

Act Now to Protect SNAP Recipients!

Comments needed by Monday, April 9.

The Trump Administration's U.S. Department of Agriculture is considering stricter rules on people who receive help from the Supplemental Nutrition Assistance Program, our country's largest and most effective food assistance program (formerly known as food stamps). These changes could result in loss of SNAP assistance for hundreds of thousands of adults not raising minor children.

The USDA is asking for comments from the public about whether to reduce states' ability to exempt certain adults from the current stringent SNAP time limit of only three month's assistance in a three-year period if the person is not working or in training.

USDA is ostensibly seeking the best ways to carry out SNAP's goals to "promote food security, self-sufficiency, well-being, and economic mobility," but in their [request for comments](#), they focus on applying work requirements and the harsh time limit to more of the adults without dependent children.

We're asking you to stand up and help defend SNAP by submitting a comment to the USDA indicating your opposition to their proposed restrictions. **The deadline for submitting comments is Monday, April 9.** It is really important that USDA receive many separate opposing comments.

Here's how you can help:

1. Our friends at the Center for Budget and Policy Priorities, Feeding America, and the Food Research & Action Center have worked closely together to make it easy for anyone to submit a comment to the USDA. If you wish, you can read more about the USDA's proposal [here](#).
2. If you're an individual wanting to submit a comment, you can do it quickly and easily [here](#).
3. If you are a leader of an organization, and you wish to express your organization's opposition to the rule, go [here](#).
4. Once you have commented, please share this page with your friends, partners, and networks of organizations and individuals!