



Food Stamps / SNAP

Categories : [Food](#), [Income Assistance](#)

2/2026 Update:

Connecticut Department of Social Services (DSS) currently issues SNAP and Cash benefits over the first 3 days of the month, based on the first letter of the EBT cardholder’s last name.

Beginning March 1, 2026:

- **Cash benefits** will be issued on the 1st of the month only
- **SNAP benefits** will be issued over the first 8 days of the month

Last 2 digits of Client ID

00-12
 13-24
 25-37
 38-49
 50-62
 63-74
 75-87
 88-99

Benefit Issuance Day

1st of the month
 2nd of the month
 3rd of the month
 4th of the month
 5th of the month
 6th of the month
 7th of the month
 8th of the month

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Food Stamps/SNAP (Supplemental Nutrition Assistance Program) Program Administration: The Food Stamp program (now known as SNAP) is a federal program administered by the US Department of Agriculture and managed in Connecticut by the Department of Social Services (DSS). The following is summarized from the DSS website, <https://portal.ct.gov/DSS/SNAP/Supplemental-Nutrition-Assistance-Program—SNAP>

Where Do People Apply?

- Frontdoor Benefits is a simple, mobile friendly website, where individuals can check Food Stamp/SNAP eligibility and apply in just a few minutes. After submitting the application, individuals get free, 1:1 help from a trained Frontdoor Benefits team member. Follow the link to check eligibility and apply today: www.openfrontdoor.com/ct211
- Apply for SNAP online at www.connectct.gov, under “Apply for Benefits” or download an application and mail it in or drop off at a local DSS Regional Office. Applicants who cannot get to an office or are unable to complete the paperwork, can do their required interview by phone and mail. For additional information on applying, visit the website: <https://portal.ct.gov/DSS/SNAP/Supplemental-Nutrition-Assistance-Program—SNAP/Apply>
- Note: End Hunger Connecticut can also help with SNAP eligibility screening, <https://endhungerct.org/>
- If disabled and unable to go to a DSS office, you can request that an authorized representative apply for you.

Who's Eligible:

Individuals can get SNAP benefits depending on the amount of money individuals and the household makes each month. Check income guidelines if you could get SNAP benefits in the DSS website chart here, [Food Assistance – SNAP–Eligibility](#)

- If someone in a household is 60 years old or older, or has a disability, individuals can make a little more money than it says in the chart and still get SNAP.
- Individuals do not have to be a U.S. citizen to get SNAP. Getting SNAP does not impact your or your kid's immigration status.

SNAP Eligibility Changes for Non-Citizens: Previously, many non-citizens, including lawful permanent residents, could qualify for SNAP. Effective July 2025, SNAP eligibility was limited to:

Lawful permanent residents

Cuban/Haitian entrants

COFA citizens (COFA stands for (Compacts of Free Association). These are citizens who are from Federated States of Micronesia, the Republic of the Marshall Islands, and the Republic of Palau who lawfully reside in the U.S.

Afghan or Iraqi SIVs: These are individuals admitted under Section 101(a)(27) of the Immigration and Nationality Act, which grants special immigrant status to individuals who worked with the U.S. government for a period of at least one year.

What counts as income?

Individual's income is all the money individuals make. That includes money from working, cash assistance, Social Security, unemployment, and child support.

- For SNAP, a review at an individual's "gross income:" all the money individuals make **before** any taxes or expenses, is looked at.

Who is in a SNAP household?

Individuals' household includes anyone you buy and cook most of your meals with.

- If individuals live with a spouse or a child(ren) under 22, they are always part of the household.

Asset Limits

- There is no asset limit EXCEPT for households whose gross income is more than 200% of the Federal Poverty Level. For those households, total assets including cash, savings accounts, stocks and bonds cannot be more than \$4,250. the home the client lives in is not considered an asset, nor is a lien placed on the home. Vehicles or retirement accounts, such as IRAs, are also not included. These asset limits only apply to households whose gross income is more than 200% of the Federal Poverty Level.

In July 2025, the 119th Congress passed Public Law No:

119-21 <https://www.congress.gov/bill/119th-congress/house-bill/1>, a statute also known as HR 1 or the One Big Beautiful Bill Act.

The law impacts residents in Connecticut and throughout the nation. It is a wide-ranging piece of legislation that has resulted in policy changes for many important social service programs, including SNAP benefits (food stamps), see details here: <https://portal.ct.gov/dss/knowledge-base/articles/general->

[information/federal-updates-hr1?language=en_US](#)

Many of these changes took effect in November 2025. Others are being phased in over the next several months and years. The programs and changes include:

Individual benefits may be changing if:

- Between the ages of 18-64
- Living with a child over the age of 14
- Currently pregnant, or physically or mentally unable to work
- Caring for a person who is ill or disabled
- Receiving disability benefits such as SSI, SSDI, or VA
- Participating in a drug or alcohol treatment program

SNAP –Work Requirement Changes

- No enactment date specified, awaiting federal guidance
- Increases the age limit of [Able-Bodied Adults Without Dependents \(ABAWD\)](#) subject to work requirements from 55 to 64
- Changes the exemption for adults with children under the age of 18 to adults with children under the age of 14
- Removes exemptions for veterans, those experiencing homelessness, young adults under the age of 24 and those who have aged out of foster care. Limits waivers to towns/areas that have an unemployment rate greater than 10%

Individuals may need to provide additional documentation to keep SNAP benefits. Submitting verification documents (which could include proving pregnancy, household size, a medical condition, or proof that individuals are working/volunteering or attending an educational or training program).

NOTE: This can be as simple as taking a photo with a phone and submitting it through MyDSS or ConneCT.

Other Ways to Take Action with the Connecticut Department of Social Services:

If individuals do not have a MyDSS or ConneCT account:

- Use the chat feature on DSS's website: ct.gov/dss
- Mail the documents to: DSS ConneCT Scanning Center, P.O. Box 1320, Manchester, CT 06045
- Visit a DSS resource center in person: portal.ct.gov/dss/office-locator

Electronic Benefits Transfer (EBT)

Beginning March 1, 2026:

SNAP benefits will be issued over the first 8 days of the month, depending on last 2 digits of the clients ID.

When granted SNAP, an EBT card is mailed to individuals, along with instructions on how to set up your PIN (Personal Identification Number). This number is your secret code that allows only you to access your benefits. If you give this number to someone else, they can access your benefits if they have your card. Keep your PIN number safe and do not keep it with your card. **Benefits removed from your EBT account will not be replaced.**



If having trouble with card, pin number, if card is lost or stolen, you must call the 24/7 Customer Service Line, 1-888-328-2666

SNAP Periodic Review Form (PRF) Process

Clients can complete their SNAP Periodic Review Form (PRF) online! Completing an Online PRF is received instantly by DSS. Resources to support clients in the use of self-service options.

- Instructions for completing an Online PRF are attached and found at the link below
- Using self-service tools clients that create a MyAccount can access a range of features including submitting documents, viewing current eligibility benefits, printing a proof of benefits letter, applying for benefits, completing a PRF and so much more! DSS' self-service tools are designed to enhance efficiency and convenience for clients.

For more details, visit the link here: [How to complete a PRF online/MyAccount](#)

The MyAccount login in works in both the web version, ConneCT, and the mobile version, MyDSS.

What is the Appeal Process if SNAP Benefits are Denied? Request for appeal of a denial must be made within 90 days of the date of the decision notice by calling the Administrative Hearing Unit at 860-424-5760 (within Hartford calling area) and 1-800-462-0134 (if calling from outside of the Hartford calling area), or write to: Office of Legal Counsel, Regulations and Administrative Hearings, Department of Social Services, 55 Farmington Avenue, 11th Floor, Hartford, CT 06105 (Fax Number – 860-424-5729).

Advocacy For information concerning legal rights or for assistance with an appeal call Statewide Legal Services. End Hunger Connecticut provides advocacy for the food needs of low-income children and adults in the State of Connecticut.

For more information on how to access food assistance in Connecticut under the new rules, visit the Connecticut Social Services Food Assistance web page https://portal.ct.gov/dss/knowledge-base/articles/snap/abawd-work-requirement-changes-hr1?language=en_US

To Find Providers in Connecticut's Community Resources Database:

Search by service name: [Food Stamps/SNAP](#)

SOURCES: Connecticut State Department of Social Services; U.S. Department of Agriculture; End Hunger Connecticut; University of Connecticut Public Health and Health Policy

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