

SNAP Updates in 2025:

What Food Banks & Partners Need to Know

Recent changes to the Supplemental Nutrition Assistance Program (SNAP, formerly food stamps) affect who qualifies for benefits and how much they receive. The updates outlined below are a result of federal legislation (H.R. 1) and represent the minimum requirements states must implement. This overview can help food banks and partners share accurate, timely information with clients and community members who may be affected.

Work Requirements

What Is It?

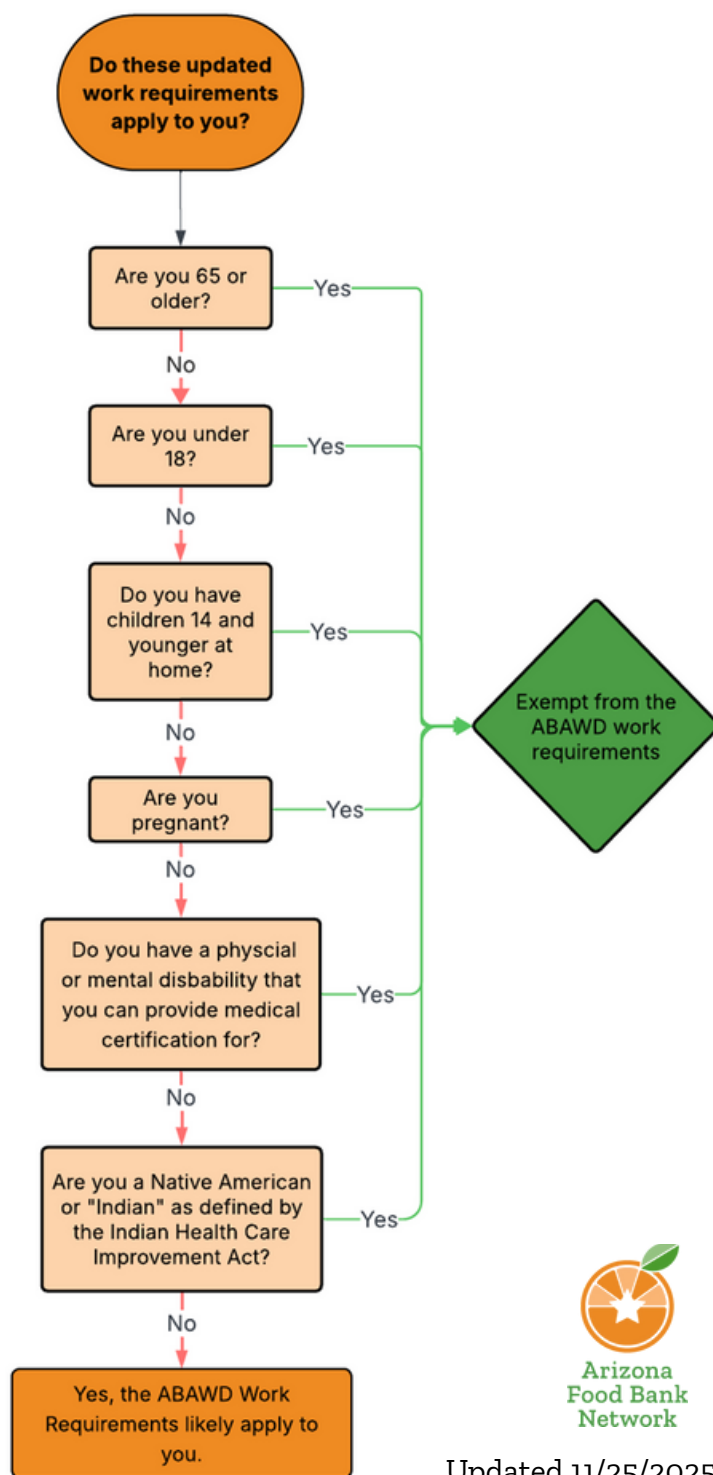
Adults that have to work in order to receive SNAP are called *Able-Bodied Adults without Dependents* (ABAWDs). SNAP benefits for ABAWDs are limited to 3 months within a 36-month period, unless the individual can demonstrate at least 80 hours per month of work, work-training, or volunteering. More people are now classified as ABAWDs under H.R. 1, so more SNAP participants across Arizona are newly subject to these rules.

What's Changed?

- Expanded definition to include:
 - Adults up to age 65
 - Parents/guardians of kids ages 14 and over
- Eliminated exemptions for:
 - Veterans
 - Homeless
 - Former foster youth up to age 24

When Will these Changes Take Effect?

- Currently implemented statewide in AZ

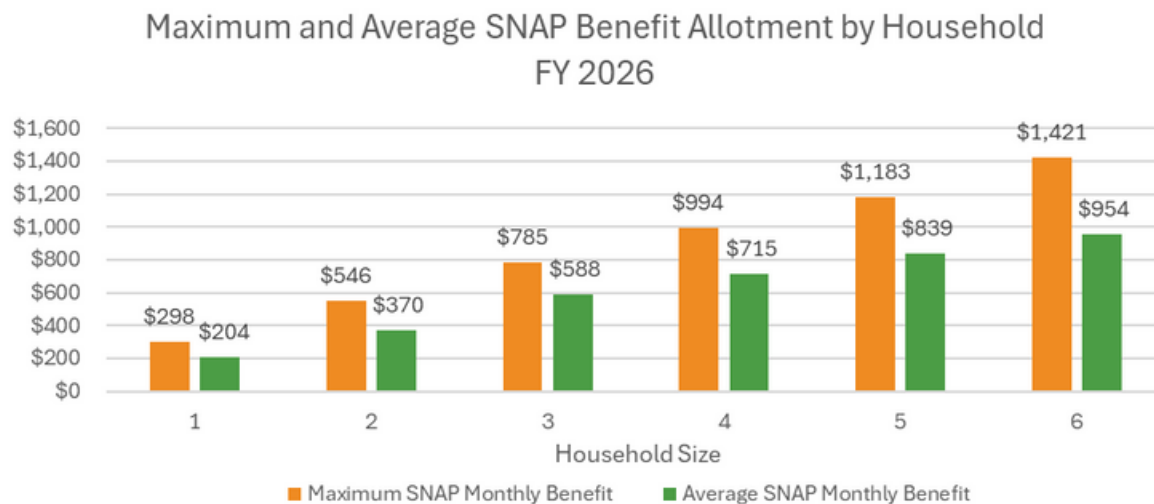


SNAP Household Benefit Amount

What Is It? The amount of SNAP benefits a household receives each month is determined by a formula called the *Thrifty Food Plan (TFP)*. The TFP is set by the USDA each year using the guideline of the cost of groceries needed to provide a budget-conscious, healthy diet for a family of four (defined by the USDA in this context as two adults and two children).

What's Changed? H.R. 1 restricted future adjustments of the TFP to only adapt for inflation, not for potentially faster-rising food costs, changes in food consumption patterns, or new dietary guidance. This will reduce the real value of SNAP benefits over time. If household benefit amounts don't keep pace with food costs, people will need additional support from food banks and other sources of emergency food assistance.

New Maximum Benefit Amount, by Household Size (as % of 4-person household max.)



When Will these Changes Take Effect? The TFP-only formula started in October 2025.

Nonfinancial Eligibility Rules

What Is It? In addition to income and resource eligibility, SNAP has requirements related to immigration status, state residency, work, college, and compliance with other benefit program rules.

What's Changed? H.R. 1 eliminated eligibility for refugees, asylees, and other legal immigrants.

When Will these Changes Take Effect? See [USDA guidance issued 10/31/25](#) for details.