Who is exempt from ABAWD time limits and minimum work requirements? Some people who receive basic food are exempt from able-bodied adult without dependents (ABAWD) time limits and minimum work requirements. You are exempt from ABAWD time limits and work requirements under WAC 388-444-0030 if you meet any one or more of the following:

1. You are exempt from work requirements under WAC 388-444-0010;
2. You are under age eighteen or are age fifty or older;
3. You receive temporary or permanent disability benefits issued by a governmental or private source;
4. You are obviously mentally or physically unfit for employment as determined by the department; however, if the unfitness is not obvious, you must provide a statement that you are physically or mentally unfit for employment from a physician, physician's assistant, nurse, nurse practitioner, designated representative of the physician's office, licensed or certified psychologist, social worker, or any other medical personnel the department determines appropriate;
5. You are an adult in a basic food assistance unit that has a family member who is under the age of eighteen;
6. You are pregnant;
7. You live in an area approved as exempt by U.S. Department of Agriculture (USDA); or
8. You are eligible for one of the approved exemption slots under the U.S. Department of Agriculture (USDA) fifteen percent exemption rule.