



WIC and/or SNAP – Benefit Comparison and Eligibility

Categories : [Food](#)

Women, Infants and Children (WIC) is a supplemental nutrition program that serves nutritionally at risk pregnant, breastfeeding or postpartum women, infants and children until their 5th birthday. For more information on the program, visit the Connecticut WIC website: <https://connecticut.wicresources.org/>

Supplemental Nutrition Assistance Program (SNAP) provides benefits to supplement a family's food budget.

For more details on both programs regarding:

- Eligibility
- What type of benefits the programs provide
- What foods and services are allowed with each specific program
- Beneficial tips to remember while shopping
- Links to program offices and other food resources

Click below for Connecticut Department of Public Health and Connecticut Department of Social Services flyer on: "Maximizing Your WIC and SNAP Benefits."

- [English](#)
- [Español](#)

SOURCES: Connecticut Department of Public Health and Connecticut Department of Social Services
PREPARED BY: 211/tb
CONTENT LAST REVIEWED: December2021