



Don't Risk Your SNAP Benefits

IF YOU ARE AGED 18-64 AND:

- Do not have a child under 14 in your household
- Are not pregnant or caring for someone who can't care for themselves
- Do not have any mental or physical barriers to employment

Then you are probably an Able Bodied Adult Without Dependents (ABAWD) and will need to meet additional work requirements to keep getting SNAP benefits.

Check your account on nyc.gov/accesshra to see if you have an **ABAWD** notice. You may also receive a notice by mail.

Learn more about **ABAWD** requirements, exemptions, and how HRA can help here:

