

**Information on SNAP: Supplemental Nutrition Assistance Program  
(formerly the Food Stamp Program)**

Even more good nutrition news!  
If you qualify for free school meals, you might also qualify for SNAP!

Dear Parent/Guardian:

Your school nutrition program is working with the Connecticut Department of Social Services (DSS) to make sure that every one who may be eligible knows about **SNAP** (formerly called Food Stamps) which is a nutrition assistance program that helps people to buy more food for themselves and their families. SNAP benefits are issued electronically. Recipients receive plastic debit cards to buy food at most major supermarkets, some neighborhood grocery stores, and some farmers markets.

**Income rules:**

To qualify for SNAP, you must meet the following income guidelines set by the federal government for the SNAP.

<u>Household size</u>	<u>Gross monthly income</u>	<u>Gross annual income</u>
1	\$ 1,671	\$20,036
2	2,248	26,995
3	2,823	33,874
4	3,400	40,793
5	3,978	47,712
6	4,553	54,631

(Larger households can have higher incomes.)

The other things that help decide if you are eligible are: the number of people that you live with, certain types of assets such as money in the bank, and your monthly shelter expenses. You can get SNAP benefits even if you own your home or a car. The state will not place a lien on your home or your car if you get SNAP benefits.

**To apply/for more information:**

To find the DSS office for your town, call **United Way's free referral number 2-1-1** (free call, statewide). If you have access to the Internet, you can go to [www.CTFoodStamps.org](http://www.CTFoodStamps.org) to see if you are eligible. The SNAP application is also available online at [www.ct.gov/dss/lib/dss/pdfs/w-1food.pdf](http://www.ct.gov/dss/lib/dss/pdfs/w-1food.pdf) and in Spanish at [www.ct.gov/dss/lib/dss/pdfs/w-1food-s.pdf](http://www.ct.gov/dss/lib/dss/pdfs/w-1food-s.pdf).

Or, you may contact your local office directly:

Bridgeport	(203) 551-2700 or Toll-free 1-877-551-2700	Norwich	(860) 823-5000 or Toll-free 1-800-473-8909
Danbury	(203) 207-8900	Stamford	(203) 251-9300 or Toll-free 1-866-663-9300
Hartford	(860) 723-1000	Torrington	(860) 496-6900
Manchester	(860) 647-1441 or Toll free 1-800-859-6646	Waterbury	(203) 597-4000
Middletown	(860) 704-3100	Willimantic	(860) 465-3500 or Toll-free 1-866-327-7700
New Britain	(860) 612-3400 or Toll-free 1-866-723-2591		
New Haven	(203) 974-8000		