Addendum C: Information on the Supplemental Nutrition Assistance Program (SNAP)

New Increased Income Guidelines Effective October 1, 2025

Dear Parent/Guardian:

New increased income guidelines are in effect as of October 1, 2025. 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 SNAP benefits or https://portal.ct.gov/dss/snap/supplemental-nutrition-assistance-program---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 https://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, 2025

Household size	Gross monthly income	Gross annual income
1	$2,609	31,300
2	$3,525	42,300
3	$4,442	53,300
4	$5,359	64,300
5	$6,275	75,300
6	$7,192	86,300
7	$8,109	97,300
8	$9,025	108,300
For each additional member	$917	+11,000

Larger households = higher incomes

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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 https://www.connect.ct.gov/ (click "Apply for Benefits"). You can get the paper SNAP application in English and Spanish at SNAP Apply or https://portal.ct.gov/dss/snap/supplemental-nutrition-assistance-program---snap.

- **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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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.

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

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