



Supplemental Nutrition Assistance Program (SNAP) Work Requirements Frequently Asked Questions

Q: What is an ABA SNAP work requirement?

A: Individuals that are considered Able-bodied Adults (ABA), formerly referred to as Able-bodied Adults Without Dependents (ABAWDs), are limited to receiving SNAP benefits for 3 months in a 3-year period unless you complete and document at least 20 hours per week (80 hours/month) of a work activity. The work activity requirement may be met through paid employment, qualified training or community service (unpaid work). This requirement is different from a general work requirement for SNAP.

Q: What is an Able-bodied Adult?

A: An Able-bodied Adult, abbreviated as ABA, is a classification of SNAP recipients who are required to participate in a work activity to receive assistance. ABAs are individuals between the ages of 18-64, who do not meet an exemption.

Q: What is community service/unpaid work?

A: Unpaid work includes any activity where the individual performs something for no compensation and that benefits the community or a member of the community that does not reside with the individual. For example, community service, volunteering, and in-kind work.

Q: Why am I work required or considered an Able-bodied Adult now, when I previously was not?

A: Previously, you met one or more of the following exemptions from the 20-hours per week work requirement:

- Homelessness, veteran status, or former foster youth;
- having a child in your home under the age of 18;
- or because you were over the age of 54.

Federal law changes from the One Big Beautiful Bill Act of 2025 (HR1) removed certain ABA work requirement exemptions and expanded who is required to participate in a work activity. Effective March 2026, those exemptions are no longer valid.

Q: Am I exempt from the ABA work requirement?

A: If you are age 60-64, you would be considered exempt from ABA work requirements, if you are:

- Pregnant;
- Residing with another assistance group member who is under the age of 14;
- An Indian, Urban Indian, or California Indian; or
- Physically or mentally unfit for employment.

If you are age 59 or younger, you may meet one of the above exemptions, or one of the following exemptions if you are:

- Responsible for the care of an incapacitated person;
- Applying for or receiving unemployment compensation benefits;
- Participating in a drug addiction or alcoholic treatment and rehabilitation program;
- A student enrolled at least half time; or
- Employed or self-employed and working a minimum of thirty hours per week.

***Note: These additional 5 exemptions for the age group of 59 and younger do not apply to the 60-64 age group.**



Q: I am over age 60, why must I participate in an activity?

A: A change to the federal law now requires that individuals between the ages of 60-64 may be subject to a 20-hour per week work requirement for SNAP beginning in March 2026. The work requirement can be met through paid employment; community service (unpaid work); or participating in certain employment and training programs.

Q: How do I keep my SNAP benefits?

A: By meeting the 20-hour per week (80 hours/month) ABA work requirement. The ABA work requirement can be met through paid employment; community service (unpaid work) or by participating in certain employment and training programs.

Q: What if I am unable to work/volunteer or participate in a program?

A: If you meet an exemption, you may not be required to meet the work requirements. If an exemption does not apply and you cannot meet the work requirement, you may potentially lose SNAP benefits. Verification of the exemption may be required.

Q: What happens if I do not participate?

A: If you do not meet the required ABA work requirement, you risk losing SNAP benefits.

- You will lose SNAP benefits after 3 months within a 3-year period; to get them back, you must meet the work requirement for 30 days or get an exemption, otherwise you must wait out the time limit.
- An able-bodied adult (ABA) is not eligible to participate in SNAP as a member of any assistance group when the ABA has received benefits for three countable months during any 36-month period.
- If you are included in an assistance group with "other household members" and you do not cooperate, you will be removed, and the others will continue to receive SNAP.

Q: What are the reporting requirements?

A: You must use the **ABA Verification of Unpaid Hours** form to verify unpaid work hours used to fulfill the work requirement. To find the form online, visit <https://www.odjfs.state.oh.us/forms/> and search for the form number "7410" or "ABA Verification of Unpaid Hours". The monthly hours are to be verified at certification, recertification and anytime that an ABA reports a change in the nature of the work (e.g., hours, location, entity the work is performed for, etc.). The form should be submitted to Cuyahoga Job and Family Services:

- **By Mail/In-Person:** 1641 Payne Ave., Cleveland, OH 44114
- **Online:** ssp.benefits.ohio.gov

Q: Can I apply for SNAP benefits after losing eligibility?

A: To get SNAP benefits again, you must:

- work or participate in a work program for 30 consecutive days;
- meet an exemption; or
- wait until the 3-year limit resets.

Q: How can I check the status of my benefits case?

A: The best way to stay up to date on your case is to create an account in the Self-Service Portal at ssp.benefits.ohio.gov. Once you create an account, you can sign up for text alerts to receive important notifications about the status of your benefits case. You can also check your card balance by calling the card's customer service line:

- EBT Customer Service: 1-866-386-3071
- Way2Go Customer Service: 1-855-926-2105



Q: How can I find other food assistance resources?

A: If your family needs food, please contact one of these local resources:

United Way 2-1-1

Call 2-1-1 any time to find food pantries, shelters and other help.

Use their online chat at 211oh.org

Greater Cleveland Food Bank – Community Resource Center

Location: 15500 S. Waterloo Rd., Cleveland, OH 44110

Phone: 216-738-2067

Market Hours: visit greaterclevelandfoodbank.org/crc

More Food Pantries

Find a list of food pantries and hot meal sites in Cuyahoga County here:

- greaterclevelandfoodbank.org/get-help/find-food
- [Find Food - Hunger Network](#)