



**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 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 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.
- 3) Or, you may contact one of these community health centers to enroll in SNAP!

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

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