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## Expanded Work Requirements in House Republican Bill Would Take Away Food Assistance From Millions: State and Congressional District Estimates

By Katie Bergh, Catlin Nchako, and Luis Nuñez

The House Agriculture Committee bill cuts SNAP by at least \$230 billion over nine years, cutting the program by more than 20 percent. One of the harshest cuts would take food assistance away from people — including, for the first time ever, parents with children over the age of 6 and adults aged 55 to 64 — who don’t meet a red-tape-laden and ineffective work requirement.

Adults subject to the requirements would only be able to receive food benefits for *three months in a three-year period* unless they show compliance with a 20-hour-per-week work requirement or prove they qualify for an exemption such as having a disability.

In total, nearly 11 million people — about 1 in 4 SNAP participants, including more than 4 million children and more than half a million adults aged 65 or older and adults with disabilities — live in households that would be at risk of losing at least some of their food assistance under the provision.<sup>1</sup> (See Table 1.)

These requirements already apply to adult ages 18 to 54 who don’t have children. The evidence is clear — these requirements don’t do anything to raise employment rates.<sup>2</sup> But they do result in many people losing food benefits they need, deepening poverty and increasing hardship. Research also shows that many people who lose SNAP are working or should have qualified for an exemption, but

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<sup>1</sup> Katie Bergh, Catlin Nchako, and Luis Nuñez, “Worsening SNAP’s Harsh Work Requirement Would Take Food Assistance Away From Millions of Low-Income People,” CBPP, April 30, 2025, <https://www.cbpp.org/research/food-assistance/worsening-snaps-harsh-work-requirement-would-take-food-assistance-away>.

<sup>2</sup> Lauren Bauer and Chloe N. East, “A primer on SNAP work requirements,” The Hamilton Project, April 2025, <https://www.hamiltonproject.org/publication/paper/a-primer-on-snap-work-requirements>. See also Ladonna Pavetti *et al.*, “Expanding Work Requirements Would Make It Harder for People to Meet Basic Needs,” CBPP, March 15, 2023, <https://www.cbpp.org/research/poverty-and-inequality/expanding-work-requirements-would-make-it-harder-for-people-to-meet>.

the bureaucratic red tape made documenting their employment or proving their exemption too difficult.<sup>3</sup>

The work requirement provisions in the bill mirror those put forward in legislation sponsored by Rep. Dusty Johnson. The Congressional Budget Office previously analyzed that bill and estimated 3 to 3.5 million fewer people would participate in SNAP in a typical month due to these requirements.<sup>4</sup>

Research consistently shows that SNAP's work requirement does not increase employment or earnings. This means that the vast majority of people who would lose SNAP under an expanded work requirement — including older adults, parents, veterans, people experiencing homelessness, and young people who have aged out of foster care — would lose the assistance they need to afford groceries with *no improvement* in their job prospects or income.<sup>5</sup> Ending SNAP eligibility for these individuals would harm not only the adults subject to the requirement but also the people they live with, including children and people with disabilities, by reducing food benefits for the entire household.

The 11 million people at risk of losing SNAP benefits entirely or seeing the benefits for their families cut include older adults; parents, grandparents, and their children; veterans, people experiencing homelessness, and former foster youth who, under the bill, would lose their current exemptions starting in 2030; and people living in areas without sufficient jobs that lose their waivers of the work requirement as a result of the bill's provisions.

People in every state are at risk of losing their food benefits. For state and congressional district data, see the following interactive map and table.<sup>6</sup>

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<sup>3</sup> Erin Brantley, Drishti Pillai, and Leighton Ku, “Association of Work Requirements With Supplemental Nutrition Assistance Program Participation by Race/Ethnicity and Disability Status, 2013-2017,” JAMA Network Open, Vol. 3, No. 6, June 2020, <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2767673>.

<sup>4</sup> See H.R. 1528 (119<sup>th</sup>) and Congressional Budget Office, “H.R. 1581, America Works Act of 2023,” September 6, 2023, <https://www.cbo.gov/publication/59552>.

<sup>5</sup> Bauer and East, *op. cit.*

<sup>6</sup> Congressional district-level data are available at <https://www.cbpp.org/research/food-assistance/millions-at-risk-of-losing-food-assistance-under-proposed-expansion-of>.

TABLE 1

## Millions At Risk of Losing Food Assistance Under Proposed Expansion of SNAP's Work Requirement

Estimated average monthly number of:

	Adults at Risk of Losing SNAP:		Total People at Risk of Losing Some Amount of SNAP:	
	Ages 55 to 64 with no children, no disability	Ages 18 to 64 with school-age children, no disability	In households with adults ages 55 to 64 with no children, no disability	In households with adults ages 18 to 64 with school-age children, no disability
Alabama	22,000	54,000	28,000	137,000
Alaska	2,000	6,000	3,000	14,000
Arizona	37,000	62,000	44,000	147,000
Arkansas	8,000	19,000	11,000	49,000
California	201,000	286,000	243,000	645,000
Colorado	23,000	57,000	28,000	131,000
Connecticut	12,000	36,000	14,000	81,000
Delaware	5,000	11,000	6,000	31,000
District of Columbia	7,000	8,000	7,000	17,000
Florida	113,000	174,000	151,000	423,000
Georgia	50,000	156,000	58,000	382,000
Guam	2,000	3,000	2,000	8,000
Hawai'i	7,000	11,000	8,000	22,000
Idaho	2,000	8,000	3,000	21,000
Illinois	65,000	164,000	75,000	397,000
Indiana	18,000	53,000	23,000	128,000
Iowa	10,000	19,000	11,000	47,000
Kansas	5,000	14,000	7,000	36,000
Kentucky	19,000	46,000	24,000	111,000
Louisiana	23,000	71,000	28,000	178,000
Maine	4,000	12,000	4,000	27,000
Maryland	26,000	45,000	29,000	100,000
Massachusetts	42,000	76,000	57,000	179,000
Michigan	39,000	113,000	52,000	252,000
Minnesota	11,000	34,000	14,000	92,000
Mississippi	8,000	35,000	10,000	91,000
Missouri	14,000	54,000	18,000	132,000
Montana	3,000	8,000	3,000	19,000
Nebraska	3,000	10,000	3,000	25,000

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Nevada	19,000	38,000	22,000	87,000
New Hampshire	1,000	5,000	1,000	14,000
New Jersey	22,000	82,000	29,000	185,000
New Mexico	23,000	52,000	28,000	120,000
New York	125,000	221,000	158,000	512,000
North Carolina	47,000	127,000	58,000	317,000
North Dakota	1,000	4,000	1,000	11,000
Ohio	42,000	102,000	53,000	263,000
Oklahoma	18,000	54,000	25,000	131,000
Oregon	27,000	52,000	31,000	114,000
Pennsylvania	58,000	135,000	84,000	317,000
Rhode Island	4,000	8,000	4,000	17,000
South Carolina	17,000	44,000	22,000	121,000
South Dakota	less than 1000	5,000	1,000	13,000
Tennessee	21,000	57,000	26,000	134,000
Texas	107,000	285,000	123,000	683,000
Utah	4,000	13,000	5,000	31,000
Vermont	2,000	6,000	3,000	13,000
Virgin Islands	1,000	3,000	1,000	6,000
Virginia	22,000	76,000	28,000	176,000
Washington	26,000	53,000	29,000	120,000
West Virginia	13,000	28,000	18,000	66,000
Wisconsin	26,000	45,000	30,000	114,000
Wyoming	less than 1000	3,000	less than 1000	7,000
<b>Total</b>	<b>1,400,000</b>	<b>3,100,000</b>	<b>1,700,000</b>	<b>7,500,000</b>

Note: "With school-age children" refers to households with children where all children are 7 or older. These estimates do not incorporate other proposals in the House Agriculture Committee's draft reconciliation legislation that would significantly restrict states' ability to request waivers of SNAP's work requirement for areas with insufficient jobs and eliminate current exemptions for veterans, people experiencing homelessness, or youth who have aged out of foster care. The District of

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Columbia, Guam, and the Virgin Islands are considered states in SNAP. Puerto Rico, American Samoa, and the Commonwealth of the Northern Mariana Islands are not included in this table because they receive a nutrition assistance block grant in lieu of participating in SNAP.

Source: State estimates based on CBPP analysis of SNAP quality control data for fiscal year 2022.