

# Connecticut SNAP BENEFITS

## A Plain-Language Navigation Guide

For Individuals, Families, and Nonprofits Serving Vulnerable Populations | Updated May 2026

### What This Guide Covers

Eligibility rules • Income limits • Required documents • Step-by-step application • Work requirements • Why people lose benefits • Key contacts

### Federal Changes in Effect (2025–2026)

The One Big Beautiful Bill Act (OBBBA), signed July 4, 2025, expanded ABAWD work requirements (now ages 18–64), narrowed non-citizen eligibility, and made other national changes to SNAP. This guide reflects rules as of May 2026. Always verify current rules with DSS at [ct.gov/dss](http://ct.gov/dss) or [connect.ct.gov](http://connect.ct.gov).

## Section 1: What Is SNAP?

SNAP stands for Supplemental Nutrition Assistance Program. In Connecticut it is administered by the Connecticut Department of Social Services (DSS). Benefits are issued monthly through a Connecticut EBT Card accepted at authorized grocery stores, farmers markets, and major online retailers including Amazon and Walmart.

Connecticut uses 200% FPL through BBCE with no asset test and maintains a statewide ABAWD waiver — meaning work requirements are currently not enforced anywhere in the state. Connecticut has a modified drug felony ban (possible temporary disqualification period). The ConneCT portal integrates SNAP with HUSKY Health (Medicaid) and TFA (cash assistance) in one application. End Hunger CT is the state's primary SNAP outreach and advocacy organization.

### Connecticut SNAP: Key Facts at a Glance

- 200% FPL gross income limit through BBCE — no asset test for most households
- Statewide ABAWD waiver in effect — work requirements currently not enforced statewide (verify current status)

- Modified drug felony ban: possible temporary disqualification period — contact DSS for details
- ConneCT portal ([connect.ct.gov](https://connect.ct.gov)) integrates SNAP, HUSKY Health (Medicaid), and cash assistance in one application
- End Hunger CT: statewide advocacy and SNAP outreach organization
- Connecticut Foodshare: primary food bank network and SNAP application assistance

## Section 2: Eligibility Requirements

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### 2.1 Residency

You must currently reside in Connecticut. There is no minimum residency period. You do not need a permanent address — a shelter address, transitional housing, or a signed statement from a non-relative can satisfy this requirement.

### 2.2 Citizenship and Immigration Status

The following individuals are generally eligible:

- U.S. citizens (born or naturalized)
- Lawful Permanent Residents (Green Card holders) who have held status for at least 5 years
- Certain refugees, asylees, and Special Immigrant Visa holders

#### **2025 Change: Non-Citizen Eligibility Narrowed**

The OBBBA (July 4, 2025) removed SNAP eligibility for humanitarian parolees, most asylum seekers pending a decision, and several other previously eligible categories. U.S.-born children in mixed-status households may still qualify. Contact your local DSS office or legal aid if your immigration status is unclear.

### 2.3 Household Composition

Your SNAP household includes everyone who lives together and regularly purchases and prepares food together. Members who buy and prepare food separately may form their own household unit.

### 2.4 Income Limits

Connecticut uses Broad-Based Categorical Eligibility (BBCE) at 200% of the Federal Poverty Level. There is no asset test for most households. TFA (Temporary Family Assistance — Connecticut's TANF) recipients are categorically eligible.

Exception: Households where all members are age 60+ or have a documented disability have NO gross income limit — only the net income test applies.

### Connecticut SNAP Income Limits and Maximum Benefits (FY 2026, Oct. 1, 2025 – Sept. 30, 2026)

HH Size	Gross Limit	Elderly/Disabled Gross Limit	Net Limit (100% FPL)	Max Monthly Benefit
1	\$2,510	No limit*	\$1,255	\$292
2	\$3,398	No limit*	\$1,699	\$536
3	\$4,287	No limit*	\$2,144	\$766
4	\$5,178	No limit*	\$2,589	\$994
5	\$6,067	No limit*	\$3,034	\$1,155
6	\$6,956	No limit*	\$3,478	\$1,386
7	\$7,845	No limit*	\$3,923	\$1,532
8+	+\$889/person	No limit*	+\$445/person	+\$177/person

\* Elderly/disabled households have no gross income limit — only the net income limit applies. Connecticut uses BBCE at 200% FPL. Limits update each October 1.

### How Net Income Is Calculated

Net income = gross income minus approved deductions. Standard deductions include:

- 20% earned income deduction — automatically applied to all wages and self-employment income
- Standard deduction: \$204/month for households of 1–3; higher for larger households
- Excess shelter deduction: rent/mortgage plus utilities exceeding 50% of net income after other deductions
- Dependent care deduction: childcare or adult care costs paid while working, searching, or in training
- Medical expense deduction: out-of-pocket costs over \$35/month for members 60+ or with a disability
- Child support deduction: legally obligated child support paid to someone outside the household

#### Connecticut Deduction Note

Connecticut has some of the highest housing costs in New England, particularly in Fairfield County (Greenwich, Stamford, Bridgeport), the New Haven metro, and Hartford suburbs. For households near the 200% FPL ceiling, the excess shelter deduction is frequently the most

important tool for both qualifying and maximizing benefit amounts. New England winters also mean heating oil and natural gas costs are significant — always claim the full Standard Utility Allowance.

## 2.5 Asset Limits

For most Connecticut BBCE-eligible households, there is NO asset test. Exception: elderly/disabled households whose income exceeds 200% FPL face a \$4,500 asset limit. Primary home and one vehicle are always exempt.

## Section 3: Work Requirements

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Work requirements are the most common reason people lose SNAP benefits.

### 3.1 Standard Work Requirements (All Adults 16–59)

All able-bodied adults between ages 16 and 59 must meet at least one of the following:

- Be employed (any number of hours)
- Be registered for work with American Job Centers ([ctdol.state.ct.us](http://ctdol.state.ct.us)) / SNAP E&T program
- Participate in an approved employment or training program
- Not have voluntarily quit a job without good cause or reduced hours below 30/week

### 3.2 ABAWD Rules

ABAWDs are adults ages 18–64 without dependents who are not disabled and not otherwise exempt. Connecticut currently maintains a statewide ABAWD waiver — meaning work requirements are not being enforced anywhere in the state as of May 2026.

ABAWDs must complete at least 80 hours per month (20 hours/week): employment, job training, volunteering, or participation in an approved work program.

Without meeting this requirement, ABAWDs can only receive SNAP for 3 months in any 36-month period.



#### Connecticut ABAWD Note

Connecticut's statewide ABAWD waiver is reviewed and renewed periodically. Contact DSS at 1-855-626-6632 or visit [ct.gov/dss](http://ct.gov/dss) to confirm the current status of this waiver. If the waiver is

not in effect in your area, contact End Hunger CT or your local DSS office for guidance on meeting or documenting an exemption from the 80-hour monthly requirement.

### 3.3 Exemptions from ABAWD Requirements

The following individuals are exempt from ABAWD time limits:

- Physically or mentally unfit for employment (documented by a physician or licensed clinical social worker)
- Pregnant
- Responsible for a dependent child under age 14 living in the same household
- Enrolled at least half-time in a recognized school, training program, or institution of higher education
- Participating in a drug or alcohol treatment or rehabilitation program
- Age 15 or younger, or 65 or older
- Recently released from an institution (incarceration or psychiatric facility)
- Survivors of domestic violence
- Experiencing homelessness (may qualify under 'unfit for employment' — ask your caseworker)

### 3.4 How to Document Work or an Exemption

Report work activity or exemption status through ConneCT ([connect.ct.gov](http://connect.ct.gov)), by phone, or in person at your DSS office. Submit documentation before your benefit period runs out.

## Section 4: Required Documents

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Gather these before applying. Missing documents are the most common cause of delays.

### 4.1 Always Required

- Proof of Identity: Driver's license, state-issued ID, passport, or birth certificate
- Social Security Number (SSN): For each household member applying
- Proof of Connecticut Residency: Utility bill, lease agreement, official mail, or a signed statement from a non-relative

### 4.2 Income Verification

- Pay stubs from the last 30 days (for employed applicants)
- Most recent W-2, 1099, or tax return (for self-employment income)

- Award letter or benefit statement for Social Security, SSI, unemployment, or other unearned income
- Documentation of child support received or paid

### 4.3 Deduction Documentation (Strongly Recommended)

- Rent or mortgage statement
- Utility bills — especially heating bills (given New England winters, the Standard Utility Allowance is often significant)
- Childcare or dependent care receipts
- Medical bills for members 60+ or with disabilities

 **Tip: Apply First, Gather Documents Later**

Submit your application to lock in your application date — benefits are generally backdated to that date if approved. Your caseworker will specify what additional documents are needed.

## Section 5: Step-by-Step Application Process

### Step 1: Check Your Eligibility

Use the SNAP eligibility calculator at [snapeligibilitycalculator.com](http://snapeligibilitycalculator.com), call 1-855-626-6632, or visit your local DSS office.

### Step 2: Apply

Method	Details
ConnectCT Online	<a href="http://connect.ct.gov">connect.ct.gov</a> — apply for SNAP, Medicaid, and other benefits in one application. Available 24/7. Recommended.
Phone	Call 1-855-626-6632 (Mon–Fri) or your local DSS office.
In Person	Visit your local DSS office. Find locations at <a href="http://ct.gov/dss/office-locator">ct.gov/dss/office-locator</a> .
By Mail	Download application from <a href="http://ct.gov/dss">ct.gov/dss</a> ; mail to your local DSS office.

### Step 3: Attend Your Interview

After submitting, DSS will schedule a mandatory interview — typically by phone. Missing the interview is the most common reason applications are denied. Contact your office immediately to reschedule if needed.

## Step 4: Receive a Decision

DSS must process standard applications within 30 days. If approved, you will receive an EBT card by mail. If denied, you have 90 days to appeal.

## Expedited / Emergency Processing (7-Day)

You may qualify if: gross monthly income is under \$150 AND liquid assets under \$100; OR combined monthly income and liquid assets are less than monthly rent plus utilities; OR you are a migrant/seasonal farmworker with liquid assets under \$100.

## Section 6: Special Situations

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### 6.1 Experiencing Homelessness

You do not need a permanent address to apply. DSS accepts shelter addresses, transitional housing, or a signed statement from a non-relative. Dial 211 for local shelter and benefits navigation resources.

### 6.2 People With Disabilities or Elderly Members

Households where all members are 60+ or disabled benefit from: no gross income test (only net income limit), uncapped shelter deduction, medical expense deduction, and higher asset limits (where applicable).

### 6.3 Drug Felony Convictions

Connecticut has a modified drug felony ban. Individuals with drug felony convictions may receive SNAP benefits but may face a temporary disqualification period before full eligibility is restored. The length and specific conditions of the disqualification depend on the nature and date of the conviction. Contact your local DSS office at 1-855-626-6632 or End Hunger CT ([endhungerct.org](http://endhungerct.org)) for guidance specific to your conviction history.

### 6.4 Students

Students enrolled at least half-time must meet at least one exception: work 20+ hours/week, participate in work-study, care for a dependent child under 6, receive TANF, or be enrolled in an approved training program.

### 6.5 ConneCT — One Application for Multiple Benefits

Connecticut's ConneCT portal ([connect.ct.gov](http://connect.ct.gov)) allows residents to apply for SNAP, HUSKY Health (Medicaid), TFA (Temporary Family Assistance/TANF), and other benefits in a single

integrated application. This significantly reduces the administrative burden for households that may qualify for multiple programs. You can also use ConneCT to upload documents, track your application status, complete your Periodic Review Form (PRF), and report changes. If you need help navigating ConneCT, Connecticut Foodshare ([ctfoodshare.org](http://ctfoodshare.org), 860-856-2700) provides SNAP application assistance across the state.

## Section 7: Why People Lose Benefits — and How to Avoid It

### Most Common Reasons SNAP Benefits Are Cut Off

#### 1. Missing the recertification (renewal) deadline

Certification periods last 6–12 months. Set a calendar reminder 60 days before your certification end date and monitor your online account regularly.

#### 2. Failing the ABAWD work requirement without claiming an exemption

ABAWDs who do not work 80 hours/month and have not claimed a valid exemption are cut off after 3 months. Verify statewide or local waiver status and document any exemption in writing at every recertification.

#### 3. Missing the interview or not responding to agency notices

Keep your phone number and mailing address current. Check your online account regularly for notices.

#### 4. Failure to report changes in income or household composition

Report changes within 10 days. Failure to report can result in overpayments and case closure.

## Your Right to Appeal

If DSS denies or reduces your benefits, request a Fair Hearing within 90 days of the notice. If you request within 10 days of a termination notice, your benefits may continue during the review. Contact Connecticut Legal Services ([ctlegal.org](http://ctlegal.org), 1-800-453-3320) for free legal assistance.

## Section 8: Key Contacts and Resources

Resource	Contact / What They Help With
DSS SNAP Line	1-855-626-6632   <a href="http://ct.gov/dss">ct.gov/dss</a>
ConneCT Portal	<a href="http://connect.ct.gov">connect.ct.gov</a> — apply, manage benefits, upload documents
DSS Office Locator	<a href="http://ct.gov/dss/office-locator">ct.gov/dss/office-locator</a> — find your local office
Connecticut Foodshare	<a href="http://ctfoodshare.org">ctfoodshare.org</a>   860-856-2700 — SNAP outreach and food bank network

Resource	Contact / What They Help With
End Hunger CT	endhungerct.org — SNAP advocacy, drug felony guidance, outreach
Connecticut 211	Dial 211   211ct.org — food banks, emergency resources, benefits navigation
Connecticut Legal Services	ctlegal.org   1-800-453-3320 — free legal help with SNAP appeals

### **A Note on Navigating Connecticut's System**

Connecticut's 200% BBCE, statewide ABAWD waiver, and ConneCT multi-benefit portal make it one of the most accessible SNAP states in New England. The statewide waiver is the most critical detail to verify — if it lapses, many single adults without dependents would immediately face the 3-month limit. For advocates: help clients apply through ConneCT to capture SNAP and Medicaid simultaneously, confirm waiver status at every recertification, and note the modified drug felony ban's disqualification period for justice-involved clients.

*This guide was compiled using information from the Connecticut Department of Social Services (DSS), the USDA Food and Nutrition Service, and publicly available state SNAP resources. It is informational only and does not constitute legal advice. Rules may change — always verify at [ct.gov/dss](http://ct.gov/dss) or [connect.ct.gov](http://connect.ct.gov) or by contacting your local office.*