



SNAP eligibility rules have changed. Keep your benefits.

Did you get a letter from the Rhode Island Department of Human Services saying you are now considered an Able-Bodied Adult without Dependent (ABAWD)?

NO → You can ignore this flyer.

YES → Read this flyer to learn how to keep your SNAP benefits.

To keep your SNAP benefits for longer than 3-months, you need to either:

- work, volunteer, or be in an employment and training program for at least 80 hours every month OR
- show you are unable to work due to physical or mental health limitations

For more information, go to staycovered.ri.gov



Did you know?

It is much easier to stay on SNAP than go off and have to re-apply

Learn where you can join an employment and training program, get work, or volunteer.

SNAP Employment and Training (E&T)

RI SNAP E&T is a free program that helps unemployed or underemployed people build skills, get training, and find good jobs.

risnapet.org



Department of Labor and Training (DLT)

DLT offers job training programs.

<https://dlt.ri.gov/individuals/jobseeker-resources-2025>



United Way of Rhode Island

Call for additional information and resources

CALL **211**