

ABLE BODIED ADULT WITHOUT DEPENDENTS (ABAWD)
**Basic Food Eligibility Requirements:
What You Need to Know to Keep Your Benefits**

Your benefits are time limited if you are not working

We consider you an Able Bodied Adult without Dependents (ABAWD) for Basic Food because you're able to work and have no children in your household,

You can receive Basic Food benefits for three out of every 36 months if you aren't meeting work requirements.

How to keep your Basic Food benefits

You must do one or more of the following activities to keep your benefits for more than three months:

- Complete volunteer work through the Workfare program each month. Your monthly benefit amount determines the number of hours you must volunteer to keep your food benefits.
- Work at least 20 hours a week or 80 hours a month on average.
- Participate in a state approved employment or training program such as:
 - Basic Food Employment and Training (BFET). For more information go to www.dshs.wa.gov/bfet;
 - Programs included in the Workforce Innovation and Opportunity Act (WIOA). For more information go to <https://www.dshs.wa.gov/esa/community-services-offices/wioa>;
 - AmeriCorps VISTA; or
 - Limited English Proficiency (LEP) Pathway.

Barriers to participation

Contact us if you are unable to participate at least 80 hours a month because you:

- Are physically or mentally disabled;
- Receive benefits from Labor & Industries (L&I), Veterans Administration, or private disability insurance;
- Live in a condition that prevents employment, such as long-term homelessness;
- Care for a person who can't care for themselves because of age or disability;
- Participate in a chemical dependency treatment or rehabilitation program;
- Applied for or receive unemployment benefits;
- Are enrolled in school at least half-time; or
- Receive Refugee Cash Assistance benefits or Matching Grant Funds.

Things you must report

You must tell us if:

- You can't complete the required number of participation hours in a month.
- Your work drops below 20 hours a week.
- Your household's income goes over the limit in WAC 388-478-0060.

You can find more information about ABAWD requirements at www.dshs.wa.gov/abawd.

Call us at 1-877-501-2233 if you have questions, need assistance connecting to a training program, or need to report changes.

You can visit us at www.washingtonconnection.org to apply for benefits, submit a review, or report changes.