

How SNAP Program Cuts Will Affect New Jersey



The SNAP Program will face scheduled cuts between now and 2028. Here's what New Jersey families who use SNAP can expect & when.

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The "One Big Beautiful Bill Act" passed by the U.S. Congress will result in a series of cuts, reductions, and changes to SNAP.

- **\$187 Billion Dollars** were cut from the SNAP program.
- **2.7+ Million** people nationwide will lose access to SNAP.
- **Over 50%** of people using SNAP in NJ will lose some amount of their benefits.
- **114,000 New Jersey families will lose an average of \$182 dollars in monthly SNAP benefits.**

Timeline of Scheduled SNAP Program Changes

Starting Now, Upon Recertification: New Work Requirements and Benefit Limits

The SNAP program has a work requirement of 80 hours per month in order to receive SNAP benefits for over 3 months, without a status that qualifies for a waiver. Some of these protected statuses were removed by the "One Big Beautiful Bill Act" – these groups **will now be subject to work requirements**:

- **Families with children aged 14–17**
- **Veterans**
- **Young adults previously in foster care**
- **Any adults aged 54–64**
- **People experiencing homelessness**

There are also new benefit limits related to energy assistance programs and internet expenses. These work requirements and benefit limits will take effect **when any SNAP recipients are next recertified**.

October 2025: SNAP-Ed Program Ending

As of October 1st, 2025, the SNAP-Ed Program has been completely terminated. Congress' bill eliminated funding for this nutrition education program that was available for any families experiencing poverty.

November 2025: 3-Month Limit for SNAP Starts Statewide in New Jersey

New Jersey previously had applied for a waiver for the 3-month time limit and associated work requirement for SNAP, which applied to all counties in NJ except Morris. Congress' bill terminated this waiver, and all families in NJ are now going to be subject to the 3-month time limit for SNAP without meeting the work requirement or having a qualifying protected status, **starting November 2nd**.

Starting Soon: Some Immigrants with Legal Status to Lose SNAP Benefits

Only legal residents in the U.S. can receive SNAP, but Congress' bill removed the ability for some legal residents to receive SNAP. Refugees, asylum grantees, and anyone granted humanitarian protection **can no longer receive SNAP benefits**. The USDA has not provided guidance on when these cuts will take place.

October 2026: Thrifty Food Plan Changes – Benefits Reduced

The "One Big Beautiful Bill" removed future planned benefit increases for SNAP recipients. This will not directly lower benefits, but benefits will not increase as much as previously set to match rising food prices.

October 2026: State Administrative Cost Share Begins

October 2027: State Program Cost Share Begins

Historically, the federal government has primarily paid for SNAP, rather than state governments. Congress' bill will ask New Jersey to contribute more to the cost of SNAP. This change **will cost New Jersey \$200–400 million dollars per year**, which could lead to other programs being cut or to higher state taxes.