

NYS SNAP WORK REQUIREMENTS FOR ABLE-BODIED ADULTS WITHOUT DEPENDENTS (ABAWDS) EFFECTIVE MARCH 1ST, 2026



As of March 1, 2026, significant changes to the Supplemental Nutrition Assistance Program (**SNAP**) work requirements for Able-Bodied Adults Without Dependents (**ABAWDs**) are in effect. These changes affect eligibility and access to benefits for thousands of New Yorkers.

The Health and Welfare Council of Long Island (**HWCLI**) is committed to providing partners and SNAP clients with clear, up-to-date information to help them navigate evolving SNAP program requirements. To streamline access to critical resources, HWCLI launched **LongIslandJobs.org** in partnership with **NAKA Technologies**, a community-focused platform that connects job seekers with meaningful employment opportunities while centralizing access to job trainings, career centers, and required documentation needed to fulfill new guidelines, all while strengthening Long Island’s workforce.

KEY UPDATES TO ABAWD WORK REQUIREMENTS:



Expanded Populations:

- ABAWDs aged 18 to 64 (Previously, the cutoff was age 54)
- Veterans
- Those Aging Out of Foster Care
- Homeless Individuals

Monthly Work Obligation:

ABAWDs **are required to complete up to 80 hours per month**** of qualifying activities, which **include:**



- **Paid employment**
- **Approved job training program** participation
- **Volunteer work** (Volunteer with local nonprofit or public service organizations, i.e. food pantries, parks, or libraries)

****Monthly benefit determines the exact amount of hours**



Time Limit Returns:

If you are an ABAWD, you can only get SNAP benefits for 3 months unless you meet the federal ABAWD work rules.

Compliance & Documentation:



ABAWDs must **document their hours monthly** to maintain eligibility. Acceptable documentation includes pay stubs, volunteer logs, or training program attendance records.

Please use these documents to fulfill requirements:

- [Job Search Activity Record \(Fillable\)](#)
- [Job Search Activity Record \(Printable\)](#)
- [Education & Training Participation Record](#)
- [Volunteer Participation Record](#)



Failure to meet the 80-hour threshold may result in benefit termination after the three-month limit.



Exemptions:

Some individuals may be exempt from ABAWD requirements, **including:**

- Pregnant individuals
- Those **medically certified as unable to work**
- Residents in households with children under 14
- Participants in drug or alcohol treatment programs
- Individuals experiencing homelessness or domestic violence (case-by-case basis)

Support & Resources:

- NYS Office of Temporary Disability Assistance: [SNAP Work Requirements](#), [SNAP](#) | [OTDA](#)
- [Legal Services NYC](#) and [Hunger Solutions NY](#) offer guidance on exemptions, documentation, & appeals
- [SNAP Employment & Training \(E&T\)](#) programs are available to help meet work requirements.

LongIslandJobs.Org

You can search and apply for local job opportunities, explore workforce training programs, connect with career centers, and access the documentation and resources needed to meet new work requirements all in one convenient place. Visit www.LongIslandJobs.org to access.

