ABLE BODIED ADULT WITHOUT DEPENDENTS (ABAWD)

Basic Food Eligibility Requirements: What You Need to Know to Keep Your Benefits

**Requirements:**

- Able-bodied adult without dependents (ABAWD)

**What You Need to Know:**

- **SBP:** Only those who provide SBP to DSHS may be eligible for food assistance.

**Exclusions:**

- **Able-bodied adult without dependents (ABAWD):** Individuals who are able-bodied adults without dependents (ABAWD) are subject to certain rules to determine their eligibility for food assistance.

**What You Need to Know:**

- **SBP:** Only those who provide SBP to DSHS may be eligible for food assistance.

**Options:**

- **SBP:** Only those who provide SBP to DSHS may be eligible for food assistance.

**Contact Information:**

- **For more information:** Contact DSHS at 388-478-0060 or visit www.dshs.wa.gov/abawd.

- **For food assistance:** Visit www.washingtonconnection.org or call 1-877-501-2233.

**Resources:**

- **AmeriCorps VISTA**
- **LEP**