

Want to stretch your food dollars and support our schools and the community? Check SNAP out!

SNAP, formerly known as food stamps, helps people purchase food for themselves and their families. SNAP benefits are issued each month on plastic debit cards. You can use your SNAP benefits to purchase food at supermarkets, neighborhood grocery stores/bodegas and Meriden's Farmers Market.

Does your family qualify?

There are some easy ways to find out:

- Go online to www.connectct.gov and click "Am I Eligible?"
- Check out End Hunger CT!'s SNAP eligibility screener at www.ctsnap.org or contact their call center at 866-974-SNAP (7627)

Effective October 1, 2017, if and how much SNAP you qualify for depends on:

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



Household Size	Gross Monthly Income	Gross Annual Income
1	\$1,860	\$22,320
2	\$2,504	\$30,048
3	\$3,149	\$37,788
4	\$3,793	\$45,516
5	\$4,437	\$53,244
6	\$5,082	\$60,984
7	\$5,726	\$68,712
8	\$6,371	\$76,452
For each additional member	+645	+7,740
Larger households = higher incomes		

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?" Owing your own home or owning a car will not prevent you from being eligible for SNAP.

Need More Information or Help?

- Contact New Opportunities of Greater Meriden at 203-639-5060, ext.10 or stop in at 74 Cambridge Street, Meriden for assistance in applying
- Call the End Hunger CT! call center at 866-974-SNAP (7627) for assistance in applying
- Apply online at www.connect.ct.gov (click "Apply for Benefits")
- Call United Way's free referral number 2-1-1 to find your local Connecticut Department of Social Services (DSS) office near you for assistance
- Download a paper SNAP application at www.connect.ct.gov

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