



PROGRAMS DEPARTMENT
SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM

SNAP (Supplemental Nutrition Assistance Program) helps people to afford more food for themselves and their families. SNAP benefits are available through an [Electronic Benefit System](#) (EBT). You may use your SNAP benefits to buy food at some neighborhood grocery stores, most major supermarkets and some farmers markets.

SNAP is available to families that meet the income guidelines set by the federal government. Owning a home does not exclude you from eligibility for SNAP benefits.

For further information or to obtain an application, please visit [ConneCT](#) or the [Supplemental Nutrition Assistance Program](#).

[Debunking the \\$16 Benefit Myth.](#)

You can also apply at your local CT Department of Social Services Office .

Department of Social Services
925 Housatonic Avenue
Bridgeport, CT 06606
(203) 551-2700

Department of Social Services
1642 Bedford Street
Stamford, CT 06905
(203) 251-9300

For More Information or Assistance you may call CHOICES at 800-994-9422
For information on [Food Pantries](#).