Facts about the SNAP Program

- The Supplemental Nutrition Assistance Program (SNAP) is a federally funded program that aims to provide nutritious and healthy foods to low-income households.
- SNAP benefits are loaded onto a benefit card which allows families to discretely use SNAP to pay for food products from most grocery retailers.
- In Connecticut, about 400,000 residents receive SNAP benefits.
- Families who are eligible for SNAP benefits may also qualify for other services offered by local Community Action Agencies, including Home Energy Assistance, Head Start, Case Management Services, and WIC.

You can receive SNAP Outreach services at these local Connecticut Community Action Agencies

Access Community Action Agency, Inc.
1315 Main Street
Willimantic, CT 06226
(860) 450-7477

Alliance for Community Empowerment, Inc.
1070 Park Avenue
Bridgeport, CT 06604
(203) 366-8241

Community Action Agency of New Haven, Inc.
419 Whalley Avenue
New Haven, CT 06511
(203) 387-7700

The Community Action Agency of Western Connecticut, Inc.
78 Triangle Street
Danbury, CT 06810
(203) 744-4700

Community Renewal Team, Inc.
555 Windsor Street
Hartford, CT 06120
(860) 560-5600

Human Resources Agency of New Britain, Inc.
180 Clinton Street
New Britain, CT 06053
(860) 225-8601

New Opportunities, Inc.
232 North Elm Street
Waterbury, CT 06702
(203) 575-9799

Thames Valley Council for Community Action, Inc.
401 West Thames St
Unit 201
Norwich, CT 06360
(860) 889-1365

CAFCA
Connecticut Association for Community Action

Connecticut Association for Community Action, Inc.
515 Centerpoint Drive, Suite 414
Middletown, CT 06457
Phone: (860) 832-9438
Website: www.cafca.org

Connecticut Department of Social Services
Making a Difference

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CAFCA
Connecticut Association for Community Action

Supplemental Nutrition Assistance Program

Program Information and Eligibility Guide

SNAP
Supplemental Nutrition Assistance Program
Putting Healthy Food Within Reach
USDA

What is SNAP?

SNAP provides nutritional support to low-income people. If eligible, SNAP benefits can help families afford a nutritionally adequate diet. SNAP benefits are not cash. SNAP benefits are provided on an electronic card that is used like an ATM or bank card to buy food at most grocery stores.

How can SNAP help me?

- With the help of SNAP benefits, less money will be needed to spend on food;
- The SNAP card can be used to buy food at most major grocery stores, select convenience stores, and even some farmers' markets;
- SNAP benefits can help you improve the nutritional content of your meals.
- To see what foods you can and cannot buy with SNAP go to:
  www.fns.usda.gov/snap/eligible-food-items

Do I qualify for SNAP benefits?

If and how much SNAP benefits you qualify for depends on:

- your household's income;
- allowable deductions to your household's income (examples include monthly shelter expenses, medical expenses, and court ordered child support)
- your household size; and
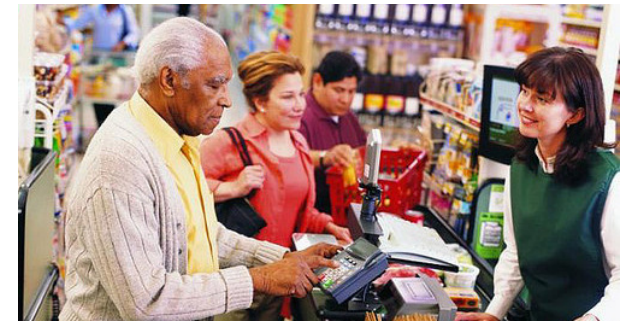- at least 5 years U.S. residency for qualified non-citizens.

Am I Eligible?

Households must meet both the gross and net income limits to be eligible for SNAP benefits. To see if you might be eligible for SNAP benefits, go to
https://portal.ct.gov/snap

How do I apply for SNAP benefits?

You can apply for SNAP benefits by completing a State application form. There are several ways to get an application form:

- Pick it up at a local Community Action Agency, locations listed on the back.
- Local Community Action SNAP workers will provide application assistance to those in need.
- Go to www.connect.ct.gov to print the application or apply online by clicking 'Apply Now'.

What will I need to provide?

- Identification (such as driver's license or other acceptable identification)
- Social Security numbers for every applicant;
- Proof of income;
- Non-citizens will need to show proof of the legal immigrant status of household members applying for SNAP.