



“TLR” SNAP Sijhawm Txwv rau cov Neeg Laus (yav tas yog ABAWDS)

“TLR” SNAP Time Limits for Adults - (formally ABAWDS)

Nco ntsoov: Lub sijhawm 36-hli ntxiv tom ntej no pib lub Ib Hlis hnuv tim 1, 2026.

MLOOG ZOO!!

Yog hais tias koj tsis muaj tsev nyob, tejzaum koj tseem yuav muaj feem tau txais kev pab zaub mov. Qhia rau koj tus neeg ua haujlwm ntawm lub nroog yog hais tias koj dhau los ua tus neeg tsis muaj tsev nyob lawm.

TLR yog dansti?

TLR txhais tau tias “Time-Limited Recipient” Sijhawm Txwv rau Tus Neeg Txais Nyiaj. Yav tas los nws hu uas “Able Bodied Adult Without Dependents (ABAWD).” Nws yog ib tus neeg laus muaj hnuv nyoog 18 xyoo mus rau 64 xyoo uas tsis xiam oob qhab, tsis xeeb tub, tsis muaj mob, thiab tsis nyob hauv ib tsev neeg uas muaj cov menyuam hnuv nyoog qis dua 14 xyoos. Cov tib neeg hluas tshaj 18 xyoo thiab laus tshaj 64 tsis yog TLRs.

Yog koj yog ib tug TLR, 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 TLR, 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 TLR 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. Yog hais tias koj nyob rau ib lub kev pab cuam “workfare program” tejzaum yuav muaj cov teev sijhawm txawv cov cai rau koj. Nrog koj tus neeg ua haujlwm ntawm lub nroog tham yog koj nyob hauv ib lub kev pab cuam “workfare program.”

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 hnuv nyoog tshaj 64 xyoos

- yog ib tug neeg Qhab, Neeg Qhab nyob nroog lossis Neeg Qhab California raws li tau txhais hauv hauv txoj cai Indian Health Care Improvement Act
- 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.
- tu ib tus menyuam tsis tau muaj 14 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 txav 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

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.

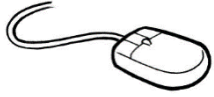


Yog Tias Kuv Tsis Pom Zoo Ne?

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 ntawm 1-(877) 696-6529.

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.

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