

# **Supplemental Nutrition Assistance Program (SNAP)**

## **formerly known as the Food Stamp Program**

---

### **Description:**

The Supplemental Nutrition Assistance Program (SNAP) provides monthly benefits that help low-income households purchase nutritious food needed to promote good health. Under agreement with the U.S. Department of Agriculture, the Connecticut Department of Social Services operates the program through its local offices. Benefits are provided through the use of electronic benefits cards, which are used to purchase food in grocery stores.

The amount of SNAP benefits a household receives depends upon their income and expenses, such as rent or mortgage, utilities, dependent care, and child support payments. A portion of certain expenses such as dependent care and shelter is deducted from the gross income of all households. If the household owns a home they are also allowed additional deductions for property taxes and insurance. In addition, adults over the age of 60 or persons with a disability are allowed a deduction for certain out-of-pocket medical expenses.

People who wish to apply can obtain an application from the local Department of Social Services or from the DSS website. People may complete the application by mail. If necessary, they may also give someone they trust and who knows their situation permission to complete the application process for them.

---

### **Eligibility Requirements, Service Areas and Program Year:**

#### **Eligibility Requirements:**

Eligibility requirements stated in this section are specifically for older adults and persons with disabilities.

#### **Income:**

- Many households can qualify if their monthly gross income is less than:
  - \$1,671 for a single person household
  - \$2,248 for a couple.
- Households whose gross monthly income is more than 185% of the Federal Poverty Level may also qualify if their monthly net income (including allowed deductions) does not exceed:
  - \$867 for a single person household (\$903 as of Oct 1, 2009)
  - \$1,167 for a couple.(\$1,215 as of Oct 1 2009)

#### **Assets:**

- There is no asset limit for households with monthly gross income less than \$1,671 for a single person or \$2,248 for a couple.
- For households with monthly gross income above these amounts, assets cannot exceed \$3,000 when the household has at least one elderly member or member with a disability. Assets include cash, checking and savings accounts, stocks, bonds, CDs and certain property. *Assets do not include a person's home, certain retirement accounts or any motor vehicles.* In addition, household goods such as personal items and life insurance policies are not counted.
- Individuals must provide a social security number for every household member who is applying for SNAP benefits. If a member does not have one, he or she must apply for one. Eligible persons may receive benefits for a limited time while they wait for a social security number.
- Household members who are not U.S. citizens must provide proof of their status from the Immigration and Naturalization Service. Members whose citizenship is in question cannot qualify for SNAP benefits until proof is obtained that they are U.S. citizens or eligible legal aliens. Even if some members of the household do not meet the citizenship requirements, those who do may qualify for SNAP benefits. Those who do not meet the citizenship requirements but who would otherwise qualify for federal SNAP benefits may receive state funded SNAP benefits. To receive state funded SNAP benefits persons must have been living in Connecticut for at least six months.

Service Areas:

Statewide

Program Year:

October 1 – September 30

---

### **Contact Information:**

Contact the appropriate local DSS Regional Office listed in [Appendix H](#) of this manual.

To download an application for Food Stamps go to the DSS website:  
<http://www.ct.gov/dss> and click on “Forms.”

To find out if a person might be eligible for Food Stamps go to [www.ctfoodstamps.org](http://www.ctfoodstamps.org)

---

### **Related Information:**

*Elderly Nutrition Program, refer to page VII – 1.*

*Expanded Food and Nutrition Education Program (EFNEP), refer to page VII – 4.*