ABLE BODIED ADULT WITHOUT DEPENDENTS (ABAWD)

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

The ABLE BODIED ADULT WITHOUT DEPENDENTS (ABAWD) program is a category of the Supplemental Nutrition Assistance Program (SNAP) that helps able-bodied adults who are not currently getting food stamps. To qualify, an individual must meet certain eligibility requirements.

To be eligible for ABAWD benefits, you must:

- Be an able-bodied adult without dependents (aged 18-49)
- Not be participating in any work activity that would lead to the loss of benefits
- Not be in school
- Not be receiving Supplemental Security Income (SSI), Temporary Assistance for Needy Families (TANF), or other assistance programs
- Have earned income above certain thresholds

For more information, please visit the official website at www.washingtonconnection.org or call 1-877-501-2233.

For additional resources, please visit www.dshs.wa.gov/esa/community-services/offices/wioa.

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