



September 08, 2026

DEXTER DOW
C/O DEXTER DOW
REDACTED

Aviso importante acerca de sus beneficios. Por
favor llame a la Oficina del Distrito si tiene alguna
duda o pregunta. También puede solicitar servicios
gratuitos de un intérprete.

SNAP Consolidated Work Notice

This notice is to tell you and/or your household members that the following people must meet the work requirements outlined in this letter. **If you don't follow these requirements, your SNAP benefits may decrease or end.** The requirements apply to the household members as follows:

The SNAP General Work Requirements on Pages 2-4 apply to the following people:

Dexter Dow

The SNAP "Able-Bodied Adult Without Dependents" (ABAWD) Work Requirements on Pages 4-6 apply to the following people:

Does everyone need to follow these work rules?

No, only certain people do. Refer to the list of possible exemption reasons below for each requirement. **Call us at 1-844-275-3447 as soon as possible** if you think one of these reasons applies to you. If we find that it does, you **may be exempt** from certain work requirements.

What does DHHS offer to help me meet work requirements?

DHHS offers SNAP Employment and Training (E&T) services. SNAP E&T is a voluntary program that can help you find work or can provide training or education needed to find a better job if you're already working. Enrolling in a SNAP E&T training program could even help you meet ABAWD requirements. To learn more about how SNAP E&T can help you, or to sign up today, you can contact an E&T Employment Counselor by either calling 603-271-9329 or emailing snapet@dhhs.nh.gov.

What if I disagree with the Department's decision on my requirement to participate in SNAP Work Requirements?

You have the right to ask us to do a formal review of our decision. We call this a *fair hearing*. Read the page on "Your Right to a Fair Hearing" at the end of this letter.

What if I need more help?

If you have questions or need more information about SNAP or about how to meet the work requirements, please call us at **1-844-275-3447**, Monday through Friday, 8:00 a.m. - 4:00 p.m.

SNAP General Work Requirements

If you are receiving Supplemental Nutrition Assistance Program (SNAP) benefits, and are aged 16 through 59, you must comply with the general work requirements described below, unless you are exempt. **If you do not comply with these work requirements, your SNAP benefits may decrease or close.**

Requirements

As a condition of eligibility for SNAP benefits, each household member who is not exempt must comply with the following SNAP General Work Requirements:

- Accept an offer of suitable employment at a site not subject to a strike or lockout and at a wage equal to or higher than the Federal minimum wage multiplied by 30 hours (the Federal minimum wage is \$7.25/hour x 30 hours=\$217.50 weekly). Employment is considered suitable if:
 - The offered wage is equal to or higher than the Federal minimum wage;
 - The employment offered is on a piece-rate basis and the reasonably expected wage is equal to or higher than the Federal minimum wage;
 - You are not required to join, resign from, or refrain from joining any legitimate labor organization as a condition of employment; and,
 - The work offered is not at a site subject to a strike or lockout at the time of the offer.

Additionally, employment will be considered suitable unless the household member involved can demonstrate or the State agency otherwise becomes aware that:

- The degree of risk to health and safety is unreasonable;
 - The member is physically or mentally unfit to perform the employment, as documented by medical evidence or by reliable information from other sources;
 - The employment offered within the first 30 days of registration is not in the member's major field of experience;
 - The commute time exceeds 2 hours per day, or the work site is not within reasonable walking distance and neither public nor private transportation is available to transport the member to the jobsite; or,
 - The working hours or nature of the employment interferes with the member's religious observances, convictions, or beliefs.
- Do not voluntarily quit a job of 30 or more hours a week or reduce work effort to less than 30 hours a week;

- Report to DHHS if the potential employment is not suitable due to any reasons listed above in "Requirements"; and,
- Provide DHHS with sufficient information regarding employment status or availability for work.

Exemptions

You are exempt from the SNAP General Work Requirements if one of the following applies:

- You are 16 or 17 years of age, and not the head of household or are attending school or an employment training program at least half-time;
- You have a physical or mental condition that prevents you from working;
- You are subject to and complying with the work requirements of the Financial Assistance to Needy Families (FANF) program;
- You are responsible for the care of a dependent child under the age of 6 or an incapacitated person;
- You are receiving unemployment compensation, or if you have applied for but are not yet receiving unemployment compensation and you are complying with those work requirements;
- You are a regular participant in a drug addiction or alcohol treatment and rehabilitation program;
- You are employed or self-employed and working a minimum of 30 hours per week or are earning weekly wages at least equal to the Federal minimum wage multiplied by 30 hours (the Federal minimum wage is \$7.25/hour so for this exemption you must be earning at least \$217.50 weekly); or
- You are a student enrolled at least half-time in any recognized school, training program, or institution of higher learning. Students enrolled at least half-time in an institution of higher education must meet student eligibility requirements.

Let us know if you think one of these exemptions applies to you by one of the following:

- calling us at **1-844-275-3447**, Monday through Friday, 8:00a.m. - 4:00p.m. or
- writing to us at The BFA Central Scanning Unit P.O. Box 181 Concord, NH 03302

Penalties for Not Complying with SNAP General Work Requirements

If you do not have an exemption and you refuse or fail to comply with SNAP work requirements, *without good cause (see below for a list of good cause reasons)*, you will be ineligible to receive SNAP for:

- 1 month for the first violation;
- 3 months for the second violation; and
- 6 months for the third violation and any violations after that.

These disqualification periods apply for any noncompliance within 30 days prior to applying for SNAP, and at any time while receiving SNAP.

If you reduce work effort to less than 30 hours per week but continue to earn weekly wages that exceed the Federal minimum wage multiplied by 30 hours ($\$7.25 \times 30 = \217.50), this will not be considered a reduction in work effort, and no disqualification period will be enforced.

Good Cause to not Comply with SNAP General Work Requirements

If you refuse or fail to comply with SNAP general work requirements, the disqualification periods listed above will not apply to you if we determine you had a good cause reason for noncompliance. Good cause reasons can include, but are not limited to, the following:

- Illness, or illness of another household member requiring the presence of the individual;
- A household emergency;
- Lack of transportation;
- Lack of adequate child care for children who have reached age 6 but are under age 12;
- Discrimination by the employer based on age, race, sex, color, handicap, religious beliefs, national origin, or political beliefs;
- Work demands or conditions that make the employment unreasonable (such as not being paid on schedule);
- Acceptance of employment or enrollment in any recognized school, training program, or institution of higher education on at least a half-time basis, that requires you to leave employment;
- Acceptance by another household member of other employment or of enrollment in school, training program, or institution of higher education on at least a half-time basis, that requires the household to move and thereby requires you to leave employment;
- Resigning while under age 60 and the employer recognizes the resignation as retirement;
- The employment becomes unsuitable after acceptance of the employment; **or**
- Leaving a job when it is normal for the industry to move from one employer to another (such as migrant farm work or construction work).

You may need to provide some kind of supporting documentation to be granted good cause. To request good cause for not complying with SNAP General Work Requirements, you can do so by:

- calling us at **1-844-275-3447**, Monday through Friday, 8:00 a.m. - 4:00 p.m. or
- writing to us at the BFA Central Scanning Unit P.O. Box 181 Concord, NH 03302

SNAP ABAWD Work Requirements

ABAWD stands for Able-Bodied Adult Without Dependents. Any person who is aged 18 but is younger than age 65, who does not have a child under age 14 in their SNAP household, and who is fit for work is an ABAWD and must meet certain work requirements to receive SNAP benefits. This is different than SNAP General Work Requirements.

Time Limit for ABAWDs

SNAP benefits for ABAWDs are limited to **3 months** in a 3-year (36 months) period unless they are meeting the SNAP ABAWD work requirements or are meeting an exception. Each full month that

SNAP is received without meeting the work requirements or an exception is known as a countable month. After 3 countable months, SNAP will close. The countable months do not have to be consecutive.

SNAP ABAWD Work Requirements

ABAWDs must be involved in certain activities for at least **80 hours per month** to receive more than 3 months of SNAP in their 3-year period. Activities that meet this requirement are:

- Working for pay (employment or self-employment)
- Working for goods or services (like trading work for rent payment)
- Volunteering
- Participating in an approved work program

Activities can be combined to meet the requirement of 80 hours per month.

If Your Activity Hours Decrease

If your activity hours fall below 80 hours in any month, you **must** report this by the 10th of the following month.

Example: If your hours drop below 80 per month in June, you must report this by July 10th.

Exceptions from the Time Limit

If you are unable to meet the SNAP ABAWD work requirements, you may still be able to continue receiving SNAP after 3 months if one of the following exceptions applies:

- You are under age 18 or you are aged 65 or older.
- You cannot work because of a physical or mental condition.
- There is someone under age 14 in your SNAP household.
- You are pregnant.
- You classify as an Indian, Urban Indian, California Indian, or any other Indigenous individual eligible for Indian Health Services.
- You are exempt from SNAP general work requirements (these are different than SNAP ABAWD work requirements). These exemptions include:
 - You are complying with New Hampshire Employment Program (NHEP) work requirements.
 - You are responsible for the care of a dependent child under age 6 or an incapacitated person.
 - You are receiving unemployment compensation, or you have applied for but are not yet receiving unemployment compensation, and you are complying with those work requirements.
 - You are a regular participant in a drug addiction or alcohol treatment and rehabilitation program.

- You are employed or self-employed and working a minimum of 30 hours per week or are earning weekly wages at least equal to the Federal minimum wage multiplied by 30 hours (the Federal minimum wage is \$7.25/hour so for this exemption you must be earning at least \$217.50 weekly).
- You are a student enrolled at least half-time in any recognized school, training program, or institution of higher learning. Students enrolled at least half-time in an institution of higher education, must meet the student eligibility requirements.

Let us know if you think one of these exceptions applies to you by:

- calling us at **1-844-275-3447**, Monday through Friday, 8:00 a.m. - 4:00 p.m., or
- writing to us at the BFA Central Scanning Unit P.O. Box 181 Concord, NH 03302

If you lose your exemption or exception status, you must start meeting the SNAP ABAWD work requirements of 80 hours per month. If you do not, you can receive only 3 countable months in your 3-year period.

Regaining Eligibility

If you use all 3 of your countable months, are not meeting work requirements, and are not exempt, your SNAP benefits will close. To receive SNAP again in the same 3-year period, you must either start meeting work requirements or an exception. If you do, you can regain eligibility for SNAP as long as you continue meeting work requirements or an exception.

If you meet the work requirements of 80 hours in any 30-day period, you can receive SNAP again even if you then stop working. This second period of receiving SNAP will be another 3 months, but they must be consecutive. You can receive this additional period only **one time** in your 3-year period.

Good Cause for Failure to Meet SNAP ABAWD Work Requirements

If you would have worked 80 hours in a month, but missed work for good cause, you could be considered to have met the ABAWD work requirement *if* the absence from work is temporary, *and* you kept your job. Good cause includes circumstances beyond your control, such as, but not limited to:

- Your own illness;
- Illness of another household member requiring the presence of the individual;
- A household emergency; or,
- Unavailability of transportation.

Let us know if you think one of these exemptions applies to you by:

- calling us at **1-844-275-3447**, Monday through Friday, 8:00 a.m. - 4:00 p.m. or
- writing to us at the BFA Central Scanning Unit P.O. Box 181 Concord, NH 03302

To request good cause for not complying with the SNAP ABAWD work requirements you can do so by:

- calling us at **1-844-275-3447**, Monday through Friday, 8:00 a.m. - 4:00 p.m. or
- writing to us at The BFA Central Scanning Unit P.O. Box 181 Concord, NH 03302

Reporting Changes

To report changes in your case, including if your work hours drop below 80 hours per month, you can do so by:

- calling us at **1-844-275-3447**, Monday through Friday, 8:00 a.m. - 4:00 p.m,
- writing to us at The BFA Central Scanning Unit P.O. Box 181 Concord, NH 03302 or
- use your NH EASY account at nheasy.nh.gov to report the change

Your Right to a Fair Hearing

What is a fair hearing?

If you disagree with a decision made on your SNAP application or case, you have the right to request a fair hearing. A fair hearing means that an official will review the facts of your case in a fair and objective manner as required by law.

In what situations can you ask for a fair hearing?

You may ask for a fair hearing if any of the following apply to you:

- You applied for SNAP benefits and were denied.
- You disagree with a decision on your case.
- You believe your SNAP benefits were not calculated correctly.

When is the deadline to request a fair hearing?

- If you want a fair hearing because we closed your SNAP case or denied your request for SNAP benefits, you must request it by 90 days from the date on your Notice of Decision.
- If you want a fair hearing about your current SNAP benefits, you may request a fair hearing any time before your certification period ends. Refer to your Notice of Decision for this date.
- If you request a hearing because we closed your case or decreased your SNAP benefits, you may choose to keep getting your benefits until a hearing decision is made. You may choose to continue receiving SNAP benefits only if your certification period has not ended. If you choose to do this, you may have to pay those SNAP benefits back if you lose the fair hearing. To continue your SNAP benefits, you must request a fair hearing within 15 days of the date on the Notice of Decision.

How do you ask for a fair hearing?

You can request a fair hearing either:

1. Verbally or in writing by contacting a District Office or DHHS Administrative Appeals Unit 105 Pleasant Street, Concord, NH 03301- 6521; or
2. Telephone (603) 271-4292 or 1-800-852-3345 ext 14292; TDD Access: Relay NH 1-800-735-2964 or 711.

Find the Appeal Request form here:

<https://www.dhhs.nh.gov/doing-business-dhhs/legal-services/administrative-appeals> it can also be sent to dhhs.aau@dhhs.nh.gov.

Can you get free legal help?

There are free and reduced cost legal services available in New Hampshire. Call 211 for more information. DHHS will not pay for any legal services.

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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf> , from any USDA office, by calling (833) 620-1071, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to:

Mail: Food and Nutrition Service, USDA
1320 Braddock Place, Room 334
Alexandria, VA 22314; or

Fax: (833) 256-1665 or (202) 690-7442; or

Email: FNSCIVILRIGHTSCOMPLAINTS@usda.gov

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