

For more information

For more information about ABAWD exemptions and work requirements, visit the Nevada Division of Social Services website: www.dss.nv.gov

Stay informed to make sure you maintain eligibility and access SNAP benefits.



ABAWD Resources

Need help finding approved ABAWD activities?

Scan the QR code for:

- approved programs
- job training options
- local resources



You can also contact DSS or visit a local office if you have questions or need help.

www.dss.nv.gov

This institution is an equal opportunity provider.

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Division of Social Services

ABAWD

(Able-Bodied Adults Without Dependents)

FAQs

Why this matters

Understanding SNAP work rules can help you:

- keep your benefits
- avoid interruptions
- access help and resources



You may be an ABAWD if you ...

- are 18–64 years old
- are able to work
- do not have a child under 14 in your SNAP household
- are not pregnant

DSS will help you find out if these rules apply to you or if you are exempt.



What ABAWDs Must Do

If these rules apply to you, there are ways to meet the monthly requirement:

- Work at least 80 hours, or
- Participate in an approved work or training program for at least 80 hours, or
- Do a mix of work and approved activities totaling at least 80 hours