

## Addendum C: Information on the Supplemental Nutrition Assistance Program (SNAP) New Increased Income Guidelines Effective October 1, 2024

Dear Parent/Guardian:

New increased income guidelines are in effect as of October 1, 2024. If your children qualify for free school meals or milk, 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, online at participating retailers, and some farmers' markets authorized to accept SNAP. For more information, visit [www.ct.gov/snap](http://www.ct.gov/snap).

### How to Qualify

If and how much SNAP you qualify for depends on:

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

If you have access to the Internet, you can go online to see if you may be 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.**

#### Effective October 1, 2024

Household size	Gross monthly income	Gross annual income
1	\$2,510	30,120
2	\$3,407	40,880
3	\$4,304	51,640
4	\$5,200	62,400
5	\$6,097	73,160
6	\$6,994	83,920
7	\$7,890	94,680
8	\$8,787	105,440
For each additional member	+\$897	+10,760

Larger households = higher incomes

## Addendum C: Information on SNAP

### 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) or visit <https://portal.ct.gov/dsshome> and click on Office Locator.
- You can find a list of all **Connecticut Department of Social Services** (DSS) offices, or 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 and Spanish at <https://www.ct.gov/snap> (Click “Apply”).
- **The Connecticut Association for Community Action** (CAFCA) works with community action agencies that will help you enroll in SNAP (refer to table below).

Agency	Phone number	Areas served
The Access Community Action Agency (Access)	860-450-7400	Windham and Tolland Counties
Alliance for Community Empowerment (Alliance)	203-366-8241	Greater Bridgeport Area and Upper Fairfield County
Community Action Agency of New Haven, Inc. (CAANH)	203-387-7700	Greater New Haven Area
The Community Action Agency of Western Connecticut, Inc. (CAAWC)	203-744-4700	Northwestern CT and Lower Fairfield County
Community Renewal Team, Inc. (CRT)	860-560-5600	Hartford and Middlesex County
Human Resources Agency of New Britain, Inc. (HRA)	860-225-8601	New Britain and Bristol Areas
New Opportunities, Inc. (NOI)	203-575-9799	Greater Waterbury, Meriden, and Torrington Areas
Thames Valley Council for Community Action, Inc. (TVCCA)	860-889-1365	Southeastern CT- New London County
Training Education and Manpower, Inc. (TEAM)	203-736-5420	Naugatuck Valley

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In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of race; color; religious creed; age; sex; pregnancy; sexual orientation; workplace hazards to reproductive systems, gender identity or expression; marital status; national origin; ancestry; retaliation for previously opposed discrimination or coercion, intellectual disability; genetic information; learning disability; physical disability (including, but not limited to, blindness); mental disability (past/present history thereof); military or veteran status; status as a victim of domestic violence; or criminal record in state employment, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes. Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Attorney Louis Todisco, Connecticut State Department of Education, by mail 450 Columbus Boulevard, Hartford, CT 06103-1841; or by telephone 860-713-6594; or by email [louis.todisco@ct.gov](mailto:louis.todisco@ct.gov).

This document is available at  
<https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/freered/addendumc.pdf>.



## Anexo C: Información sobre el Programa Asistencial de Nutrición Suplementaria (SNAP)

Las nuevas pauta de aumento de ingresos serán efectivos a partir del 1 de octubre de 2024

Estimado padre/tutor:

Las nuevas pauta de aumento de ingresos serán efectivos a partir del 1 de octubre de 2024. Si sus hijos califican para recibir comidas o leche gratis en la escuela, usted también podría calificar para **SNAP** (antes llamados cupones para alimentos). SNAP ayuda a las personas a comprar alimentos para ellos y sus familias. Los beneficios de SNAP se emiten todos los meses en tarjetas de débito plásticas. Puede usar los beneficios de SNAP para comprar alimentos en los principales supermercados, tiendas de alimentos de su barrio, en línea de las tiendas que participan y algunos mercados de productores autorizados para aceptar SNAP. Para más información, visite [www.ct.gov/snap](http://www.ct.gov/snap).

### Cómo Calificar

Su calificación y la cantidad de SNAP para la que califique depende de lo siguiente:

- los ingresos de su grupo familiar;
- las deducciones admisibles de los ingresos de su grupo familiar (algunos ejemplos incluyen gastos mensuales de vivienda, facturas médicas y manutención infantil ordenada por el Tribunal);
- el tamaño de su grupo familiar; y
- al menos 5 años de residencia en los Estados Unidos para no ciudadanos calificados.

Si tiene acceso a Internet, puede ingresar para evaluar si puede ser elegible para SNAP. Ingrese en [www.connect.ct.gov](http://www.connect.ct.gov) y haga clic en "Am I Eligible?" (¿Soy elegible?). **Tener su propia vivienda o un automóvil no impedirá que sea elegible para SNAP.**

### Efectivo octubre 1, 2024

Tamaño del grupo familiar	Ingresos mensuales brutos	Ingresos anuales brutos
1	\$2,510	30,120
2	\$3,407	40,880
3	\$4,304	51,640
4	\$5,200	62,400
5	\$6,097	73,160
6	\$6,994	83,920
7	\$7,890	94,680
8	\$8,787	105,440
Por cada miembro adicional	+\$897	+10,760

Grupos familiares más grandes = más ingresos

## Anexo C: Información sobre SNAP

### Para Presentar Una Solicitud u Obtener Más Información

- Para buscar la oficina local del Departamento de Servicios Sociales (DSS) de Connecticut, llame al **número de referencia de United Way 2-1-1** (llamada gratis en todo el estado) o visite <https://portal.ct.gov/dsshome> and y haga clic en Localizador de oficinas.
- Puede encontrar una lista de todas las oficinas del Departamento de Servicios Sociales (DSS) de Connecticut o presentar una solicitud en línea en [www.connect.ct.gov](http://www.connect.ct.gov) (haga clic en “Apply for Benefits” (Presentar solicitud de beneficios). Puede obtener la solicitud de SNAP para imprimir en inglés en o en español en <https://www.ct.gov/snap> (Haga clic para aplicar).
- **La Asociación para la Acción Comunitaria de Connecticut** (CAFCA, por sus siglas en inglés) trabaja con las siguientes agencias de acción comunitaria que lo/la ayudarán a inscribirse en SNAP (referirse a tabla a continuación).

Agencia	Número de teléfono	Áreas de servicio
<a href="#">Alliance for Community Empowerment (Alliance)</a>	203-366-8241	Área metropolitana de Bridgeport y condado de Upper Fairfield
<a href="#">Agencia de Acción Comunitaria Access (Access)</a>	860-450-7400	Condados de Windham y Tolland
<a href="#">Community Action Agency of New Haven, Inc. (CAANH)</a>	203-387-7700	Área metropolitana de New Haven
<a href="#">The Community Action Agency of Western Connecticut, Inc. (CAAWC)</a>	203-744-4700	Noroeste de CT y condado de Lower Fairfield
<a href="#">Community Renewal Team, Inc. (CRT)</a>	860-560-5600	Condados de Hartford y Middlesex
<a href="#">Human Resources Agency of New Britain, Inc. (HRA)</a>	860-225-8601	Áreas de New Britain y Bristol
<a href="#">New Opportunities, Inc. (NOI)</a>	203-575-9799	Áreas metropolitanas de Waterbury, Meriden, y Torrington
<a href="#">Thames Valley Council for Community Action, Inc. (TVCCA)</a>	860-889-1365	Sudeste de CT- Condado de New London
<a href="#">Training Education and Manpower, Inc. (TEAM)</a>	203-736-5420	Naugatuck Valley

## Anexo C: Información sobre SNAP

De acuerdo con la ley federal de derechos civiles y las normas y políticas de derechos civiles del Departamento de Agricultura de los Estados Unidos (USDA), esta entidad está prohibida de discriminar por motivos de raza, color, origen nacional, sexo (incluyendo identidad de género y orientación sexual), discapacidad, edad, o represalia o retorsión por actividades previas de derechos civiles.

La información sobre el programa puede estar disponible en otros idiomas que no sean el inglés. Las personas con discapacidades que requieren medios alternos de comunicación para obtener la información del programa (por ejemplo, Braille, letra grande, cinta de audio, lenguaje de señas americano (ASL), etc.) deben comunicarse con la agencia local o estatal responsable de administrar el programa o con el Centro TARGET del USDA al (202) 720-2600 (voz y TTY) o comuníquese con el USDA a través del Servicio Federal de Retransmisión al (800) 877-8339.

Para presentar una queja por discriminación en el programa, el reclamante debe llenar un formulario AD-3027, formulario de queja por discriminación en el programa del USDA, el cual puede obtenerse en línea en: <https://www.fns.usda.gov/sites/default/files/resource-files/usda-program-discrimination-complaint-form-spanish.pdf>, de cualquier oficina de USDA, llamando al (866) 632-9992, o escribiendo una carta dirigida a USDA. La carta debe contener el nombre del demandante, la dirección, el número de teléfono y una descripción escrita de la acción discriminatoria alegada con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR) sobre la naturaleza y fecha de una presunta violación de derechos civiles. El formulario AD-3027 completado o la carta debe presentarse a USDA por:

- (1) correo: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or
- (2) fax: (833)256-1665 o (202) 690-7442; o
- (3) correo electrónico: [program.intake@usda.gov](mailto:program.intake@usda.gov)

Esta entidad es un proveedor que brinda igualdad de oportunidades.

El Departamento de Educación del Estado de Connecticut está comprometido con una póliza de igualdad de oportunidades/acción afirmativa para todas las personas calificadas. El Departamento de Educación de Connecticut no discrimina en ninguna práctica laboral, programa de educación o actividad educativa en base a raza; color; credo religioso; edad; sexo; embarazo; orientación sexual; peligros al sistema reproductivo en el lugar de trabajo, identidad o expresión de género; estado civil; origen nacional; ascendencia; represalias por discriminación o coerción previamente opuesta, discapacidad intelectual; información genética; discapacidad de aprendizaje; discapacidad física (incluida, entre otros, ceguera); discapacidad mental (historial pasado/presente de la misma); estado militar o veterano; víctimas de violencia doméstica; o antecedentes penales en el empleo estatal, a menos que haya una calificación ocupacional de buena fe excluyendo a las personas en cualquiera de las clases protegidas antes mencionadas. Las preguntas sobre la póliza de antidiscriminación del Departamento de Educación del Estado de Connecticut deben dirigirse a: Abogado Louis Tudesco, Departamento de Educación del Estado de Connecticut, por correo a 450 Columbus Boulevard, Hartford, CT 06103-1841; o por teléfono al 860-713-6594; o por correo electrónico a [louis.todisco@ct.gov](mailto:louis.todisco@ct.gov).

Este documento está disponible en [https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/freered/addendumc\\_spanish.pdf](https://portal.ct.gov/-/media/sde/nutrition/nslp/forms/freered/addendumc_spanish.pdf).



## What are the SNAP rules and penalties?

- You may only use SNAP benefits to buy eligible items
- You may not sell or trade your SNAP benefits
- You may not make false or misleading statements, conceal, or withhold facts.
- If you break the rules on purpose you may not receive SNAP for a set period of time; 12 months for the first violation, 24 months for the second violation, and permanently for the third violation
- There are additional penalties if you have used or received SNAP benefits to purchase or sell illegal drugs or firearms

## What are my rights?

- Have your signed application accepted on the same day that you submit it to DSS during working hours. If you submit an application outside of working hours, including holidays, it will be accepted on the next business day.
- Have an adult who knows your situation apply for you if you cannot get to the local DSS office;
- Get your SNAP benefits within 30 days after you apply if you meet eligibility requirements;
- Get SNAP within 7 days if you are in immediate need and qualify for faster service;
- Be told in advance if DSS is going to reduce or end your benefits during your certification period because of a change in your situation;
- Look at your own case file and a copy of the SNAP rules; and
- Have an administrative hearing if you don't think the rules were applied correctly in your case. At an administrative hearing you may explain to a hearing officer why you don't agree with what DSS has done.

## How is my information verified?

- We verify the identity and eligibility of all people in your SNAP household who are applying for SNAP by using their Social Security numbers. If someone lives with you but is not applying for SNAP, you do not have to give us their Social Security number. We will do a computer match of the Social Security numbers against federal, state and local government computer files
- We are able to verify information about child support payments that are paid to the state on on behalf of your child with the Bureau of Child Support Enforcement
- We will request any information available about you and your household from the Income Eligibility Verification System. We will use the information we receive to process your application. We will get this information from the U.S. Department of Labor, the Social Security Administration and the Internal Revenue Service and other agencies when allowed by law. We may also contact other sources such as banks and employers. The results may affect your household's eligibility for SNAP and the amount of benefits your household gets.



## You have the right to make a discrimination complaint

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

An individual with a disability may request and receive a reasonable accommodation or special help from the Department of Social Services when it is necessary to allow the individual to have an equal and meaningful opportunity to participate in programs administered by the Department. If you asked for an accommodation or special help and we refused to provide it, you may make a complaint to the Department's ADA Coordinator or any of the agencies listed:

**Commissioner of the Department of Social Services**  
Attention: ADA Coordinator  
55 Farmington Avenue, Hartford, CT 06105  
Telephone: 1-860-424-5040 (TDD: 1-800-842-4524)  
Email: [AffirmativeAction.DSS@ct.gov](mailto:AffirmativeAction.DSS@ct.gov)

**Connecticut Commission on Human Rights and Opportunities**  
450 Columbus Boulevard, Suite 2, Hartford, CT 06103  
Telephone: 1-800-477-5737 (TDD: 1-860-541-3400)

**US Department of Health and Human Services Office of Civil Rights**  
JFK Federal Building, Rm 1875, Boston, MA 02203  
Telephone: 1-800-368-1019 (TTY: 1-800-537-7697)

**Food and Nutrition Service, USDA**  
1320 Braddock Place, Rm 334, Alexandria, VA 22314  
Telephone: 1-833-620-1071  
Email: [fnscivilrightscomplaints@usda.gov](mailto:fnscivilrightscomplaints@usda.gov)

# SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM



**This information is available  
in alternate formats.  
Phone (800) 424-5040  
TDD/TTY (800) 842-4524**

[www.ct.gov/snap](http://www.ct.gov/snap)



**This institution is an equal opportunity provider**

## What is SNAP?

The Supplemental Nutrition Assistance Program (SNAP) helps individuals and families with low-income buy food. The federal government created the program to help people with low incomes eat well and stay healthy.

Benefits are provided through a plastic Electronic Benefit Transfer (EBT) card that can be used at most corner or grocery stores, online, and at many farmers' markets.



## Are you eligible?

Your eligibility for SNAP and the amount of your SNAP benefit depends on:

- How many people you live with, which we call your household
- How much gross income your household has each month (the current limit is 200% of the Federal Poverty Level, unless you are 60 or older or have a disability)
- How much your household has to pay each month for things like rent or mortgage, utilities, child care, and child support

We also consider medical expenses if anyone in your household is at least 60 years old or disabled.

## You may be able to get SNAP benefits within seven days if:

- Your household's gross income is less than \$150 per month and your household's liquid assets are less than \$100
- Your rent and utilities are more than your monthly income before deductions, or
- You are a migrant seasonal farm worker *and* your household's cash and money in the bank is less than \$100

If these situations don't apply, you may receive benefits within 30 days of the date we receive your application.

## How do I apply for SNAP?

### 1. Get an application.

You can apply online at [www.connect.ct.gov](http://www.connect.ct.gov)

You can get a paper application online at [www.ct.gov/dss/apply](http://www.ct.gov/dss/apply) or at any local DSS office.

### 2. Fill out the application.

If you are applying for SNAP, you have the choice to submit an incomplete application with only your name, address, and signature.

However, the more information you give us, the faster we can find out if you are eligible and how much SNAP benefits you should get. By choosing to submit an incomplete application, you may experience longer processing time and more communication with DSS.

You can:

- Fill it out yourself
- Have someone help you
- Have a DSS worker help you

### 3. Submit your application to DSS.

- Apply online at [www.connect.ct.gov](http://www.connect.ct.gov)
- Apply on your phone or other mobile device at [www.mydss.ct.gov](http://www.mydss.ct.gov)
- Send it to:
  - DSS ConneCT Scanning Center
  - P.O. Box 1320
  - Manchester, CT 06045-1320
- Drop it off in person

*Call 2-1-1 or visit [www.ct.gov/dss](http://www.ct.gov/dss) to find the address of the DSS field office nearest you.*

### 4. Have an interview.

You can do the interview by phone. Make sure you give DSS a phone number where you may be reached. If you choose, you can also do the interview in person, or allow someone you trust to do the interview for you.

## What does the application ask for?

The application asks questions about:

- You and the people that live with you (your household)
- Your household's income before taxes or deductions
- Your household's expenses for rent/mortgage, utilities, child support, child care, and medical bills

## You may be asked to provide the following:

- Proof of identity (driver's license, passport, etc.)
- Social Security numbers for everyone in your household
- Proof of wages, before taxes, for anyone in your household who works (pay stubs, letter from employer, etc.)
- Income taxes if you are self-employed
- Proof other income (pension, VA benefits, child support paid directly to you)
- Proof of shelter costs (lease, mortgage statement, rent receipt, utility bills, etc.)
- Proof of dependent care costs (cancelled checks, statement from provider, receipts, etc.)
- If anyone is 60 or older or disabled, proof of medical expenses they pay out of pocket monthly
- Proof of child support payments and obligation
- Proof of your immigration status if you are not a U.S. citizen



Verification

## What are my responsibilities?

You must follow all SNAP rules to keep getting benefits.

You must tell the truth about your identity and where you live. If you are not truthful, you will may not be able to get SNAP benefits for up to 10 years.

SNAP households are required to report when:

- The households total gross monthly income exceeds 130% of the Federal Poverty Level. SNAP households will receive a letter with how much that is for their household size.
- A SNAP recipient who is subject to the work requirements reduces his or her hours of work to less than the required 80 hours per month, or participates fewer than 80 hours in an approved employment and training program.
- A household member receives lottery or gambling winnings more than \$4,250 from a single game.

Changes must be reported by the 10th day of the month following the month the change occurred.

You must cooperate with state and federal workers in a Quality Control review if your case is chosen for review. We do Quality Control reviews to make sure we processed your case correctly.

You can see if you might be eligible for SNAP by completing the eligibility pre-screener "Am I Eligible," at [www.connect.ct.gov](http://www.connect.ct.gov)

You must protect your EBT card and PIN. Do not write your PIN on the card or let anyone know your PIN. Lost or stolen benefits will not be replaced.

To report an EBT card as lost or stolen, you should immediately call 1-888-328-2666.

**For questions, or if you need a new EBT card, contact the CT DSS Benefit Center at 1-855-626-6632.**

**For more information, please visit:**

**<https://www.ct.gov/snap>**