

Information on the Food Stamp Program

Even more good nutrition news!
If you qualify for free school meals, you might also qualify for the Food Stamp Program!

Dear Parent/Guardian:

Your school nutrition program is working with the Connecticut Department of Social Services (DSS) to make sure that every one who may be eligible knows about the **Food Stamp Program**. Food Stamps help people to buy more food for themselves and their families. Food Stamp benefits are issued electronically. Recipients receive plastic debit cards to buy food at most major supermarkets, some neighborhood grocery stores, and some farmers markets.

Income rules:

To qualify for Food Stamps, you must meet the following income guidelines set by the federal government for the Food Stamp Program.

<u>Household size</u>	<u>Gross monthly income</u>	<u>Gross annual income</u>
1	\$ 1,107	\$13,284
2	1,484	17,808
3	1,861	22,332
4	2,238	26,856
5	2,615	31,380
6	2,992	35,904

(Larger households can have higher incomes.)

The other things that help decide if you are eligible are: the number of people that you live with, certain types of assets such as money in the bank, and your monthly shelter expenses. You can get Food Stamps even if you own your home or a car. The state will not place a lien on your home or your car if you get Food Stamps.

To apply/for more information:

To find the DSS office for your town, call **2-1-1 INFOLINE** (free call, statewide) - the United Way's free referral number. If you have access to the Internet, you can go to www.CTFoodStamps.org to see if you are eligible. The Food Stamp application is also available online at www.ct.gov/dss/lib/dss/pdfs/w-1food.pdf and in Spanish at www.ct.gov/dss/lib/dss/pdfs/w-1food-s.pdf.

Or, you may contact your local office directly:

Bridgeport	(203) 551-2700 or Toll-free 1-877-551-2700	New Haven Norwich	(203) 974-8000 (860) 823-5000 or Toll-free 1-800-473-8909
Danbury	(203) 207-8900		
Hartford	(860) 723-1000	Stamford	(203) 251-9300 or Toll-free 1-866-663-9300
Manchester	(860) 647-1441 or Toll free 1-800-859-6646	Torrington	(860) 496-6900
Middletown	(860) 704-3100	Waterbury	(203) 597-4000
New Britain	(860) 612-3400 or Toll-free 1-866-723-2591	Willimantic	(860) 465-3500 or Toll-free 1-866-327-7700