ABLE BODIED ADULT WITHOUT DEPENDENTS (ABAWD)

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

Please review the following eligibility requirements as a guide to keep your benefits.

**Able-Bodied Adult Without Dependents (ABAWD)**

If you are not employed or actively looking for work, you may be considered an ABAWD. You must meet the following requirements to qualify for benefits:

- **Full-Time Employment:** You must be employed at least 30 hours per week.
- **Part-Time Employment:** You must be employed at least 20 hours per week.
- **Unemployed:** You must be actively looking for work.
- **Education:** You must be enrolled in school at least 20 hours per week.
- **Household Size:** Your household must have no more than two members.
- **Income:** Your household income must be below the poverty line.

If you do not meet these requirements, you may lose your benefits. Please contact your local office for more information.

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**To Keep Your Benefits:**

- **Full-Time Employment:** You must work at least 30 hours per week.
- **Part-Time Employment:** You must work at least 20 hours per week.
- **Unemployed:** You must actively look for work.
- **Education:** You must be enrolled in school at least 20 hours per week.
- **Household Size:** Your household must have no more than two members.
- **Income:** Your household income must be below the poverty line.

If you fail to meet these requirements, you may lose your benefits. Please contact your local office for more information.

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**紧急食品资格要求**

您可以根据以下资格要求查看您的资格。

**健全成人无依赖者 (ABAWD)**

如果您不是受雇或积极寻找工作，您可能被视为 ABAWD。您必须满足以下要求以获得资格。

- **全职工作:** 您必须每周工作至少30小时。
- **兼职工作:** 您必须每周工作至少20小时。
- **失业:** 您必须积极寻找工作。
- **教育:** 您必须至少每周在学20小时。
- **家庭规模:** 您的家庭成员不得超过两名。
- **收入:** 您的家庭收入必须低于贫困线。

如果您不满足这些要求，您可能会失去资格。请与当地办事处联系以获取更多信息。

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**保持您的资格:**

- **全职工作:** 您必须每周工作至少30小时。
- **兼职工作:** 您必须每周工作至少20小时。
- **失业:** 您必须积极寻找工作。
- **教育:** 您必须至少每周在学20小时。
- **家庭规模:** 您的家庭成员不得超过两名。
- **收入:** 您的家庭收入必须低于贫困线。

如果您不满足这些要求，您可能会失去资格。请与当地办事处联系以获取更多信息。

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**基本食品资格要求：您需要了解的保持资格信息**

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