

How to Meet 80 Hours of Work/Training

If you get SNAP benefits are an Able-Bodied Adult Without Dependents (ABAWD), here are four ways you can meet the 80 hours.

- (1) Show that you are **in school or working** - **see the attached information*
 - Bring proof to your local Family Support Division (FSD) office
 - Mail proof to: Family Support Division Resource Center | 3145 Division Drive, Suite 1 | West Plains, MO 65775
- (2) Agree to **volunteer** in a program that promotes job readiness and builds work experience – *fill out this form and bring to the volunteer agency.*
- (3) Get job and training services through SkillUP or a Missouri Job Center

If you have questions
or want to learn more,
call:

855-373-4636

To find office hours
and locations:

dss.mo.gov/dss_map

ABAWD Agreement to Volunteer

1. Fill out Section 1, below.
2. Ask the Volunteer Agency to fill out Section 2.
3. You or the volunteer agency can send the completed form to the FSD as shown in Section 3.

The FSD may contact the Volunteer Agency to verify the below information.

Section 1: For the SNAP participant to fill out (please print)

Name: _____ DCN: _____
Phone: (____) _____ - _____ DOB: ____ - ____ - ____
Address: _____ CITY STATE ZIP

I AGREE TO:

- Call the volunteer agency if I cannot make it to my assigned volunteer time.
- Contact the FSD if I quit the volunteer work or have excused absences.

SIGNATURE (SHOWS I AGREE AND AUTHORIZE RELEASE OF INFORMATION)

DATE

Section 2: For the volunteer agency to fill out (please print)

Job title of volunteer: _____
Briefly describe the position: _____
Volunteer start date: _____ Projected hours per month: _____

Volunteer Agency Information

Agency Name: _____ Agency Phone: (____) _____ - _____
Agency Address: _____ CITY STATE ZIP

Volunteer Supervisor Name: _____ Supervisor Title: _____

SUPERVISOR SIGNATURE DATE

Section 3: Send the completed form to the FSD (choose one option)

- Scan and email form to: DSS.FSD.Agreements@dss.mo.gov
- Mail it to: Family Support Division | 3145 Division Drive, Suite1 | West Plains, MO 65775

ABAWD Volunteer Agreement (06/2023)