

Addendum C: Information on the Supplemental Nutrition Assistance Program (SNAP) New Increased Income Guidelines Effective October 1, 2023

Dear Parent/Guardian:

New increased income guidelines are in effect as of October 1, 2023. 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.

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 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, 2023 | | |
|------------------------------------|----------------------|---------------------|
| Household size | Gross monthly income | Gross annual income |
| 1 | \$2,430 | 29,160 |
| 2 | \$3,287 | 39,444 |
| 3 | \$4,144 | 49,728 |
| 4 | \$5,000 | 60,000 |
| 5 | \$5,857 | 70,284 |
| 6 | \$6,714 | 80,568 |
| 7 | \$7,570 | 90,840 |
| 8 | \$8,427 | 101,124 |
| For each additional member | +\$857 | +10,284 |
| 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) 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 (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 (see table on page 2).

Addendum C: Information on SNAP

| 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 |

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/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.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

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.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Forms/FreeRed/AddendumC.pdf>.