

The Impact of H.R. 1 SNAP Cuts on Children

Over 900,000 Kids at Risk Under New SNAP Restrictions

Nearly 16 million children participated in the Supplemental Nutrition Assistance Program (SNAP) in 2023, but many are at risk of losing benefits as a result of the nearly \$200 billion in cuts to SNAP in the budget reconciliation bill H.R.1 passed in July 2025. Some children will face a complete loss of benefits themselves, for a member of their household, and/or the entire household. Additionally, changes in certain deductions and future benefit calculations may reduce the amount a household with children receives, lowering the food resources available to that household.

This report is based on a January 2026 analysis utilizing public U.S. Department of Agriculture 2022 and 2023 SNAP Quality Control data to highlight potential impacts of H.R.1 provisions on children.

Expanded Work Reporting and Time Limits

H.R.1 expanded the populations subject to time limits on SNAP participation. For the first time, adults with children ages 14-17 in their household are now subject to the three-month time limit if they cannot document at least 80 hours of work per month. This puts their household at risk of losing at least some benefits. The burden of work reporting and potential confusion about eligibility in a household facing time limits could result in even more families losing access to SNAP.

In FY23, more than 1 million children ages 14-17 without a younger sibling at home participated in SNAP. Of this number, **770,000 children are at risk of losing some household benefits because the adults in their household are now subject to time limits on SNAP participation.**

The vast majority of participating households with children have earnings during the year, but the additional burden of reporting requirements, especially when working gig or seasonal positions, may keep families from accessing nutrition support during periods of inconsistent work and income.¹ H.R.1's increased restrictions on waivers for areas with high unemployment will make this expansion even more damaging for families during economic downturns as well as more localized economic shocks.

¹ Bergh K., Nchako C., and Nuñez L. (April 30, 2025). Worsening SNAP's Harsh Work Requirement Would Take Food Assistance Away From Millions of Low-Income People. <https://www.cbpp.org/research/food-assistance/worsening-snaps-harsh-work-requirement-would-take-food-assistance-away>

Further Restrictions on Non-Citizen Eligibility

303,000 lawfully present noncitizen children participated in SNAP in 2023, in accordance with eligibility rules at that time. Of these, more than 40 percent of the children were legal permanent residents; they remain eligible for SNAP even with the further restrictions H.R.1 placed on eligibility.

However, **roughly a third of the children were refugees and they are now ineligible for SNAP.** Additionally, more than 20 percent of the children had a different immigration status that was eligible for SNAP at the time, but now they are likely ineligible due to the restrictions of H.R. 1. (The noncitizen statuses still eligible for SNAP allowed under H.R.1 are not tracked in available datasets, making it impossible to know exactly how many will lose eligibility.) The complicated rules and chance of future repercussions, even for families with citizen children, create a legitimate fear of interacting with the government. Historically, these types of policies create a chilling effect on program participation where eligible participants and households drop out of the program and lead to less SNAP participation overall. **In total, nearly 170,000 lawfully present children are at risk of losing SNAP access due to this policy.**

Administrative and Benefit Cost Shifts to States

H.R.1 restructured how SNAP is funded. States must cover a larger share of administrative costs and are now liable for a portion of SNAP benefit costs for the first time ever. The amount of benefit costs that a state must pay is based on their SNAP payment error rate from three fiscal years prior. This cost shift is compounded by the strain already placed on agencies as they shoulder a higher percentage of administrative costs, which makes investments in error rate reduction more challenging.

States that are forced to pay a portion of benefit costs starting in FY 2028 will seek ways to reduce errors, lower the administrative burden, and streamline processing in general. How each state may specifically respond to the higher administrative cost share and on the looming benefit cost shift is unknown. However, **early analysis of participation trends** since H.R.1 was enacted shows worrying declines beyond what would be expected based on implementation of other H.R.1 provisions alone.²

Expanding or adopting Broad-Based Categorical Eligibility (BBCE), a set of state policy options aligning SNAP with other means-tested federal benefits, is a more positive way that states can cut down on the amount of data-entry and opportunity for payment errors. BBCE also helps families in high cost-of-living areas and eases the benefits cliff for households who earn a raise or start savings. In 2022, all but seven states had adopted a BBCE policy, and **more than 2 million children – including nearly 1.5 million school-aged children – accessed SNAP via BBCE.**

² Nuñez L. (May 27, 2026). Sharp Drop in Number of Children Receiving SNAP Food Assistance Under New Federal Law. <https://www.cbpp.org/blog/sharp-drop-in-number-of-children-receiving-snap-food-assistance-under-new-federal-law>

Number of Teens by State At Risk of Losing Some Household SNAP Benefits Due to Expanded Time Limits

State	FY23 Participants Ages 14-17 (Thousands)	FY23 Participants Ages 14-17 Not Living with a Child ≤ Age 13 (Thousands)	FY23 Children Living with an Adult Newly Subject to Time Limits (Thousands)
United States Total	2,939	1,008	770
Alabama	58	20.4	17
Alaska	2	0.9	1
Arizona	65	19.6	17
Arkansas	20	4.7	4
California	345	136.6	90
Colorado	47	16.9	15
Connecticut	27	11.8	10
Delaware	9	2.6	2
District of Columbia	6	2.3	2
Florida	236	91.3	64
Georgia	122	49.7	47
Hawaii	12	4.1	3
Idaho	9	3.2	2
Illinois	155	62.6	43
Indiana	48	15.0	9
Iowa	23	9.8	7
Kansas	14	5.2	4
Kentucky	36	14.1	13
Louisiana	68	24.0	20
Maine	9	3.5	3
Maryland	52	17.2	16
Massachusetts	52	24.2	23
Michigan	101	32.9	23
Minnesota	45	15.0	10
Mississippi	40	12.6	10
Missouri	40	11.1	8
Montana	6	2.1	2
Nebraska	12	3.6	3
Nevada	35	10.7	10
New Hampshire	4	1.6	1
New Jersey	44	9.3	7
New Mexico	35	13.9	11
New York	153	42.4	29
North Carolina	129	45.2	34
North Dakota	3	0.8	1
Ohio	91	22.4	18
Oklahoma	46	15.2	13
Oregon	38	12.5	10
Pennsylvania	111	41.4	33
Rhode Island	9	2.5	2
South Carolina	39	11.4	9
South Dakota	6	1.9	1
Tennessee	57	18.0	13
Texas	280	65.8	52
Utah	10	2.8	2
Vermont	4	2.0	2
Virginia	53	19.3	15
Washington	56	19.9	16
West Virginia	18	9.0	8
Wisconsin	55	21.9	17
Wyoming	2	0.6	1

Number of Lawfully Present Noncitizen Children in SNAP Households by State

Under H.R.1, all but Legal Permanent Resident children are at risk of losing eligibility

State	FY23 Eligible Lawfully Present Noncitizen Children in SNAP Households (Thousands)	Immigration Status of FY23 Eligible Lawfully Present Noncitizen Children in SNAP Households		
		FY23 Legal Permanent Resident Children (%)	FY23 Refugee Children (%)	FY23 Other Eligible Noncitizen Children (%)
United States Total	303	44.3	34.6	21.1
Alabama	0 [†]	100.0	0.0	0.0
Alaska	- *	n/a	n/a	n/a
Arizona	4	65.8	23.2	11.0
Arkansas	1	0.0	100.0	0.0
California	32	35.4	22.0	42.6
Colorado	6	37.7	9.9	52.4
Connecticut	3	22.2	63.1	14.7
Delaware	0 [†]	100.0	0.0	0.0
District of Columbia	0 [†]	0.0	0.0	100.0
Florida	56	40.6	51.7	7.7
Georgia	1	100.0	0.0	0.0
Hawaii	- *	n/a	n/a	n/a
Idaho	1	74.0	26.0	0.0
Illinois	9	22.5	50.9	26.6
Indiana	2	12.8	63.9	23.3
Iowa	3	22.4	70.0	7.6
Kansas	2	19.7	80.3	0.0
Kentucky	1	22.9	52.1	24.9
Louisiana	- *	n/a	n/a	n/a
Maine	0 [†]	40.8	59.2	0.0
Maryland	3	85.2	0.0	14.8
Massachusetts	14	47.8	37.6	14.7
Michigan	11	42.0	50.7	7.3
Minnesota	11	60.4	14.2	25.4
Mississippi	- *	n/a	n/a	n/a
Missouri	2	53.8	46.2	0.0
Montana	1	0.0	49.4	50.6
Nebraska	3	31.7	65.3	2.9
Nevada	3	29.7	44.4	25.9
New Hampshire	1	0.0	45.5	54.5
New Jersey	3	66.8	0.0	33.2
New Mexico	1	32.4	67.6	0.0
New York	50	57.8	24.7	17.5
North Carolina	2	0.0	100.0	0.0
North Dakota	0 [†]	0.0	100.0	0.0
Ohio	3	0.0	59.2	40.8
Oklahoma	2	69.4	30.6	0.0
Oregon	6	100.0	0.0	0.0
Pennsylvania	12	67.8	21.9	10.3
Rhode Island	2	56.9	26.0	13.3
South Carolina	0 [†]	0.0	100.0	0.0
South Dakota	1	59.2	40.8	0.0
Tennessee	- *	n/a	n/a	n/a
Texas	21	45.1	9.2	45.7
Utah	1	14.9	85.1	0.0
Vermont	1	7.2	34.2	58.6
Virginia	10	21.4	58.4	20.2
Washington	15	18.3	39.3	42.4
West Virginia	- *	n/a	n/a	n/a
Wisconsin	5	60.6	28.5	10.9
Wyoming	- *	n/a	n/a	n/a

[†] Less than 500 reported in the Quality Control sample, which rounded down to zero. This is why percentages are reported in the other columns.

* None reported in the Quality Control sample.