



DEPARTMENT OF  
ECONOMIC SECURITY  
*Your Partner For A Stronger Arizona*

## The Able Bodied Adults Without Dependents (ABAWD) Time Limit is returning in Arizona.



If you are 18 to 54 years old and don't have a child under 18 on your NA case, you might need to start meeting ABAWD work requirements. However, many people are exempt from the requirements, including individuals residing outside of Maricopa County.

### Who is considered an Able bodied adult without dependents (ABAWD)?

For Nutrition Assistance (NA), individuals who are 18 through 54 years of age, without minor dependents, and physically and mentally fit for work are considered ABAWDs.

Per federal requirements, ABAWDs can only get 3 months of NA benefits in a 3-year period, unless they meet the ABAWD work requirements or qualify for an exemption.

### What are the ABAWD Work Requirements?

ABAWDs must meet one of the following work requirements:

- ✔ Work at least 20 hours per week (or an average of 80 hours per month). This includes any combination of:
  - Paid work
  - Self-employment
  - Volunteer work
  - In-kind work: working in exchange for food, rent, or other needs. Proof must include the value of the work and the number of hours worked.
- ✔ Participate in an approved Nutrition Assistance Employment and Training activity a minimum of 20 hours per week, job search activities cannot exceed 10 hours a week.
- ✔ Participate in a combination of work and an approved Nutrition Assistance Employment and Training activity for a minimum of 20 hours per week (or an average of 80 hours per month).
- ✔ Show good cause for not meeting work requirements such as having an illness, not having transportation, or unreasonable working conditions.



## What are the ABAWD Exemptions?

ABAWDs who meet one of the following criteria do not need to participate in the work requirements to continue to receive NA benefits beyond the 3-month time limit.

- ✔ Under the age of 18 or 55 years or older
- ✔ Living with a child, under 18 years old, who is a member of the budgetary unit, even if they are not eligible for NA benefits
- ✔ Unable to work because of a physical or mental health reason
- ✔ Pregnant
- ✔ Homeless
- ✔ A veteran, regardless of discharge status
- ✔ Former foster care youth, between the age of 18 to 24, who was in the custody of foster care on the day the participant turned 18 years of age, or a higher age, when the foster care program offers continued foster care after 18 years of age
- ✔ Living in a geographically exempt area (*on tribal land, the cities of Buckeye and Apache Junction, or outside of Maricopa County*)

## Additional Exemptions

ABAWDs who meet any of the following exemptions do not need to participate in the NA work requirements:

- ✔ Earn an amount equal to or more than the Federal minimum wage multiplied by 30 hours, regardless of the number of hours worked. (*A total of at least \$217.50 per week or \$870 a month.*)
- ✔ Responsible for the care of an incapacitated individual
- ✔ Participating in a drug or alcohol treatment and rehabilitation program
- ✔ Applying for or receiving Unemployment Insurance benefits
- ✔ A student enrolled at least half time in any recognized school, including high school, training programs, or institutions of higher education
- ✔ Receiving Social Security Supplemental Income (SSI)
- ✔ Participating and complying in the Cash Assistance (CA) Jobs Program, Refugee Resettlement Program or the Tribal Native Employment Works (NEW) Program
- ✔ Work as a migrant or seasonal farmworker not living in their home project area, and meet any of the following:
  - Following the job stream
  - Working a minimum of 30 hours weekly
  - Under contract or agreement to begin employment within 30 days

**For more information on ABAWDs and workforce services available to you, visit [des.az.gov/ABAWD](https://des.az.gov/ABAWD)**

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