

ATTENTION, CT RESIDENTS!

As of **October 1, 2022**, the thresholds for qualifying for SNAP have **increased!**

Even if you were ineligible before, **you may be eligible now!**



Household Size	Gross* Monthly Income Limit	Net** Monthly Income Limit	Gross* Annual Income Limit	Maximum Possible SNAP Benefit
1	\$2,265	\$1,133	\$27,180	\$281 monthly
2	\$3,052	\$1,526	\$36,624	\$516 monthly
3	\$3,838	\$1,920	\$46,056	\$740 monthly
4	\$4,625	\$2,313	\$55,500	\$939 monthly
5	\$5,412	\$2,706	\$64,944	\$1,116 monthly
6	\$6,198	\$3,100	\$74,376	\$1,339 monthly
7	\$6,985	\$3,493	\$83,820	\$1,480 monthly

***Gross Income:**
Wages before payroll deductions like taxes, health insurance, or retirement plans

****Net Income:**
Take-home wages after payroll deductions (in other words, what actually shows up in your bank account)

For more information:

Visit the **CT Department of Social Services website** to see if you qualify and to fill out your application:

connect.ct.gov

OR

Call the **End Hunger Connecticut! confidential hotline** to ask questions, to see if you qualify, and to get help with your application:

(866) 974-SNAP (7627)

Monday - Friday: 8am - 8pm
Saturday & Sunday: 9am - 5pm