

SNAP Work Rules: General & Able-Bodied Adult

General Work Rule



If you are age 16-59 and get SNAP benefits, you must:

- Tell Job & Family Services (JFS) if you are working
- Report to an employer when referred by JFS
- Take a suitable job, if offered
- Not quit a job or cut your hours below 30 hours per week (or earn less than \$217.50 per week) without a good reason



You do NOT need to meet the General Work Rule if you:

- Cannot work due to your health
- Are 16 or 17 and in school or enrolled at least half-time in a training program
- Care for a dependent child under 6 or for a person who cannot care for themselves
- Go to school, college, or a training program at least half-time and meet student eligibility requirements
- Get unemployment benefits or are currently applying for unemployment
- Meet work requirements under the Ohio Works First program
- Regularly attend a drug or alcohol treatment program



You can cut your work hours to less than 30 hours per week for a good reason like:

- You are sick or are taking care of someone in your house who is sick
- You do not have transportation to work
- You cannot find child care for a child aged 6-11
- You are dealing with domestic violence

You can only quit a job for reasons that are not your fault—for example, if you face discrimination or unsafe or unfair working conditions.



What happens if you do not meet the General Work Rule?

You can be sanctioned and lose your SNAP benefits for one to six months.

Able-Bodied Adult (ABA) Work Rule



If you are age 18-64 and get SNAP benefits, you may need to follow the ABA Work Rule. This rule says you must “work” 20 hours per week, 80 hours per month. “Work” can be:

- A paid job
- Unpaid work
- Community or volunteer service
- A work program



You do NOT have to meet the ABA Work Rule if you:

- Do not have to meet the General Work Rule (other than because of your age if you are 60-64)
- Are unable to work due to your health
- Are pregnant
- Have a child under 14 on your SNAP case
- Are an Indian, Urban Indian, or California Indian



Reporting Changes

If you work less than 20 hours per week (or 80 hours per month), you must tell your County Job & Family Services office by the 10th of the next month. If you miss work for a good reason (like illness, caring for someone who is sick, transportation issues, or domestic violence), you must report it right away.



What happens if you do not meet the ABA Work Rule?

- If you have not met the rule 3 times in 36 months, your SNAP benefits will be stopped
- To get back on SNAP benefits, you must:
 - Work 80 hours over a 30-day period, or
 - Show that you no longer have to meet the ABA Work Rule

Have Questions? We Can Help.



Call 1-888-246-4420



Online lasco.org

Legal Aid of Southeast and Central Ohio (LASCO) provides free noncriminal legal help to people experiencing poverty, seniors, and veterans in 36 Ohio counties.

This information is based on current law, which is subject to change. If you have questions, contact LASCO.