawd.

The Department of Social and Health Services is an equal opportunity provider and employer.



Washington State
Department of Social
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(6/2023)



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Why is this happening?

Since the Public Health Emergency ended in May 2023, ABAWD time limit rules must be applied to Basic Food households in KING and SNOHOMISH counties starting July 2023. (Washington Administrative Code 388-444-0030). For more information, see www.dshs.wa.gov/abawd.

We want to help! Please contact us to find qualifying activities or to report a physical or mental barrier to joining activities.

- Call the DSHS Customer Service Contact Center toll free at **1-877-501-2233**.
- Visit a local DSHS Community Services Office. To find an office near you, visit www.dshs.wa.gov/office-locations.