

Are you in need of food assistance?
Help is available.

Scan for more
resources! →



Not sure what to do?
Call 2-1-1 or visit 211ct.org

✔ Apply for SNAP Benefits

On your own: www.connect.ct.gov, click "Apply Now"

If you need assistance applying: Call our SNAP Outreach Team: 860-856-4357 (860-856-HELP)

SNAP benefits are used at the grocery store or online to buy food and are accessible using a debit-type card. To apply, call Connecticut Foodshare. We can help you complete your application over the phone in about 30 minutes. Or apply online through the Connecticut Department of Social Services at www.connect.ct.gov.

✔ Find a Food Pantry Near You

Phone: Call 2-1-1 (or 1-800-203-1234) | **Online:** www.211ct.org

There are food pantries in almost every town. Once you contact 2-1-1 to identify the pantry you want to visit, call the pantry directly to confirm their hours and see if you need an appointment. When you visit the pantry, they will likely ask you basic questions, like family size, to understand your needs. Most pantries provide a variety of fresh and non-perishable food. Some will ask you to wait in line and others offer a drive-through option. It is okay to visit more than one pantry. Masks and social distancing are required. **You do not need to prove citizenship in order to get food. You can have paid employment and still get food. You can get food at a pantry whether or not you already receive SNAP.**

✔ Find a Mobile Site Near You

Online: www.ctfoodshare.org/find-help

Our trucks bring free food to over 100 outdoor locations. This program is open to anyone in Connecticut who needs food with no question asked and no ID required. You will receive a variety of food, most of it fresh – including produce. Some locations offer a drive-through option, others are walk-up, but the line moves quickly. One allotment of food is given to each person 16 years or older at each site, even if you are picking up for someone else. You can visit as many mobile sites as you need to. For everyone's safety masks are required and social distancing is enforced. **You do not need to prove citizenship in order to get food. You do not need to demonstrate proof of income in order to get food.**

✔ Call Your Town Hall or Go To Your Town's Website

Most towns have a social services department that can help you access food and other programs in a confidential manner. Many schools offer meals for children ages 18 and under. Contact your local school district for more information.