

Public Nutrition Assistance Programs

Supplemental Nutrition Assistance Program (SNAP)



SNAP provides a monthly dollar amount to be used to buy eligible food for you or your family at grocery stores, farmers' markets, and online at participating retailers.

Benefits do not expire at the end of the month and are:

- Calculated based on income for the number of eligible household members for the
- household size.

Provided monthly to the household on an Electronic Benefits Transaction (EBT) card.

Women, Infants, and Children (WIC)



The Special Supplemental Nutrition Program for Women, Infants and Children, better known as the WIC Program, provides supplemental foods, health care referrals, nutrition education, and breastfeeding promotion and support to low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age five (5) who are found to be at nutritional risk.

School Nutrition Programs

1

The National School Lunch and School Breakfast Programs are federally assisted meal programs that provide nutritionally balanced, low or no-cost breakfast and lunches to children. Children may be "categorically eligible" for free meals through participation in Federal Assistance Programs, such as the Supplemental Nutrition Assistance Program, or based on their status as a homeless, migrant, runaway, or foster child. Children can also qualify for free or reduced-price school meals based on household income and family size. Contact your child's school for more information.

2

The Summer Food Service Program is a federally funded, state-administered program, reimbursing program operators who serve free healthy meals and snacks to children and teens in low-income areas during the summer months when school is not in session.



CT Farmers' Market Benefits

CT Fresh Match

EndHunger CT!, in partnership with the CT Department of Agriculture, will double SNAP benefits at eligible farmers' markets. Utilize a SNAP/EBT card to make a purchase and the market manager will provide tokens or coupons worth up to double the value charged to the card. [Visit the EndHunger CT! website](#) to find participating farmers' markets.

WIC Farmers' Market

A supplemental food program for individuals receiving WIC benefits that runs annually from July-November. These benefits are in addition to the monthly benefits provided by WIC and are accessible through a new mobile app or a benefit card. All eligible WIC participants are automatically enrolled to receive FMNP benefits. For questions, contact or visit your local WIC office.

Senior Farmers' Market

A supplemental food program for individuals over the age of 60 or those who are disabled living in housing where congregate nutrition services are provided and meet income eligibility. Please visit the [CT Department of Agriculture](#) website to find a distribution site to apply and receive a benefit card or to find an authorized farmers' market or farm stand that accepts these benefits.

Other Assistance Programs



Health Insurance:
[Visit Access Health CT](#)

Housing Assistance:
[Rental Assistance Program \(RAP\)](#)

Utility Assistance:
[Connecticut Energy Assistance Program \(CEAP\)](#) and [Operation Fuel](#)

Childcare Assistance:
[Visit Office of Early Childhood](#)

For general assistance,
call 2-1-1 or visit [211.org](#)

