



## **Able-Bodied Adults Without Dependents (ABAWD) SNAP Time Limit Rules and Exemptions**

### ***You Must Follow These Rules to Continue to Receive SNAP Benefits***

This letter is to tell you that that Supplemental Nutrition Assistance Program (SNAP) **Time Limit Rules** will begin again on July 1, 2023. This letter tells you what the rules are, who they apply to, and what you may need to do.

#### **What do you need to know?**

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Beginning on July 1, 2023, you may be subject to the **Time Limits**. The time limits may apply to you because you are between ages 18 and 49, do not live with a child under 18, and are considered physically and mentally able to work. This is often called the Able-Bodied Adult Without Dependents (ABAWD) work requirement.

If you are subject to the time limits, you can only get SNAP benefits for 3 months in 3 years.

Any ABAWD that has 2 months of time limited benefits (July and August 2023) will have their time limit reset on September 1, 2023. This means that if you are not meeting the requirements explained in this letter, the earliest your SNAP case could close due to the time limit would be three months from September 1, 2023, which would be November 30, 2023.

Additionally, residents of certain cities and towns don't have a time limit. You will receive another notice letting you know if you or someone in your household has a time limit or an exemption based on the information we have on file.

Keep reading to find out more about this and what you need to do to continue to receive benefits beyond the time limit or to determine if you have an exemption.

#### **What do you need to do?**

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After July 1, 2023, in order to keep your SNAP benefits, if you are subject to the time limits, you will need to **spend at least 80 hours each month** (approximately 20 hours/week) doing one or a combination of the following activities:

- Working,
- Participating in a job training or work program, or
- Volunteering.

**If you are subject to the time limit and DHS does not have a record of you doing one of these things, please let us know if your situation has changed by calling 1-855-MY-RIDHS (1-855-697-4347) or submitting documentation (see below for ways to submit documentation).**

If you are subject to the time limit and your work hours **drop below 80 hours** a month, **you will need to tell us within 10 days.**

You can do so by:

1. Calling us at 1-855-MY-RIDHS (1-855-697-4347)
2. Submitting documentation such as paystubs or an employer letter through the following methods:
  - Mail copies of your documents to:
    - STATE OF RHODE ISLAND
    - P.O. BOX 8709
    - CRANSTON, RI 02920-8787
  - Upload documents on the HealthyRhode Mobile App, which you can download in the App Store<sup>®</sup> or on Google Play<sup>®</sup>
  - Log into your account at [www.healthyrhode.ri.gov](http://www.healthyrhode.ri.gov), clicking on “Report Changes” and uploading any required documents. To learn how to set up an account, visit: <https://dhs.ri.gov/resources/tech-resources>
  - Drop off copies of your documents at any DHS regional office drop box. For a list of office locations, visit [dhs.ri.gov/about-us/dhs-offices](http://dhs.ri.gov/about-us/dhs-offices). You may also visit the document scanning center at the Providence Regional Office at 1 Reservoir Avenue, Providence.

### **Does everyone need to meet these Time Limit Rules?**

You **may not** have to follow **any** of these Time Limit Rules and may have an **exemption** if you are:

- Younger than age 18, or age 50 or older,
- Living with someone in your house who is younger than age 18,
- Not working because of a physical or mental health reason,
- Pregnant,
- Taking care of a child younger than age 6 or someone who needs help caring for themselves,
- Already working at least 20 hours a week,
- Receiving unemployment benefits, or you applied for unemployment benefits,
- Going to school, college, or training program at least half time,
- Meeting the work rules for the Rhode Island Works (RIW) program,
- Participating in a drug or alcohol addiction treatment program,
- Living in one of the following cities or towns that currently do not have a time limit (through June 30, 2024):
  - Burrillville
  - Central Falls
  - Charlestown

- Cranston
- Cumberland
- East Greenwich
- East Providence
- Foster
- Gloucester
- Johnston
- Lincoln
- New Shoreham
- North Providence
- North Smithfield
- Pawtucket
- Providence
- Scituate
- Smithfield
- Warren
- Westerly
- West Greenwich
- West Warwick
- Woonsocket

### **What should you do if you think one of these reasons applies to you?**

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**Call us at 1-855-MY-RIDHS (1-855-697-4347) as soon as possible or submit documentation relating to your situation** if you think one of these might describe you (See *What do you need to do?* Section for ways to submit documentation). If we find that it does, you **will not** need to follow these Time Limit Rules.

Note: if DHS has an up-to-date address for you, you do not need to tell us if you are living in one of the above cities or towns.

### **What happens if you do not follow these Time Limit Rules?**

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We will count each full month that you receive SNAP benefits but do not meet these Time Limit Rules without a good reason. Once we have counted 3 full months, **you will lose your benefits.**

### **What if you have a good reason for not following these Time Limit Rules?**

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**Call us as soon as possible at 1-855-MY-RIDHS (1-855-697-4347)** if you think you have a good reason for not following these Time Limit Rules. Good reasons include issues you can't control such as getting sick or not having transportation. These are some examples of good reasons, but there are others, too. If we determine that you have a good reason, there will be no change to your SNAP benefits.

### **If you lose your SNAP benefits, how can you get them back?**

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If you are able to meet these Time Limit Rules, **you may be eligible to receive SNAP benefits again.**

You can also get SNAP benefits again if something changes in your life, and there are reasons you no

longer need to follow these rules. For example, you may get SNAP benefits back if you have a new physical or mental health reason for not working or because of other reasons listed above. You may also get SNAP benefits again if you move to one of the cities or towns that do not have a time limit.

### **Why do you need to follow the Time Limit Rules now?**

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Congress suspended these rules due to the COVID-19 pandemic. Now, the COVID-19 Federal public health emergency is coming to an end. This means that the Time Limit Rules will go back in effect starting on July 1, 2023.

### **What if you need more help?**

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If you have questions or need more information, please call us at 1-855-MY-RIDHS (1-855-697-4347), Monday through Friday, 8:30 a.m.–3:30 p.m. You may also visit our website ([www.dhs.ri.gov](http://www.dhs.ri.gov)) for more information.

Sincerely,

RI Department of Human Services  
[www.dhs.ri.gov](http://www.dhs.ri.gov)

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1. mail: Food and Nutrition Service, USDA  
1320 Braddock Place, Room 334  
Alexandria, VA 22314; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: [FNCSIVILRIGHTSCOMPLAINTS@usda.gov](mailto:FNCSIVILRIGHTSCOMPLAINTS@usda.gov)

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RI Department of Human Services  
P.O. Box 8709  
Cranston, RI 02920-8787

If you have questions or need more information, please call us at 1-855-MY-RIDHS (1-855-697-4347), Monday, Tuesday, Thursday or Friday, 8:30 a.m.–3:30 p.m. You may also visit our website ([www.dhs.ri.gov](http://www.dhs.ri.gov)) for more information.