



ABAWD In-Person Orientation Sessions hosted at CNY Works are cancelled while the building is closed to the public.

CNY Works and NYSDOL will be closed for in-person services from
November 3rd through November 27th

Onondaga County DSS ABAWD Information

ABAWD (Able-Bodied Adults Without Dependents) rules in Onondaga County require most adults aged 18–64 to work or participate in approved activities to keep SNAP benefits, with specific forms and resources available through the local DSS.

Who is an ABAWD?

An ABAWD is 18–64 years old, not living with a child under 14, and able to work

SNAP Work Rules for ABAWDs

- Limit: SNAP benefits are limited to 3 months in a 3-year period unless you meet an exemption
- Requirement: To extend benefits, you must work or participate in qualifying activities at least 80 hours/month or meet an exemption
- Exemptions: Include being pregnant, disabled, caring for a child under 6, in school/training at least half-time, or other conditions listed by OTDA

[Forms & Links - Social Services](#)

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