

## Who We Are

We advocate with and for Marylanders experiencing poverty to achieve equity and social justice through free civil legal services, community collaboration, and systems change.

Established in 1911, Maryland Legal Aid is a statewide private, nonprofit law firm that provides free, civil legal services to low-income and vulnerable people to address their most fundamental legal problems. From our 12 offices throughout the state and through our community-based clinics, we help our clients preserve and access safe and affordable housing, maintain and regain custody of their children, and be safe from domestic violence. Maryland Legal Aid increases our clients' economic security by defending against consumer debt, including foreclosures and tax sales, removing barriers to employment, and accessing critical income supports such as unemployment, food stamps and other vital public benefits. Through special projects, we represent elder adults, nursing home residents, children in alleged abuse and neglect cases, and migrant farmworkers. In its advocacy, Maryland Legal Aid seeks systemic change through impact litigation, in our advocacy, and by storytelling.



## Maryland Legal Aid Offices

**Centralized Intake:** 1-888-465-2468  
is now serving all jurisdictions:

### Offices

#### **Allegany/Garrett**

138 Baltimore Street  
Suite 204  
Cumberland, MD 21502

#### **Anne Arundel/Howard**

2024 West Street  
Suite 204  
Annapolis, MD 21401  
3451 Court House Drive  
2nd Floor  
Ellicott City, MD 21043

#### **Baltimore City**

500 E. Lexington Street  
Baltimore, MD 21202

#### **Baltimore County**

215 Washington Avenue  
Suite 305  
Towson, MD 21204

#### **Cecil/Harford**

103 S. Hickory Avenue  
Bel Air, MD 21014

#### **Lower Eastern Shore Dorchester, Somerset, Wicomico, Worcester**

101 Broad Street,  
Salisbury, MD 21801

#### **Midwestern Maryland Carroll, Frederick, Washington**

22 S. Market Street  
Suite 11  
Frederick, MD 21701

#### **Montgomery County**

600 Jefferson Plaza  
Suite 430  
Rockville, MD 20852

#### **Prince George's County**

8401 Corporate Drive  
Suite 200  
Landover, MD 20785

#### **Southern Maryland Calvert, Charles, St. Mary's**

15045 Burnt Store Road  
Hughesville, MD 20637

#### **Upper Eastern Shore Caroline, Kent, Queen Anne's, Talbot**

106 N. Washington Street  
Suite 101  
Easton, MD 21601

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

[www.mdlab.org](http://www.mdlab.org)

For more information

[www.peoples-law.org](http://www.peoples-law.org)

For self-help legal information and  
community resources

7.15.2025



# SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

Formerly known as the  
Food Stamps Program



## **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 see 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 saying 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 Adults 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.