

KNOW YOUR RIGHTS:

Work Rules (3-Month Time Limit) for Some Massachusetts Adults on SNAP

Some adults on SNAP **ages 18 through 64** must be exempt from or meet work rules to get SNAP for more than 3 months between now and January 1, 2027. The Department of Transitional Assistance (DTA) calls this the “**ABAWD Work Rules.**”

How to Know if You Must Meet the ABAWD Work Rules to Keep SNAP

- DTA must first check to see if you need to meet the rules. If you are already getting SNAP, DTA will do this when you do your next Recertification. If you are applying, DTA will do this during your application interview. Many adults **do not have to meet** (are exempt from) the rules.
- **You only have to meet these rules – or tell DTA you are exempt – if DTA sends you a SNAP and Work notice** that says you have to meet the ABAWD Work Rules. Check your mail and [DTAConnect](#) to see notices DTA mailed to you. The notice looks like this:

For Your Information		
SNAP and Work: Rules You Must Follow		
Dear LAURA PALMER,		
You and/or other people you get SNAP with must meet the work rules for SNAP. Different people in the SNAP household may need to follow different work rules: Please see the table below. This letter tells each of you what you need to do. If you do not follow these rules, your SNAP benefits may decrease or end.		
Name:	Work rules they must meet:	Start Date:
LAURA PALMER	General Work Rules	99/99/9999
DONNA HAYWARD	ABAWD Work Rules	99/99/9999

You Have a Right To...

- Tell DTA if you are exempt or meeting the Work Rules (see next page for details)
- Have DTA act on updates from you before your next SNAP payment
- Get help from a DTA SNAP worker
- [Appeal](#) if DTA incorrectly reduces or ends your SNAP benefits
- Get free advice or help from legal aid services: visit [MassLRF.org](#)



Fill out [this form](#) from MLRI to share your story or if you need help.
Email info@masslegalservices.org with questions.

If DTA Says You Must Meet the ABAWD Work Rules, Check if You Are Exempt

You are exempt (don't have to meet the rules) if you have any of the below reasons.

Work or School Reasons:



- Make \$217.50 or more/week at work
- Get or applied for unemployment benefits
- In school or training program half time or more

Family Reasons:



- In a case with a child under 14 (even if child isn't eligible for SNAP)
- Care for a child under 6, or a child or adult is disabled or needs your care (even if not living together or related)
- Get TAFDC cash benefits (for families with children under 18)

Personal Reasons:



- Experienced domestic violence, harassment, assault, stalking, or have other safety concerns
- Alaska Native, or a member of an American Indian, Native American, Urban Indian, or California Indian tribe (or has a parent or grandparent who is a member)

Health Reasons:



- Have a short or long term health issue (physical or mental) that makes it hard to work 30 or more hours/week
- Don't have a regular place to sleep at night, and other parts of your life impact your health or make it hard to get or keep a job
- Pregnant
- Get a disability benefit or payment like SSI, EAEDC, Worker's Compensation, or Paid Family Medical Leave
- In substance use treatment program
- Get services from MassAbility, DMH, DDS, MA Commission for the Blind, MA Commissioner for Deaf and Hard of Hearing

If You Are Not Exempt, You Must Meet the Rules to Get SNAP More Than 3 Months

Tell DTA if You Meet the Rules By:

- Paid or unpaid work, and/or participating in a DTA training program for at least 20 hours/week. (Examples of unpaid work include internships, or caring for family or friends who aren't disabled or under age 6)
- Volunteering a max. of 20 hours/month (hours depend on how much SNAP you get)

► **Note:** Tell DTA if you had a **good reason you couldn't meet the rules** (like transportation issue, personal or family emergency, illness). This can help you stay on SNAP.

How to Tell DTA if You Are Exempt or Meeting the Rules

Tell DTA you are exempt, met the rules, or had a good reason not to

- Fill out and [send in DTA's form](#) (for an exemption) or explain the information to DTA in a written, signed statement (handwritten note is fine):
 - Upload on [DTAConnect](#)
 - Mail: DTA Document Processing Center, P.O. Box 4406, Taunton, MA 02780-0420
 - Fax: (617) 887-8765
- Call the DTA Assistance line at (877) 382-2363
- Go to a [local DTA office](#) to speak with a SNAP worker

► **Note:** If you are telling DTA about income or meeting the rules, send proof of income or explain how you are meeting the rules.