Are you an Able-Bodied Adult Without Dependents (ABAWD)?

Some adults receiving SNAP benefits are subject to work requirements to keep their SNAP eligibility. These rules apply if you:

- Are 18 to 64 years old
- Can work (able-bodied)
- Don't have children under 14 years old living with you

If you are subject to the ABAWD Work Requirements Program rules, SNAP E&T may count toward meeting those requirements, while helping you prepare for employment.

The SNAP E&T program is not just for ABAWDs - the program is open statewide to most SNAP participants.

SNAP
Putting Healthy Food Within Reach

USDA
Supplemental Nutrition Assistance Program

Who can participate?

- Currently receiving SNAP benefits
- Able to accept an employment opportunity while participating in the program
- Not enrolled in TANF Employment First (ADC)

Interested in Participating?

Scan the QR code below.

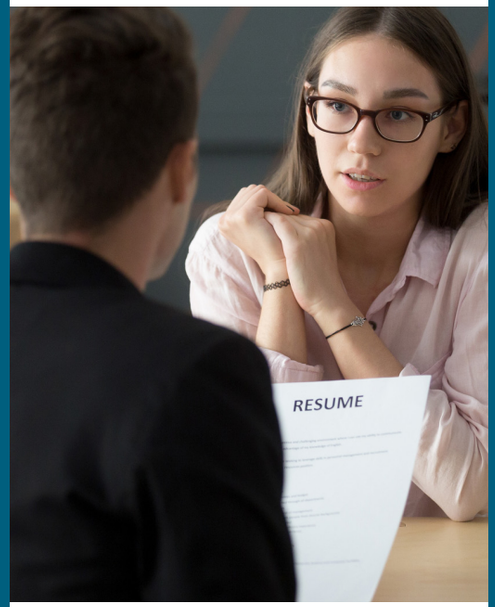
Contact DHHS SNAP E&T at: dhhs.snapnextstepEandT@nebraska.gov and ask about SNAP E&T or assistance in meeting an ABAWD requirement.

VISIT:
dhhs.ne.gov/pages/SNAP-ET.aspx

This institution is an equal opportunity provider.

CFS-PAM-60 10/2026

Supplemental Nutrition Assistance Program (SNAP) Employment and Training (E&T)



A Brighter Future

NEBRASKA
Good Life. Great Mission.
DEPT. OF HEALTH AND HUMAN SERVICES

SNAP Next Step Employment and Training (E&T) Program

The Nebraska Department of Health and Human Services (DHHS) is working to empower families and individuals seeking better employment and better lives.

The SNAP E&T Program is available to Nebraskans currently enrolled in SNAP that are unemployed or looking for a change of employment with better opportunities including:

- Higher income
- Employment that is more relevant to their education or interests
- Better benefits like eye, dental and health insurance, retirement assistance, life insurance, paid time off, etc.
- More family friendly work schedule

Path to Self-Sufficiency

SNAP E&T is a program for those whose goal is to achieve long term and stable employment that will lead to self-sufficiency.



SNAP E&T Services

Job Search Assistance: Teaches individuals the best ways to search for a job and helps them develop the tools they need to be successful, including resume help, interview skills, and much more! Helps job seekers look in the right places and provides them with connections to help them obtain a job.

Basic Education: Prepares job seekers for the job market by helping them obtain their GED, improve their reading, and writing skills, including English as a Second Language courses.

Work Based Learning Programs:

- Apprenticeships
- Internships
- On-the-job training
- Short-term college programs

Job Retention: Assistance for up to 90 days after finding employment, to help ensure success.

Child Care: SNAP E&T is a qualified activity for Child Care assistance with DHHS.

Supportive Services: Offered to participants to help with barriers in finding employment that are deemed reasonable and necessary. Examples may include:

- Transportation costs, such as gas or assistance with a repair
- Clothing assistance for work and interviews
- Required educational materials (such as tuition, books, etc.)
- Background checks, tools, and much more!

Collaboration With Other Workforce Programs

DHHS and third-party partners collaborate with other workforce programs to provide participants additional services. Participants can receive additional assistance or funding when co-enrolling with other programs such as:

- Workforce Innovation and Opportunity Act (WIOA), Adult, Youth and Dislocated Worker Programs through local American Job Centers (AJC).
- Or other programs available within local AJCs.

Once Enrolled

A Workforce Coordinator or a third-party partner provides case management. They will have regular contact with participants to discuss the following:

- Development of an individualized employment plan.
- Case management: progress of the employment plan, assistance in overcoming barriers, budgeting assistance, how changes can affect benefits, follow-up and support after a new job, and much more!

Business Services

SNAP E&T has a growing number of relationships with employers across Nebraska to support job matching and connecting businesses to qualified job seekers enrolled in the program.