ABLE BODIED ADULT WITHOUT DEPENDENTS (ABAWD)

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

**ABLE BODIED ADULT WITHOUT DEPENDENTS (ABAWD)**

- Must be able-bodied adults without dependents (ABAWD) who are 18-64 years old, not self-employed, or not receiving Social Security Disability benefits.

**WHAT YOU NEED TO KNOW TO KEEP YOUR BENEFITS**

- You must work at least 20 hours per week to keep your benefits.
- You must register for work, or be engaged in an approved activity.
- You must report your hours worked and the earnings from your work.

**WHERE TO GET MORE INFORMATION**

- [www.dshs.wa.gov/abawd](http://www.dshs.wa.gov/abawd)
- [www.washingtonconnection.org](http://www.washingtonconnection.org)

**LIMITED ENGLISH PROFICIENCY (LEP) PATHWAY**

- [www.dshs.wa.gov/RISE](http://www.dshs.wa.gov/RISE)
- [www.dshs.wa.gov/bfet](http://www.dshs.wa.gov/bfet)
- [https://www.dshs.wa.gov/esa/community-services-offices/wioa](https://www.dshs.wa.gov/esa/community-services-offices/wioa)
- [www.washingtonconnection.org](http://www.washingtonconnection.org)

**HOW TO APPLY**

- [www.dshs.wa.gov/abawd](http://www.dshs.wa.gov/abawd)
- [www.washingtonconnection.org](http://www.washingtonconnection.org)

**WHAT HAPPENS IF YOU VIOLATE THE WORK RULES**

- You may lose your benefits.
- You may be required to repay any benefits you received.
- You may be referred to the Department of Social and Health Services (DSHS) for further action.

**FOR ADDITIONAL INFORMATION**

- [www.dshs.wa.gov/bfet](http://www.dshs.wa.gov/bfet)
- [www.dshs.wa.gov/RISE](http://www.dshs.wa.gov/RISE)
- [www.dshs.wa.gov/wac388-478-0060](http://www.dshs.wa.gov/wac388-478-0060)
- [www.dshs.wa.gov/abawd](http://www.dshs.wa.gov/abawd)
- [www.washingtonconnection.org](http://www.washingtonconnection.org)