

SNAP Updates: What Food Bank Partners Need to Know

Recent changes to the Supplemental Nutrition Assistance Program (SNAP, formerly food stamps) will impact who qualifies for benefits and how much they receive. The updates outlined below are a result of federal legislation (H.R. 1) and will affect states in slightly different ways, depending on how each state operates SNAP. This quick overview aims to help food banks and partners share accurate, timely information with community members who may be affected.

Work Requirements

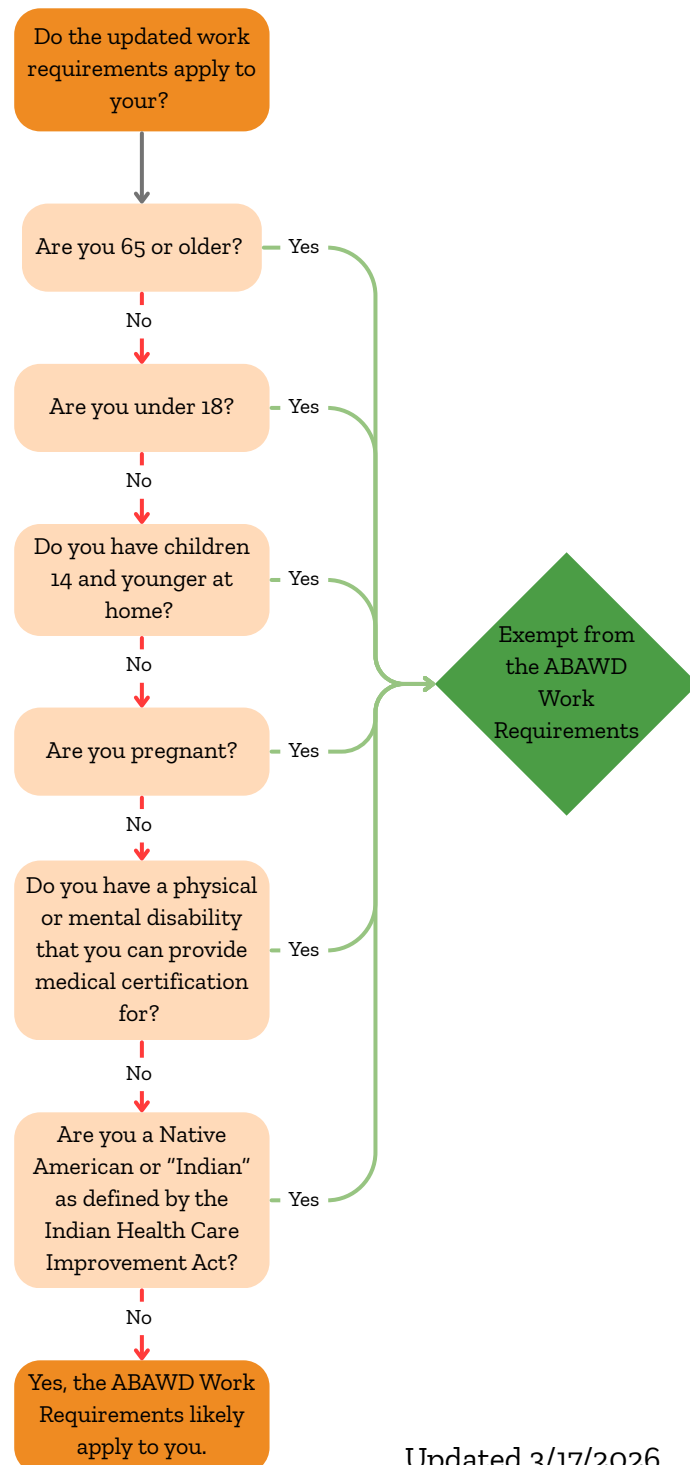
What Is It? Adults subject to work requirements in SNAP are called Able-Bodied Adults without Dependents (ABAWDs). They can only receive SNAP for 3 months in a 36-month period unless they can demonstrate at least 80 hours per month of work, work-training, or volunteering. More people are now classified 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 in Arizona?

- Currently implemented statewide



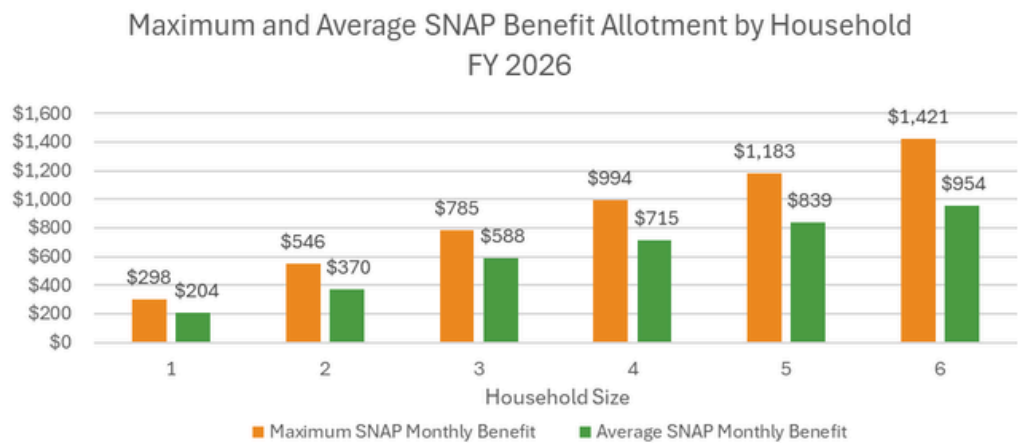
SNAP Household Benefit Amount

What Is It? The amount of SNAP benefits a household receives each month is determined by a formula called the *Thrifty Food Plan* (TFP), which is determined by the USDA each year as the cost of groceries needed to provide a budget-conscious, healthy diet for a family of four (2 adults, 2 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.

New Maximum Benefit Amount, by Household Size (as % of the 4-person household maximum):

- 1 person – 30%
- 2 people – 55%
- 3 people – 79%
- 4 people – 100%
- 5 people – 119%
- 6 people – 143%
- 7 people – 158%
- 8 people – 180%



Note: 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.

When Will these Changes Take Effect in Arizona? The TFP began to only be adjusted for inflation in October 2025.

Nonfinancial Eligibility Rules

What are These? 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 immigrants with humanitarian statuses.

When Will these Changes Take Effect in Arizona? These changes went into effect on March 1, 2026. For more information, see [here](#).