Connecticut: Supplemental Nutrition Assistance Program (SNAP)

Description of Program and Relief

Connecticut’s SNAP program provides relief for individuals and families to afford food at supermarkets, grocery stores, and farmers’ markets. While no specific guidance has been provided for those affected by COVID-19, individuals and families adversely impacted by COVID-19 should be eligible if they meet general eligibility requirements.

Government or Lead Agency

State of Connecticut

Dates Available

Effective immediately.

Eligibility Requirements/Restrictions

To receive SNAP benefits, household income and other resources have to be under monthly limits available here: https://portal.ct.gov/DSS/SNAP/Supplemental-Nutrition-Assistance-Program---SNAP/Eligibility. There is no asset limit EXCEPT for households whose gross income is more than 185% of the Federal Poverty Level. For those households, total assets including cash, savings accounts, stocks and bonds cannot be more than $3500.

Application Deadlines (If Applicable)

N/A

Contact for More Information

For more information about income limits and benefit amounts for households of 5 or more, or for any other information about SNAP, please call (800) 842-1508.

List of Additional Information

To find out if you are eligible, fill out the provided prescreening tool: https://www.endhungerct.org/prescreener/