

**INFORMATION ON THE SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)**

Dear Parent/Guardian:

If you qualify for free school meals, you might also qualify for **SNAP** (formerly called Food Stamps). SNAP helps people buy food for themselves and their families. SNAP benefits are issued each month on plastic debit cards. You can use SNAP benefits to buy food at major supermarkets, neighborhood grocery stores and some farmers' markets authorized to accept SNAP.

**HOW TO QUALIFY**

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

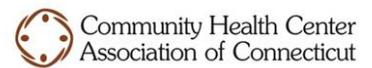
- your income;
- the number of people you live with;
- certain types of assets such as money in the bank; and
- your monthly shelter expenses.

If you have access to the Internet, you can go online to see if you are eligible for SNAP. Go to [www.connect.ct.gov](http://www.connect.ct.gov) and click "Am I Eligible?" **Owning your own home or owning a car will not prevent you from being eligible for SNAP.** 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
7	\$5,556	\$66,672
8	\$6,181	\$74,172
Larger households = higher incomes		

**TO APPLY OR GET MORE INFORMATION**

- To find your local Connecticut Department of Social Services (DSS) office, call **United Way's free referral number 2-1-1** (free call statewide).
- You can apply online at [www.connect.ct.gov](http://www.connect.ct.gov) (click "Apply for Benefits"). You can 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).
- The Community Health Center Association of Connecticut works with the following community health centers, which will help you 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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