



**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:

We want to make sure that everyone who may be eligible knows about **SNAP** (formerly called Food Stamps). SNAP helps people to buy food for themselves and their families. SNAP benefits are issued each month on plastic debit cards. You can use them to buy food at major supermarkets, neighborhood grocery stores, and some farmers' markets.

**HOW TO QUALIFY:**

Whether you qualify for SNAP depends on:

- your income;
- 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.

Household Size	Gross Monthly Income	Gross Annual Income
1	\$1,800	\$21,600
2	\$2,425	\$29,100
3	\$3,052	\$36,624
4	\$3,678	\$44,136
5	\$4,303	\$51,636
6	\$4,930	\$59,160
Larger households = higher incomes		

If you have access to the Internet, you can go online to see if you might be eligible for SNAP. Go to [www.connect.ct.gov](http://www.connect.ct.gov) and click "Am I Eligible?"

**TO APPLY OR GET MORE INFORMATION:**

- 1) To find your local DSS office, call **United Way's free referral number 2-1-1** (free call statewide).
- 2) You can apply online at [www.connect.ct.gov](http://www.connect.ct.gov) and click "Apply for Benefits." Or, get the paper SNAP application in English or Spanish at [www.ct.gov/dss/lib/dss/pdfs/applications/w-1e.pdf](http://www.ct.gov/dss/lib/dss/pdfs/applications/w-1e.pdf).
- 3) Or, you may contact one of these community health centers to enroll in SNAP!

<b>Community Health Services</b> Hartford  (860) 808-8786	<b>Community Health &amp; Wellness Center of Greater Torrington</b>  (860) 387-0448	<b>CIFC Greater Danbury Community Health Center</b>  (203) 743-0100, ext. 254	<b>Fair Haven Community Health Center</b> New Haven  (203) 777-7411, ext. 5082	<b>First Choice Health Centers</b> East Hartford, Manchester, Vernon  (860) 528-1359, ext. 241
<b>Generations Family Health Center</b> Willimantic, Norwich, Putnam  (860) 450-7471, ext. 6300	<b>Optimus Health Care</b> Bridgeport, Stamford, Stratford  (203) 696-3260, ext. 3326	<b>Southwest Community Health Center</b> Bridgeport  (203) 332-3542	<b>StayWell Health Center</b> Waterbury  (203) 756-8021, ext. 3814	<b>United Community &amp; Family Services</b> Norwich, New London, Plainfield, Jewett City  (860) 822-4353

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