



Iowa Department of Human Services

Terry E. Branstad
Governor

Kim Reynolds
Lt. Governor

Charles M. Palmer
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 December 1, 2014, through November 30, 2017.

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 program manager through Kirkwood Community College at 1-319-365-9474 ext. 31170.

Income Maintenance Worker