

1. You have agreed to complete work-related activities each month so you can continue to receive SNAP food benefits.
2. You must report to a representative at the Oregon Employment Department (OED) how you complete those activities each week using the “Work Activity Attendance form”. You will receive guidance on how to properly complete and submit the form each week to OED.
3. Work-related activities include job search, training programs to improve your skills, volunteering, bartering, community service, and participating in a Workfare program. Talk with an OED representative about:
  - Enrolling in a training program at a local community college or university.
  - Getting your resume ready and participating in a workshop to improve your job interview skills if you are ready to work. Then you can begin the job interview process for jobs that match your skills and salary expectations.
  - Participating in a Workfare program at reduced hours. You can still gain work skills at a local private or public non-profit agency, instead of immediately participating in job search or training activities.
4. You are required to meet with a representative from OED at least once a month to review the hours you completed during the month and talk about your plan for completing the number of hours of work-related activities assigned to you in the following month.
5. If for any reason you believe you have reason for not completing the assigned work-related requirements, you must report this to an OED representative immediately using the “Able-Bodied Adult without Dependents (ABAWD) Report of Exemptions, Paid or Unpaid Work, or Good Cause” form. (DHS 1465, 11/22). This form will be provided to you by an OED representative.
6. Failure to complete the required number of work-related activity hours and submit the Work Activity Attendance Form on time and within acceptable guidelines may result in the loss of your SNAP benefits.

The Oregon Employment Department (OED) is an equal opportunity agency. OED provides free help so you can use our services. Some examples are sign language and spoken-language interpreters, written materials in other languages, large print, audio, and other formats. To get help, please call 503-947-1444. TTY users call 711. You can also send an email to [communications@employ.oregon.gov](mailto:communications@employ.oregon.gov).



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