

# Many Immigrants Could Lose SNAP (Food Stamps) Beginning November 1, 2025

If you or someone in your family is an immigrant and gets SNAP (food stamps), new rules may put your benefits at risk as soon as November 1.

## New Restrictions on SNAP Eligibility for Immigrants

As the result of a new federal law that cuts SNAP, some immigrants who are eligible for SNAP now will no longer be eligible for SNAP. Under the new federal law, the only groups eligible for SNAP are:

- U.S. Citizens
- Green card holders (lawful permanent residents)
  - Some green card holders must wait five years before they can get SNAP. Here are some green card holders who do not have to wait five years: 1) those who had refugee, asylee, or T-Visa status before getting their green cards, 2) children under 18, and 3) adults receiving Medical Assistance for a disability.
- Cuban or Haitian entrants
  - Many people from Cuba or Haiti are Cuban/Haitian entrants. A Cuban/Haitian entrant is a person who either 1) was granted parole to enter the U.S., even if the parole is now expired or they now have another immigration status, or 2) has a pending asylum application or 3) is in removal proceedings but does not have a final, enforceable order of removal.
- Citizens of Micronesia, Palau, or the Marshall Islands (COFA nations)

**If you are not in one of the groups listed above, you will no longer be eligible to receive SNAP under the new rules.**

SEE THE OTHER SIDE OF THIS FLYER FOR HOW TO TAKE ACTION TO PROTECT YOUR BENEFITS



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**Take action now to protect your benefits.**

- **If you have a green card, make sure the County Assistance Office (CAO) has a copy of it.** If you have never showed them your green card, they might not know you have it and cut off your benefits when new rules take effect.
- **Watch for letters or notices** from the CAO asking about your immigration status. If you have a green card or you are a Cuban/Haitian entrant, respond to these letters quickly to be sure the CAO knows you may still be eligible for SNAP.
- **Appeal SNAP cut off notices right away.** When the CAO makes a mistake about your SNAP, filing an appeal is almost always the best way to get that mistake fixed.
- **Check to see if you qualify for an exemption from SNAP work requirements.** Beginning on September 1, many adults will need to prove they work 20 hours a week to keep their SNAP. Learn more and check to see if you are safe from these rules here:  
[clsphila.org/SNAPchanges](https://clsphila.org/SNAPchanges)

**Need legal help?** You can ask for legal help with SNAP appeals. In Philadelphia, come to Community Legal Services at 1410 W. Erie Avenue on Monday or Wednesday from 9-12 or call us at 215-981-3700 on Thursday from 9-12. Check here to find your local legal aid program outside Philadelphia: [palegalaid.net/legal-aid-providers-in-pa](https://palegalaid.net/legal-aid-providers-in-pa)

**No longer eligible for SNAP?** You might be able to get help at your local food cupboard. Check these resources to find out if help is available:

- [www.phila.gov/food](https://www.phila.gov/food)
- [www.feedingpa.org/find-food/local-food-pantries](https://www.feedingpa.org/find-food/local-food-pantries)
- [www.sharefoodprogram.org/find-food](https://www.sharefoodprogram.org/find-food)
- [www.pa.gov/agencies/pda/food/food-assistance/food-security-in-pennsylvania/food-resources-for-pennsylvanians](https://www.pa.gov/agencies/pda/food/food-assistance/food-security-in-pennsylvania/food-resources-for-pennsylvanians)

