

As of April 1, 2020, all 169 cities and towns in Connecticut are losing their exempt status.

All SNAP Recipients 18-50 without dependents will now be subject to the Able Bodied Adults Without Dependents (ABAWD) 3-month time limit if they are not meeting the work requirements or do not have a qualifying exemption.

One way SNAP recipients may meet the ABAWD work requirements is by participating in SNAP E&T 20 hours per week.