

**You have the right to file an application for SNAP on the day you contact the Department of Social Services in your county.**

The Maryland Department of Human Resources (DHR) oversees each county's Department of Social Services (DSS).

You have the right to be screened by DSS to determine if you need **Expedited SNAP** on the day you go to DSS for help.

**Expedited SNAP** is for households that make less than \$150 in monthly gross income and who have less than \$100 available in liquid resources (for example, cash on hand, uncashed checks, money in a checking/savings account, or money in a credit union). If you qualify, you have the right to receive SNAP benefits within 7 days of filing your application.

**You have the right to a SNAP eligibility decision in 30 days.** DSS may take more time only when they send you a notice stating that your application is pending and tell you why. In cases where you receive this notice, a decision must be made no later than 60 days from the application date.

**You have the right to get help from DSS in getting the necessary documents to complete your application.** You must have a face-to-face interview with DSS, but you can always submit documents or verifications by mail, fax, or by email. Always ask for a receipt when you mail or drop something off at the DSS office.

## **Able-Bodied Adults Without Dependents**

An **Able-Bodied Adult Without Dependents** (ABAWD) is a person between the ages of 18 and 49 who has no dependents and is not disabled. This does not include children, seniors, and any adults who are responsible for raising a minor.

With certain exceptions, ABAWDs must register for work, accept an offer of suitable work, and take part in an employment and training program when referred to one by the local DSS.

ABAWDs can only receive SNAP benefits for three months in a three-year time span. ABAWDs must meet special requirements, in addition to the general work requirements, or they will be subject to the time limit and lose their benefits.

**ABAWD requirements** are in effect ONLY in the following counties: Anne Arundel, Baltimore, Carroll, Frederick, Howard, Montgomery, Prince George's, and Washington.

**To be eligible beyond the three-month period, an ABAWD must:** 1) Work at least 80 hours per month; 2) Participate in qualifying education and/or training activities at least 80 hours per month; 3) Comply with a workfare program (workfare means that ABAWDs can do unpaid work through a special State-approved program); or 4) Engage in a SNAP Employment or Training Program.

**You may be able to have a face-to-face interview at home or an interview over the phone.** If you have difficulty with transportation, illness, caring for a household member, working or training hours that prevent an in-office interview, the interview can take place over the phone or through a home visit.

**If you are elderly or disabled, DSS must consider your amount of monthly medical expenses that are above \$35, and that are not covered by insurance or paid by someone else.**

**You have the right to appeal a denial or termination of SNAP.** If your SNAP benefits are getting cut-off, you can continue to receive benefits during the appeal **if you appeal within 10 days from the date the notice was mailed to you.** This right does not exist if the problem arose while recertifying for SNAP benefits.

You have additional rights that are not included in this brochure. You may be able to get legal help to solve SNAP problems by contacting your local Maryland Legal Aid office or contacting another attorney.



## Maryland Legal Aid: Who We Are

Established in 1911, Maryland Legal Aid provides free civil legal services to low-income individuals and families statewide and serves Baltimore City and Maryland's 23 counties from 12 full-service offices. Maryland Legal Aid is dedicated to providing high-quality legal advocacy to protect and advance human rights for individuals, families, and communities.

### Know your rights!

This brochure contains general information about your rights, but is not meant to be legal advice. While every effort is made to keep this information up-to-date, the law sometimes changes. If you want information about your specific situation, or if you have a pending legal case, you should contact Maryland Legal Aid or another legal resource.

## Maryland Legal Aid Offices

### Anne Arundel County

229 Hanover Street  
Annapolis, MD 21401  
(410) 972-2700  
(800) 666-8330

### Baltimore City

500 E. Lexington Street  
Baltimore, MD 21202

#### Telephone Intake Lines:

(410) 951-7750  
(866) MD LAW 4U  
(or 866-635-2948)

#### Business Line:

(410) 951-7777  
(800) 999-8904

### Baltimore County

29 W. Susquehanna Avenue  
Suite 305  
Towson, MD 21204  
(410) 427-1800  
(877) 878-5920

### Lower Eastern Shore

Dorchester, Somerset,  
Wicomico, Worcester  
111 High Street  
Salisbury, MD 21801  
(410) 546-5511  
(800) 444-4099

### Metropolitan Maryland

Howard, Prince George's  
8401 Corporate Drive  
Suite 200  
Landover, MD 20785  
(301) 560-2100  
(888) 215-5316

### District Court/ Multi-service Center

3451 Court House Drive  
2nd Floor  
Ellicott City, MD 21043  
(410) 480-1057

### Midwestern Maryland

Carroll, Frederick, Washington  
22 S. Market Street  
Suite 11  
Frederick, MD 21701  
(301) 694-7414  
(800) 679-8813

### Montgomery County

600 Jefferson Plaza  
Suite 430  
Rockville, MD 20852  
(240) 314-0373  
(855) 880-9487

### Northeastern Maryland

Cecil, Harford  
103 S. Hickory Avenue  
Bel Air, MD 21014  
(410) 836-8202  
(800) 444-9529

### Southern Maryland

Calvert, Charles, St. Mary's  
15364 Prince Frederick Road  
P.O. Box 249  
Hughesville, MD 20637  
(301) 932-6661  
(877) 310-1810

### Upper Eastern Shore

Caroline, Kent,  
Queen Anne's, Talbot  
106 N. Washington Street  
Suite 101  
Easton, MD 21601  
(410) 763-9676  
(800) 477-2543

### Western Maryland

Allegany, Garrett  
110 Greene Street  
Cumberland, MD 21502  
(301) 777-7474  
(866) 389-5243

### Statewide

**Farmworker Program**  
(800) 444-4099

**Foreclosure Legal  
Assistance Project**  
(888) 213-3320

**Long Term Care  
Assistance Project**  
(866) 635-2948

**Maryland Senior  
Legal Helpline**  
(866) 635-2948

**Veterans' Hotline**  
(443) 863-4040

### TTY Users: Call Maryland Relay, Dial 7-1-1

Visit [www.peoples-law.org](http://www.peoples-law.org) for self-help legal information and community resources.

For more information visit [www.mdlab.org](http://www.mdlab.org).

SNAP

# Supplemental Nutrition Assistance Program (SNAP)

Formerly known as the  
Food Stamps Program



MARYLAND  
LEGAL AID

Advancing Human Rights and Justice for All in Maryland since 1911