

# 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



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