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SNAP Benefit Cuts Will Leave Millions of Americans Overworked and Underfed

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2025 marked a volatile year for the **41.7 million Americans** who rely on the Supplemental Nutrition Assistance Program, or SNAP, to buy food. But while their benefits were restored after the government shutdown ended, budget cuts and new work requirements mean the challenges will continue in the new year.

As of December, millions of Americans are at risk of losing their SNAP benefits once again. That's because President Trump's "**One Big Beautiful Bill**," passed over the summer, reduced SNAP funding by \$186 billion, the largest cut in the program's history. In addition to this sweeping slash to funding, there are now **tighter work requirements** for determining who is eligible for SNAP benefits and for how long. Those who do not meet new work requirements will lose their benefits when their SNAP eligibility is next recertified, which happens every six to 12 months.