



CalFresh ABAWD Time Limits

Starting June 1, 2026, the California Department of Social Services will implement time limits for CalFresh recipients who are Able-Bodied Adults Without Dependents (ABAWDs). The following explains the new rules and how you can keep your essential food benefits.

Who is considered an ABAWD?

You are considered an ABAWD if you are between the ages of **18 and 64**, able to work and do not qualify for an exemption from the ABAWD time limit.

What is the ABAWD time limit?

ABAWDs can receive CalFresh for **only 3 full months in a 36-month period** unless they meet work requirements or qualify for an exemption.

How to keep your benefits?

To keep receiving CalFresh after 3 months, you must meet the **work requirements** or qualify for an exemption.

What do I need to do today?

For more information on the ABAWD time limits or to **complete the ABAWD Exemption Screening Form**, use the **QR code** to visit the ABAWD webpage. You can also visit socialservices.alamedacounty.gov.

For more information:



Or call us:
510-263-2420



Work requirements:

You must do one or more of the following:

- Work at least **20 hours per week** (or 80 hours per month)
- **Combine hours** from work and approved work activities to meet the 20 hours per week (or 80 hours per month) requirement
- Earn at least **\$217.50 per week**
- **Take part in approved work activities** like CalFresh Employment and Training, WIOA programs, community service projects or volunteer work

Exemptions:

You may be exempt if you are:

- A student
- Pregnant
- Unable to work due to a physical or mental condition
- Exempt from CalFresh work rules
- Living with a child under age 14
- In an Office of Refugee Resettlement (ORR) program
- An Indian, Urban Indian or California Indian