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)

In order to be eligible for the Food assistance program (ABAWD) you must meet certain requirements. The program is designed to help able-bodied adults who are not dependent on others to earn income. The requirements for eligibility are as follows:

• You must be between the ages of 18 and 65.
• You must be able-bodied and not participating in an activity that is designed to help you become self-sufficient (LEP Pathway).
• You must not receive other public assistance benefits from the state.
• You must not live in a household with a dependent child.

These requirements are designed to help ensure that those who need assistance are able to help support themselves.

To check your eligibility for the Food assistance program, you can visit the website www.dshs.wa.gov/abawd or call 1-877-501-2233. You can also visit your local office or call the P3-Priority Access Line at 1-877-501-2233. If you have any questions, you can contact the food assistance program at www.washingtonconnection.org or call 1-877-501-2233.