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**These 15 States Could Lose SNAP Benefits: What You Need to Know**

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Millions of [low-income Americans who rely on SNAP benefits](https://www.fingerlakes1.com/2025/03/13/snap-benefits-and-spending-cuts-what-the-stopgap-bill-means-for-benefits/) could soon face major disruptions in access to food assistance as a Republican-led [spending bill](https://www.reuters.com/world/us/states-would-struggle-administer-food-stamp-benefits-under-republican-tax-bill-2025-06-11/) advances through Congress.

At least 15 states may lose [Supplemental Nutrition Assistance Program (SNAP) benefits](https://www.fingerlakes1.com/tag/snap-benefits/) entirely under the proposed changes, sparking warnings from policy experts, local officials, and advocacy groups nationwide.

**What the Republican Bill Proposes**

The GOP spending plan—formally attached to a broader tax and entitlement reform package—aims to dramatically [reduce federal spending on SNAP](https://www.fingerlakes1.com/2025/05/25/federal-budget-impact-new-york-snap-medicaid-salt/), the nation’s largest food aid program. The most controversial provision: **an overhaul of how SNAP is administered across the states**.

Key proposed changes include:

* **Ending broad-based categorical eligibility**, a policy that allows states to expand food aid access beyond strict federal thresholds.
* **Tightening work requirements** for able-bodied adults without dependents.
* **Eliminating state flexibility** in managing SNAP programs, replacing it with uniform federal mandates.
* **Defunding nutrition assistance entirely in states that do not comply** with new administrative benchmarks.

The result? *Up to*[*15 states could lose the ability to administer SNAP*](https://www.newsweek.com/states-stop-snap-benefits-republican-spending-bill-2083816)*by 2026*, according to a recent Congressional Budget Office (CBO) review.

**States Facing the Greatest Risk from SNAP Cuts**

While no official list has been published, sources familiar with internal USDA and CBO discussions have flagged the following states as most at risk of losing SNAP support:

* California
* New York
* Illinois
* Oregon
* Washington
* Massachusetts
* New Jersey
* Connecticut
* Vermont
* Rhode Island
* Minnesota
* New Mexico
* Colorado
* Hawaii
* Michigan

These states tend to utilize flexible eligibility rules or expanded access criteria that clash with the new federal guidelines proposed by House Republicans.

“It’s not just about cutting red tape—it’s about cutting millions of people off food assistance altogether,” said Rep. Jim McGovern (D-MA), ranking member of the House Agriculture Committee.

**By the Numbers: The SNAP Impact**

According to **USDA data**, here’s how severe the disruption could be if the bill becomes law:

| **Category** | **Estimated Impact** |
| --- | --- |
| Total SNAP recipients affected | 21 million |
| States likely to lose benefits | 15 |
| Children impacted | 6.5 million |
| Disabled or elderly adults | 4.2 million |
| Projected annual benefit loss | $32 billion |

Additionally, **states would need to redesign entire systems** for eligibility, benefits distribution, and employment tracking—potentially costing billions more.

**SNAP: Local Leaders Sound the Alarm**

Governors and state human services officials have blasted the bill as unworkable. In a joint letter sent to [Congress](https://www.fingerlakes1.com/tag/congress/) this week, officials from California, Illinois, and New York wrote:

“The federal government cannot simultaneously slash funding, add new rules, and threaten to pull the program entirely—and expect our states to keep families fed.”

In **Flint, Michigan**, food bank director Tanya Pierce told ABC News that food pantries have already seen a 23% increase in need this year. *“If SNAP is pulled, we simply won’t be able to meet the demand. Families will go hungry.”*

**Political Pressure Grows**

Republicans argue the bill is a necessary step to “curb waste, fraud, and dependency,” aligning with a broader push to reduce the national deficit. However, critics say the cuts will disproportionately hurt:

* Children in food-insecure households
* Seniors relying on fixed incomes
* Low-wage workers with irregular schedules
* Disabled adults who may not meet new documentation standards

President Donald Trump has not yet formally endorsed the bill, but his administration has backed the broader tax reform package it’s tied to.

“This is a quiet starvation plan,” said Democratic strategist Maria Cardona. “It’s about shrinking the safety net without admitting it.”

**What Happens To SNAP Benefits Next?**

The bill passed the House Budget Committee and is expected to reach the full House floor later this month. If approved, the Senate would begin debate in July. SNAP advocates are already preparing legal and logistical challenges, warning of a possible constitutional battle over state rights.

**What You Can Do:**

* **Track the bill’s progress** at [**Congress.gov**](https://www.congress.gov/)
* **Contact your representatives** to express support or opposition
* **Support local food banks** preparing for potential disruptions
* **Visit**[**USDA.gov**](https://www.usda.gov/) for the latest updates on SNAP policy