



Maryland Hunger Solutions

Ending hunger and promoting well-being

SNAP Time Limits for Able-Bodied Adults Without Dependents in Maryland

As of November 1, 2025, Maryland Supplemental Nutrition Assistance Program (SNAP) recipients between 18 and 64 years old who are considered an Able-Bodied Adult Without Dependents (ABAWDs) may have a time limit for their SNAP benefits, if they do not meet a work requirement or have a documented exemption.

What Is an Able-Bodied Adult Without Dependents?

An ABAWD is any person who is not pregnant or disabled, and does not have physical or mental health barriers to work.

What Are SNAP Time Limits?

Time limits, also known as work requirements, are rules that determine ongoing SNAP eligibility. Work requirements must be met for ABAWD SNAP recipients to receive benefits for longer than three months in a 36-month period.

Who Has to Meet Time Limits?

Any SNAP client who is considered an ABAWD must meet work requirements.

What Do You Need to Know About Work Requirements?

ABAWDs are required to report:

- at least 20 hours a week (or an average of 80 hours a month) of paid employment, volunteering, job training, or enrollment in a SNAP Employment and Training Program.



Until June 30, 2026, you may receive SNAP benefits for up to three months while you search for employment or participate in a work program. After this period, SNAP benefits may end unless you meet the work requirements or qualify for an exemption.

Exemptions

You may be exempt from work reporting requirements, if you are:

- younger than age 18, or age 65 and older
- already working
- living with a child 13 or younger
- unable to work due to health reasons, such as mental health and/or physical conditions
- attend school, college, or a training program at least half time
- part of a qualifying Native American population under the Indian Health Care Improvement Act (IHICIA)

Other exemptions may apply.

You are no longer exempt from work requirements, if you are:

- unhoused
- a veteran
- former foster care youth (24 years old or younger and were in foster care on your 18th birthday)

What Should You Do if You Receive an ABAWD Notice From the Maryland Department of Human Services (DHS)?

- If you're working, report your employment and hours to Maryland DHS.
- If you need assistance finding work, ask DHS about enrolling in a SNAP Employment & Training Program.
- If you have a disability that makes you unable to work, you will need to submit documentation from a health care professional and notify DHS.

Update your SNAP information:

- online at <https://benefits.maryland.gov/home>; or
- call the DHS Customer Service Call Center at 1-800-332-6347; or
- visit your local Department of Social Services (DSS) office to report changes in person.

For more information, visit Maryland Hunger Solution's website at <https://www.mdhungersolutions.org>.

If you need assistance with SNAP, contact Maryland Hunger Solutions at 1-866-821-5552 or email us at SNAPoutreach@mdhungersolutions.org.