"TLR" SNAP Time Limits for Single Adults without Dependents (formally ABAWDs)

> **Note:** SNAP time limits re-started on July 1, 2023.

> ### ATTENTION!!
> If you are **homeless or a veteran,** you can get food stamps without a time limit.
> Tell your local county office if you become homeless or are a veteran.

Who is a TLR?
TLR stands for "Time-Limited Recipient. It used to be called "Able Bodied Adult Without Dependents (ABAWD)." It is an adult between 18 and 52 years old who is not disabled, not pregnant, not ill, and not living in a household with minor children. People under age 18 or over age 52 are not TLRs.

If you are a TLR, you can only get 3 months of SNAP (food stamps) in a 36-month period unless you work, go to school, volunteer, or meet an exception. As a TLR, you can volunteer to take part in training programs, including GED, ESL or Adult Basic Education (ABE) classes.

What are the TLR work rules to get more than 3 months of SNAP?
You must be:
- working or doing volunteer work for 20 hours a week/80 hours a month OR
- doing SNAP employment and training or be in a workfare program for 27 hours a month

What are the exceptions?
The SNAP 3-month time limit **DOES NOT** apply if you:
- are under age 18 or age 52 and older
- are age 24 or younger and were in foster care on your 18th birthday
- served in the U.S. Military
- can't work 20 hours or more a week because of a physical or mental problem that is expected to last at least 30 days
- are homeless
- are caring for a child under the age of 18 (you do **not** have to be the child's parent)
- get General Assistance (GA), Supplemental Security Income (SSI), Social Security Disability (SSDI), or Minnesota Supplemental Assistance (MSA)
- get Unemployment Benefits

- are pregnant
- take care of an ill or disabled person in your household
- are enrolled at least half-time in a recognized school or training program
- are in a drug or alcohol rehab program
- applied for SSI and your application is pending
- get rehabilitative services (DVR)
- get developmentally disabled services (DD)

Getting Your Food Stamps Back

Because the rules changed, you may be able to get SNAP benefits again sooner. Talk with your county about how you can get your food stamps back.

If the Work Rules Apply to You . . .

You can choose which 3 months to get SNAP in the 36-month period (3 years). Any month that you get less than a full month of benefits does not count as one of your months. This can happen if you applied after the 1st of the month or weren't eligible for some days in the month. If someone in a household loses SNAP because of the time limit, others in the household can still get SNAP.

What If I Disagree?

If you lose SNAP because of the work rules, or because they say that you have used up months, but you do not agree, appeal right away. If you appeal within 10 days of the date of the notice, you can get SNAP during the appeal.

To appeal, give your worker a letter saying that you appeal and why. Date it and keep a copy.

Or fill out a form and send in your appeal online. Go to: https://mn.gov/dhs/.
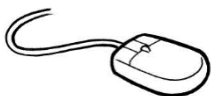
→ Click on the "How do I" box towards top of page
→ Under "Find" click on "edocs and forms"
→ Click your language
→ Type 0033 in the search bar

Read the instructions. Read the form carefully, fill it out completely and click "Submit" on the bottom right. It is a good idea to print a copy for yourself.

See our fact sheet *Benefits Appeals to DHS* for more information. For help, call your legal aid office at 1-(877) 696-6529.