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

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

Able-bodied adult without dependents (ABAWD)

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Able-bodied adult without dependents (ABAWD) have certain requirements to receive benefits.

**Criteria:**

- You must be a non-disabled adult with no dependents.
- You must be able-bodied and without dependents.

**Eligibility Requirements:**

- **Household Income Limit:**
  - You must have a family income below the federal poverty level.
- **Work Requirements:**
  - You must work or participate in approved work programs.
  - You must work a minimum of 20 hours per week or participate in approved work programs.
- **Education Programs:**
  - You must enroll in approved education programs.
- **Training Programs:**
  - You must enroll in approved training programs.
- **AmeriCorps VISTA Program:**
  - You must participate in the AmeriCorps VISTA program.
- **Limited English Proficiency (LEP) Pathway:**
  - You must meet the LEP requirements.
- **Other Requirements:**
  - You must meet other eligibility requirements.

**Additional Information:**

- Visit [www.dshs.wa.gov/bfet](http://www.dshs.wa.gov/bfet) for more information.
- Visit [www.dshs.wa.gov/esa/community-services-offices/wioa](http://www.dshs.wa.gov/esa/community-services-offices/wioa) for information on WIOA.
- Visit [www.washingtonconnection.org](http://www.washingtonconnection.org) for information on matching grant funds.

**Contact Information:**

- Call 1-877-501-2233 for more information.
- Visit [www.dshs.wa.gov/abawd](http://www.dshs.wa.gov/abawd) for more information.

BASIC FOOD ELIGIBILITY REQUIREMENTS: WHAT YOU NEED TO KNOW TO KEEP YOUR BENEFITS

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