



Upcoming Changes to SNAP in Iowa

Starting December 1, 2023, all "Able-Bodied Adults Without Dependents" (ABAWDs) must meet work requirements or lose access to the Supplemental Nutrition Assistance Program (SNAP).

WHO MIGHT BE EFFECTED BY THIS CHANGE?

People between the ages of 18-52, who are mentally and physically able to work, and do not have any dependents in their household are considered ABAWDs (with some exceptions). Veterans, people who are unhoused, and young adults (18-24) who have aged out of the foster care system are exempt from the time limit.

WHAT ARE THE WORK REQUIREMENTS?

ABAWDs must work at least 80 hours in a month in order to avoid losing SNAP benefits. You can meet these requirements by working, volunteering, participating in a job training program, or any combination of the three.

WHAT HAPPENS IF I DON'T MEET THE WORK REQUIREMENT?

If you are an ABAWD and do not meet the work requirement, you will be limited to receiving only three months of SNAP benefits every three years. You can apply for and receive benefits again if you can meet the work requirement in the future.

QUESTIONS?

Contact Iowa HHS at 1-800-972-2017.