

_____ has been identified by the Department of Human Services (DHS) as an able-bodied adult without dependents (ABAWD). All able-bodied adults aged 18 through 49 who are physically and mentally able to work can only receive three months of Food Assistance benefits. You may continue to receive Food Assistance if you meet one of the following:

- Work an average of 20 hours per week.
- Attend school at least half time.
- Participate in a qualifying component through the DHS Employment and Training (E&T) program.
- Have a pending application for or receipt of unemployment benefits.
- Have a mental or physical reason why you can't work.
- Are currently pregnant.
- Your food assistance household includes someone under the age of 18, even if that person is not currently receiving benefits on your case.
- Are responsible for the care of an incapacitated person.
- A regular participant in a drug or alcohol treatment program.
- Participate in the Refugee Cash Assistance Program.

If you meet one of the items listed above, contact the DHS Call Center at 1-877-347-5678.

Employment and Training Resources

To see what employment and training opportunities are available, you may contact:

- The Department of Human Services E&T Program online at <https://dhs.iowa.gov/food-assistance/related-programs/employment-and-training> or by phone at (515) 281-3131
- Your local IowaWorks Center. You may find your local work center at <https://www.iowaworkforcedevelopment.gov/contact>
- United Way – 211