

Issue: SNAP Cuts & Food Security

Overview:

Federal legislation signed July 4, 2025, makes ***the largest cuts in history to the Supplemental Nutrition Assistance Program (SNAP), reducing benefits, removing eligibility for some households, increasing red tape, and shifting major costs to states.*** The result: more people struggling to afford food and new financial pressure on states.

Why SNAP Matters

- More than **440,000** people in MN rely on SNAP, including children, seniors, veterans, and people with disabilities.
- **63%** are in families with children. Almost 2/3 have incomes below poverty line (about **\$32,000/year** for family of four).
- Benefits average about **\$5 per person per day**, depending on income.

SNAP dramatically reduces food insecurity for families juggling multiple low-wage jobs, high housing costs, childcare expenses, and more. It is also an important lifeline for people with disabilities, young adults aging out of foster care who are vulnerable to homelessness, veterans, and military families on the lower end of the pay scale.

Major Federal Changes

The 2025 law (H.R. 1) cuts **\$187 billion** nationwide from SNAP by 2034 through:

- **State cost-sharing for benefits (starting 2028):** For the first time in 60+ years, states must pay **up to 15%** of food benefit costs, depending on administrative error rates. Minnesota could face **\$86+ million annually**.
- **Expanded work reporting requirements:** New paperwork rules for adults 55–64, parents of teens, veterans, people experiencing homelessness, and youth aging out of foster care. These are barriers that often **cause eligible people to lose help**.
- **Reduced future benefit value:** Changes will lower purchasing power over time.
- **Higher administrative costs:** States must implement complex changes, as the federal government reduces its share of administrative costs from 50% to 25%.
- **Elimination of SNAP-Ed:** Loss of community nutrition education and food-budgeting programs.
- **Loss of eligibility for some lawfully present immigrants:** Including refugees and survivors of trafficking or domestic violence.

Impact on Minnesota

- Hundreds of thousands of people may see reduced or lost benefits.
- State and county budgets face tens of millions of dollars in new costs.
- Food shelves and charities will see even higher demand than they currently face.
- Local economies lose grocery spending supported by federal SNAP dollars. (\$1 of SNAP = \$1.80 local economic benefit)

How Hunger Will Increase

Research shows SNAP increases food security while cuts lead to:

- More skipped meals and poorer nutrition
- Increased child hunger, developmental risks, and poor school performance
- Worse health outcomes and higher medical costs
- Greater strain on counties, community programs, and food banks.

Because benefits are already small, even modest reductions significantly increase hardship.



Sources:

MN Senate Rules Committee: Subcommittee on Federal Impacts – Hearings on SNAP Cuts (Fall 2025) – A 5-minute summary video of hearing highlights is available here: <https://www.youtube.com/watch?v=jPNtAZ54Vm0>

Food Research and Action Council (FRAC) – Many articles available. FRAC Fact Sheet on SNAP Strengths available here: <https://frac.org/wp-content/uploads/FRAC-Facts-SNAP-Strengths-2025.pdf>

Feeding America - The Map the Meal Gap project has an interactive map with county level info. at <https://map.feedingamerica.org/county/2022/overall/minnesota>

Urban Institute – Several articles in Urban Wire, including one that addresses impacts on young adults

Minnesota Budget Project – Articles about SNAP & Medicaid Cuts, and sign-on letter calling for bold response in legislature (LA-MN signed on) LA-MN Director, Tammy Walhof, also has decades of experience on SNAP issues at the federal level & its impact for Upper Midwest families

SNAP Cut & Food Security Policy Options

Protect Access by Reducing Administrative Barriers – no bill numbers

Ensures eligible Minnesotans actually receive available help and limits new state costs tied to error rates.

- Invest in county staffing, technology, and eligibility systems to minimize paperwork errors and penalties.
- Fund community navigators to help residents meet new federal reporting requirements.
- Simplify processes to reduce “churn” (eligible people losing benefits due to paperwork).

Create Minnesota SNAP (MNSNAP) – HF 3773 (House), SF 4061 (Senate)

MNSNAP would support those at risk of losing access to the Supplemental Nutrition Assistance Program (SNAP) due to the federal changes.

- Requires the state to do further assessment prior to benefit termination
- Offers state food benefits to previously qualified participants no longer eligible for SNAP.

Strengthen Food Shelves & Local Food Systems – 5 bills in each chamber address these concerns

Charitable food systems will face rising demand as SNAP shrinks.

- Increase funding for food banks, food shelves, and prepared meal programs.
- Expand Farm-to-Food Shelf and local purchasing initiatives.
- Support mobile food distribution in rural and underserved communities.

Address Root Causes of Food Insecurity (see policy agendas of Homes for All & other coalitions)

Food insecurity is closely tied to housing costs and income volatility.

- Expand housing stability programs, child care assistance, and refundable tax credits.
- Support workforce and wage policies that improve household stability.

Talking Points & Sample Letter: Food Security

Legislative “Ask”:

Please support Food Security by backing

- the bill for a **MNSNAP program** (HF 3773; SF 4061) to protect those at risk of hunger due to federal SNAP cuts & changes,
- increased funds for **food shelves & local food systems**, and
- legislation to address the root causes of food insecurity (housing+).

Possible Talking Points (choose a couple):

- As a Christian I believe God calls us collectively as a society to make sure people have enough to eat.
- Churches, charities, & local governments can’t cover the cuts.
- Children cannot learn well in school when they are hungry.
- Seniors and people with disabilities deserve access to food.
- SNAP supports grocery stores, farms, & local economies.
- Hunger increases stress and mental health challenges for families.
- Hardworking families shouldn’t fall behind because of federal cuts.
- Food access strengthens communities and reduces inequality.
- Good nutrition improves long-term health & reduces medical costs.
- Administrative barriers shouldn’t hurt eligible people & families.
- Food security helps people stay employed and financially stable.
- Policies that reduce poverty strengthen the entire state.
- Ensuring access to food is a basic moral responsibility.

Example (please use your own words)

Date
Dear Rep. _____ (or Sen. _____),
I’m deeply concerned about the massive cuts to SNAP, one of the most effective federal programs. Moving funding responsibility to the states is irresponsible federal policy, but given the looming hunger disaster, our state needs to find ways to step up appropriately.
My church, Faith Lutheran of Lovelytown, MN, has been engaged with our local foodshelf for decades, and we’ve seen needs increase exponentially as inflation, high housing costs, and low wages take their toll.
Please support the MNSNAP program proposal (HF3773 or SF4061) to protect people at risk of hunger due to federal SNAP cuts and changes. Also, the state should need to make investments in food shelves, food banks, and local food systems to help fill gaps. Finally, don’t forget that hunger has root causes related to housing, low wages, & more.
Name
Address