



## Don't Time Limit Food for People in Need: SNAP Talking Points

Since 1996, an arbitrary time limit has restricted many working-age adults without dependents to three months of Supplemental Nutrition Assistance Program (SNAP) benefits in a three-year period unless they document sufficient [hours of work](#).

Do not be fooled that the policy is about “work” or pathways to financial independence. This harsh policy takes food off the tables of many struggling adults, whether or not they are looking for work. Moreover, time limiting SNAP eligibility exacerbates [racial inequities](#) and is [counterproductive](#), especially considering [SNAP's effectiveness](#) in improving economic stability, food security, health, and well-being.

SNAP time limits do not lead to a meaningful increase in employment but do substantially [reduce SNAP participation](#). Indeed, the Trump administration estimated that their own proposal to worsen the time limit provision would have thrown [700,000 adults off the program](#).

Able Bodied Adult Without Dependents are a vulnerable and diverse population, comprised of veterans, youth aging out of foster care, those reentering the workforce after incarceration, and the chronically unhoused. Some adults who fall subject to the time limit have underlying mental and physical health problems that are difficult to identify and so fall subject to the time limit. While many of the people subject to the time limits have connections to the labor market, they either cannot find jobs or get too few hours of work in the jobs they do have.

Currently, Congress has proposals that go in two very different directions—worsen the time limit policy or do the right thing and end time limits.

### **Act now:**

Join FRAC in urging Congress and the Biden administration to pass the Improving Access to Nutrition Act (H.R. 1510) to end time limits. Ask Members of Congress to add their names to the list of bill sponsors. You can see the cosponsor as well as a fact sheet H.R. 1510 [here](#) and [customizable email](#) for you to send to Members.