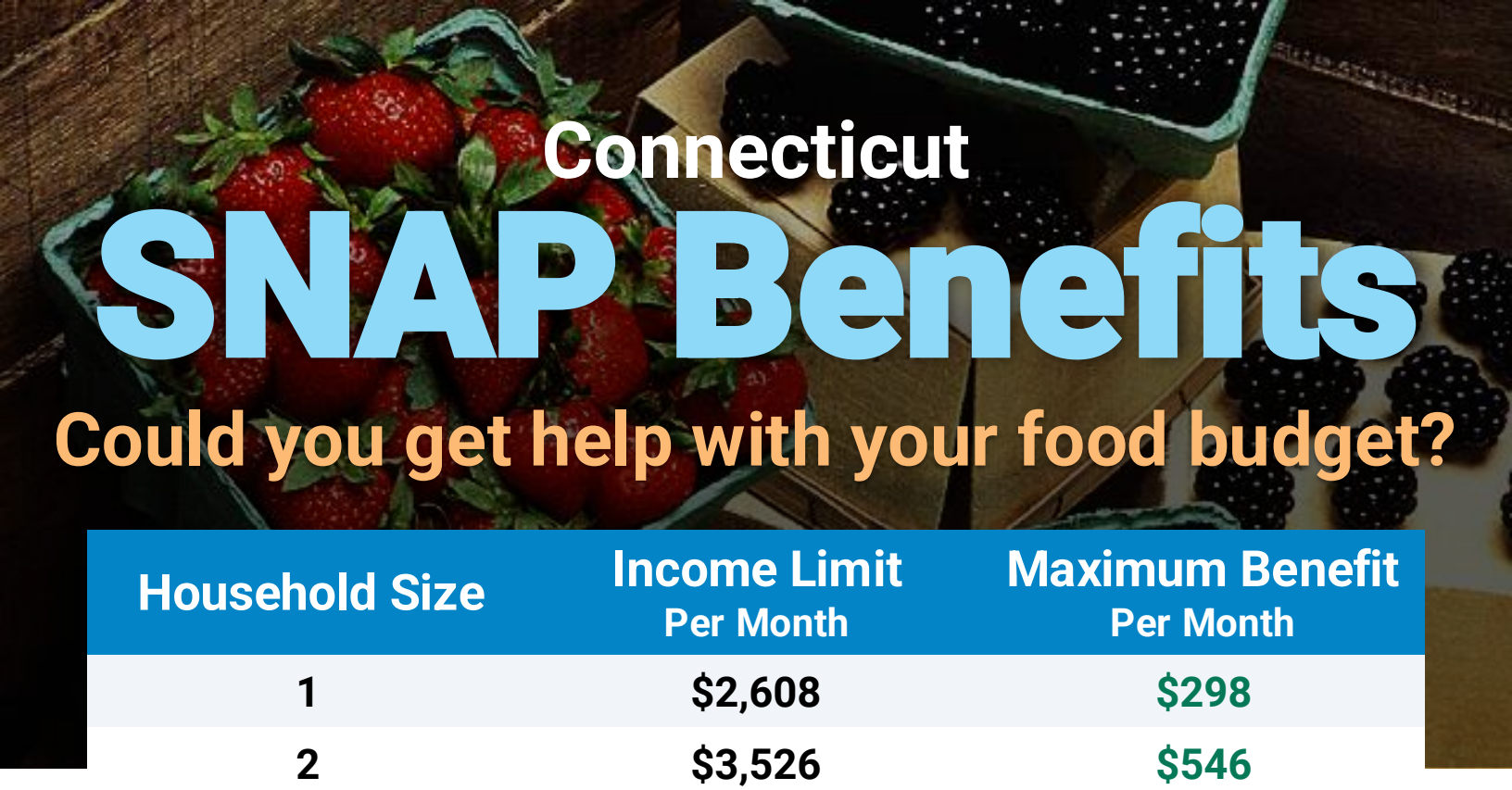

Connecticut SNAP Benefits

Could you get help with your food budget?

Household Size	Income Limit Per Month	Maximum Benefit Per Month
1	$2,608	$298
2	$3,526	$546
3	$4,442	$785
4	$5,358	$994
5	$6,276	$1,183
6	$7,192	$1,421
7	$8,108	$1,571

Higher income limits are available for households with a member who is over 60 years old or has a disability.

Benefit amounts depend on income, expenses, and household size. Additional eligibility criteria may also apply.

APPLY or GET A BENEFIT ESTIMATE

Info for: 10/1/2025 – 9/30/2026. Photo courtesy of USDA ARS.
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