

ATTENTION!

Rules for the Food Supplement Program (FSP/SNAP, formerly food stamps), which helps low-income Marylanders buy food, have changed effective January 1, 2016

Under federal law, “able bodied adults without dependents” (ABAWDs) can only get FSP benefits for a **maximum of 3 months** in a 3 year period unless they are exempt or participating in an approved work activity.

People that may be affected are:

- Living in Anne Arundel, Baltimore, Carroll, *Frederick, Howard, Montgomery, Prince George’s and *Washington Counties
- Between the ages of 18-49
- Able to work, and
- Not living with a dependent child under age 18.
- **Please note that the 3 month time limit for Frederick and Washington County ABAWDs began on April 1st. ABAWDs in these two counties must be participating in an approved work activity before July 1st or they will be at risk of losing their benefits.*

Note -- The following groups are NOT considered ABAWDs and therefore can continue to receive FSP benefits. (If you meet one of these categories, you must give proof to your case manager.)

- Under age 16 or over age 50
- Physically or mentally disabled / unable to work
- Individuals receiving unemployment compensation
- Students enrolled in school at least half time
- Participating in a drug or alcohol treatment or rehabilitation program
- Women who are pregnant
- Participating in an approved work activity for 20 hours or more per week

For more information, please contact the Department of Social Services, visit mydhrbenefits.dhr.state.md.us, or call Maryland Hunger Solutions at 1-866-821-5552.



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