



# “ABAWD” SNAP Sijhawm Txwv rau cov Neeg Laus tsis Muaj Neeg Tu/Yug

“ABAWD” SNAP Time Limits for Single Adults without Dependents

Tsis muaj sijhawm txwv rau ABAWD mus txog lub Rau Hli 30, 2022.

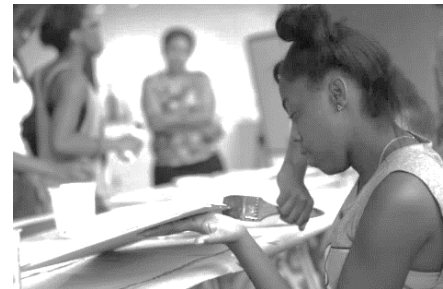
## MLOOG ZOO!!

**Kev cai tshiab!** Yog koj **tsis muaj tsev nyob** koj mus thov tau nyiaj muas noj tsis muaj txwv sijhawm. Qhia koj lub hoobkas hauv nroog yog koj tsis muaj tsev nyob.

### Leeg twg yog “ABAWD”?

ABAWD yog Neeg Laus Ua Tau uas tsis Muaj Neeg Tu/Yug (Able Bodied Adults Without Dependents). Nws yog ib tus neeg laus muaj hnuv nyoog 18 xyoo mus rau 49 xyoo uas tsis xiam oob qhab, tsis xeeb tub, tsis muaj mob, thiab tsis nyob hauv ib lub tsev nrog menyuum yau. Cov neeg tsis tau muaj 18 xyoo lossis muaj 50 xyoo rov saum tsis yog ABAWD.

Yog koj yog ib tug ABAWD, koj muaj feem tau SNAP (nyiaj muas noj) txog 12 lub hli ntawm 36 lub hli yog koj tsis ua haujlwm, mus kawm ntawv, ua haujlwm pab zej zog dawb, lossis ntsib ib qho kev zam tau. Yog ib tug ABAWD, koj muaj feem txaus siab mus kawm kev cob qhia haujlwm, nrog kawm GED, ESL lossis Adult Basic Education (ABE).



### Cov cai ua haujlwm nyob rau ABAWD kom tau SNAP ntau tshaj 12 lub hli yog dabtsi?

Koj yuav tsum yog:

- ua haujlwm lossis ua haujlwm pub dawb 20 teev nyob rau ib lim tiam/80 teev nyob rau ib hli LOSSIS
- ua haujlwm rau SNAP thiab kev kawm cob qhia lossis koom nrog ib lub khoos kas ua haujlwm 27 teev ib hli

## Cov Kev zam yog dabtsi?

Txoj cai 12-lub hli ntawm SNAP TSIS txwv sijhawm rau koj yog koj:

- tsis tau muaj 18 xyoo lossis muaj 50 xyoo rov saum
- ua tsis tau haujlwm ntau tshaj 20 teev lossis ntau tshaj ib lim tiam vim muaj ib tus mob rau lub cev lossis lub hlwb uas xav tias yuav kav txog 30 hnuv.
- tsis muaj tsev nyob
- tu ib tus menyuum tsis tau muaj 18 xyoo (koj **tsis** tas yog tus niam/txiv)
- txais tau General Assistance (GA), Supplemental Security Income (SSI), Social Security Disability (SSDI), lossis Minnesota Supplemental Security Income (MSA)
- txais Unemployment Benefits nyiaj poob haujlwm
- cev xeeb tub
- tu ib tus neeg muaj mob lossis xiam oob qhab hauv koj tsev neeg
- cuv npe tsawg kawg ib nrab sijhawm nyob rau hauv ib lub tsev kawm ntawv lossis ib qho kev kawm cob qhia
- nyob hauv cov kev pab cuam txiaiv yeeb tshuaj lossis dej cawv
- thov nyiaj SSI thiab koj daim ntawv thov tseem tos
- tau txais kev pab cuam rehabilitative services (DVR)
- txias kev pab cuam los ntawm developmentally disabled services (DD) xiam oob qhab

## Rov Qab tau Koj Cov Nyiaj Muas Noj

Vim cov cai hloov lawm, tej zaum koj yuav tau kev pab los ntawm SNAP dua sai tshaj. Tham nrog koj lub nroog tham txog yuav ua li cas koj thiaj li rov qab tau koj cov nyiaj muas noj.

## Yog cov Haujlwm Kev Cai Raug Koj...

Koj muaj feem xaiv 12 lub hli raws siab nyiam ntawm 36 lub hli (3 xyoo) los txais SNAP. Cov hli ua koj tau nyiaj tsawg tshaj ib lub hli txawm tsis suav hais tias yog ib lub hli. Qhov no tshwm sim yog koj mus thov tom qab thawj hnuv ntawm lub hli lossis muaj ob peb hnuv ntawm lub hli koj tsis tsim nyog tau kev pab. Yog tias ib tus neeg nyob hauv lub cuab yig tsis tau SNAP vim sijhawm txwv dhau lawm, lwm cov hauv lub cuab yig tseem muaj feem thov tau SNAP.

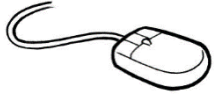


## Yog Tias Kuv Tsis Pom Zoo Ne?

Yog xaim SNAP vim cov kev cai haujlwm, lossis vim koj siv cov hli tas lawm, tab sis koj tsis pom zoo, ua ntaub ntawv rov hais dua tam sim ntawm. Yog koj ua ntaub ntawv rov hais dua ntawm 10 hnuv tom qab koj tau txais tsab ntawv ceeb toom, koj muaj feem tau SNAP thaum lub caij koj rov hais dua.

Rov mus hais dua, sau daim ntawv qhia koj tus neeg ua haujlwm tias yog koj xav rov hais dua thiab vim li cas. Sau hnuv tim rau thiab luam ib daim khaws cia rau koj.

Lossis, [sau daim ntawv thiab xa koj qhov hais dua](#) hauv online. Mus rau <https://mn.gov/dhs/>.



- Nias rau “How do I” nyob rau saum daim nplooj ntawv
- Nyob hauv qab “Find” nias “edocs and forms”
- Nias koj hom lus
- Ntaus 0033 rau lub tshawb fawb

Muaj lus qhia yog koj xav nyeem (*lus Askiv xwb*). Nyeem daim ntawm kom zoo, teb cov lus kom tiav ces nias “Submit” nyob hauv qab sab xis. Yog ib qhov tswv yim zoo luam ib daim cia rau koj tus kheej.

Saib peb daim ntawv qhia tseeb [Rov Hais Dua Txog Tsoomfwv Nyiaj Pab Pejxeem \(Welfare\) rau DHS](#) yog koj xav paub ntxiv. Yog koj xav tau kev pab, hu mus rau koj lub hoobkas legal aid.

*Cov ntawv Qhia Tseeb yog qhia kom paub txoj kevcai xwb TSIS yog muab txwv yim txog txoj kevcai. Mus ntsib ib tug kws lij choj rau tswv yim. Tsis txhob siv daim ntawv qhia tseeb yog tias nws qub tshaj ib xyoos lawm. Nug peb txog cov hloov tshiab, daim ntawv qhia txog cov ntawv qhia tseeb, lossis lwm hom ntawv.*

© 2022 Minnesota Legal Services Coalition. Luam tau daim ntawv no los siv rau tus kheej tsis ua lag luam thiab qhia kom paub xwb. Tagnrho lwm cov cai ceev tseg. Qhov lus sau no yuav tsum nyob rau txhua daim ntawv. Txwv tsis pub muab luam, faib, thiab siv ua lag luam.