



# Iowa Department of Human Services

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Kim Reynolds  
Governor

Adam Gregg  
Lt. Governor

Jerry R. Foxhoven  
Director

You have 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 from \_\_\_\_\_, through \_\_\_\_\_.

You may continue to receive Food Assistance if you meet one of the following:

- Work an average of 20 hours per week.
- Participate, at least half-time, in a school or training program.
- Participate in a qualifying component through the DHS Employment and Training (E&T) program.
- Receive unemployment benefits.
- Have a physical or mental disability that prevents you from working.
- 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.
- Regularly participate 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.

For information on Employment and Training, contact the E&T Income Maintenance Worker at 515-725-3016.

Income Maintenance Worker