



# 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](https://socialservices.alamedacounty.gov).

### For more information:



Or call us:  
**510-263-2420**



**Alameda County  
Social Services Agency**  
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## 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