



Deduction Checklist

To make sure you get the correct SNAP benefit, please be sure to give us all the information about your household's income, resources and household costs. Some household costs are called “deductions.”

What is a deduction?

A deduction is a subtraction from your income used to figure out your SNAP benefits. Some household costs count as deductions. Deductions are an important part of making sure you get the right amount of SNAP benefits for your household.

How do I get a deduction?

You may get for a deduction if you...

- **Pay for child care.**
- **Pay for care of an elderly or disabled family member.**
- **Have medical expenses over \$35** that are not paid by insurance or someone else for a household member who is disabled or 60 years old or older. Medical expenses are things like doctors' bills or co-pays, transportation to or from the doctor, and medicine or medical equipment.
- **Pay court ordered child support.**
- **Spend more than half of your income on shelter.** Shelter costs are things like electricity, heat or cooling, water, a basic fee for one telephone, and rent or mortgage payments.
- **Work.**

Where do I find out more?

On our website at:

www.ct.gov/snap

or by calling our Benefit Center at 1-855-626-6632.

For general information, visit the SNAP eligibility website:

www.fns.usda.gov/snap