

Federal Changes to SNAP Work Requirements Will Hurt New Mexico Families

September 2025

The One Big Beautiful Bill Act (OBBBA) expands strict work requirements for SNAP participants and restricts states' ability to be granted waivers based on challenging economic conditions. As a result, many families in New Mexico risk immediately losing SNAP benefits that keep food on their tables. SNAP recipients who are subject to these work requirements, **also known as "time-limited participants,"** are the most at risk of losing benefits from the changes in the OBBBA.

Before¹

- At least one adult **ages 18-54** in a household must work 20 hours a week to receive benefits.
- Adults with children or a disability, along with unhoused individuals, veterans, and people aged 24 or younger who have aged out of foster care **do not have to meet these work requirements.**

After²

- Adults **ages 18-65** in a household must work 20 hours a week to receive benefits. In two-parent households with children ages 14 and older, **both parents have to meet the requirement.**
- Adults with children under 14 years of age **do not need to meet these work requirements.**
- Unhoused individuals, veterans, and people aged 24 years or younger who have aged out of foster care **will now have to meet the work requirement.**

In addition, New Mexico immigrants with protected status (such as refugees and asylees) **are no longer eligible for SNAP**, and are set to lose their benefits as soon as their next recertification period.

How do time-limited participants prove they are meeting the work requirement?³

- SNAP participants who are subject to work requirements must provide documentation that they have worked at least 20 hours per week at certification, recertification, and if their work hours change.
- SNAP Education and Training (E&T) (and other work programs) or volunteer hours also count towards the work requirement.
- Pay stubs, employer statements, third-party verification systems, and SNAP E&T providers are examples of sources state agencies can use to confirm participants are meeting work requirements.



If this work requirement is not met, time-limited participants can only receive SNAP benefits for **three months in a three year period**. This means New Mexico's families and children could be locked out of critical benefits, and economic hardship will worsen across the state.

1. "SNAP Work Requirements," U.S. Department of Food and Agriculture, <https://www.fns.usda.gov/snap/work-requirements>, Accessed on Sept 26, 2025.

2. "Senate Agriculture Committee's Revised Work Requirement Would Risk Taking Away Food Assistance From More Than 5 Million People: State Estimates," Center on Budget and Policy Priorities, June 27, 2025.

3. "Supplemental Nutrition Assistance Program (SNAP) Able-Bodied Adults Without Dependents (ABAWD) Policy Guide," U.S. Department of Food and Agriculture, September 2023

Impact on New Mexico

1 in 5

New Mexicans
receive SNAP
benefits⁴

61%

of SNAP recipients
live in families with
children⁴

23%

of children in New
Mexico are food
insecure⁵

At least

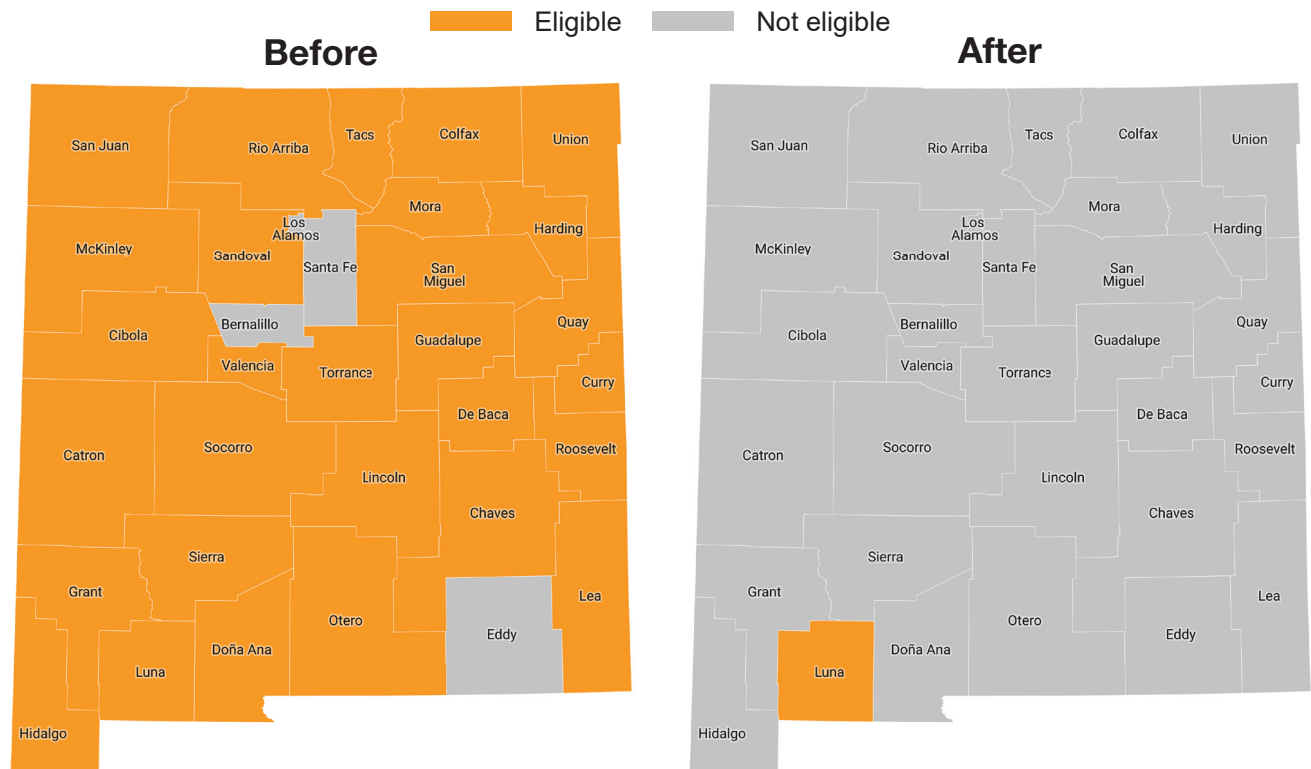
55,000

New Mexicans could
lose SNAP because
of harsh new work
requirements alone.⁶

Prior to OBBBA provisions that change who is categorized as a time-limited participant, nearly **41,000 New Mexicans receiving SNAP were subject to work requirements**. However, 29 counties in New Mexico had full or partial waivers for time-limited participants because of challenging economic conditions that make it difficult for participants to comply. Under the OBBBA, these waivers have been significantly limited - **only 10 counties in the U.S., and only one county in New Mexico** - will still be eligible to waive these harsh work requirements (see below). As a result, *even more* people will be at risk of losing benefits.

After the OBBBA, Only Luna County Remains Eligible for the SNAP Work Requirement Waiver⁷

Before (as of April 1, 2025) vs. After (as of September 2025)



4. "New Mexico Supplemental Nutrition Assistance Program," Center on Budget and Policy Priorities, January 21, 2025.

5. "Food Insecurity among the Child Population in New Mexico," Feeding America, <https://map.feedingamerica.org/county/2023/child/new-mexico>, Accessed September 25, 2025.

6. "Senate Agriculture Committee's Revised Work Requirement Would Risk Taking Away Food Assistance From More Than 5 Million People: State Estimates," Center on Budget and Policy Priorities, June 27, 2025.

7. "House Reconciliation Bill Proposes Deepest SNAP Cut in History, Would Take Food Assistance Away From Millions of Low-Income Families," Center on Budget and Policy Priorities, January 21, 2025.