

# Food When You Need It

*A Guide to Food Resources in the Valley*

ANSONIA | DERBY | OXFORD | SEYMOUR | SHELTON



*A guide from valley United Way and the Valley Council Food Security Task Force. This guide was generously funded by The Prudential Foundation.*



## ACKNOWLEDGMENTS

This guide was made possible through the collaborative efforts led by the Valley Council Food Security Task Force, and the organizations that its members represent including the Seymour Oxford Food Bank, St. Vincent De Paul, Christ Episcopal Church, The Salvation Army, Spooner House, The Umbrella, Parent Child Resource Center, Ansonia Public Schools, Derby Public Schools, Oxford Public Schools, Seymour Public Schools, and Shelton Public Schools. David Morgan of TEAM, Inc. and Patricia Tarasovic of Valley United Way's Volunteer Center chaired the Task Force, and both organizations provided additional time and support in the preparation of this report. Principal funding for this study was provided to Valley United Way by The Prudential Foundation.

### ***About This Guide***

This guide was developed as part of a report on hunger and food security commissioned by the Valley United Way and the Valley Council Task Force. Its purpose is to provide an overview of the food resources available in the Valley, and to communicate the ways that you can help others or help yourselves to access food when you need it.



The most up-to-date version of this guide can be viewed online or downloaded and printed from [www.valleyunitedway.org](http://www.valleyunitedway.org) or by scanning the QR code above.

Whether you need help or want to give help, United Way 2-1-1 is your one-stop connection to the local services you need, from utility assistance, food, housing, child care, after school programs, elder care, crisis intervention and much more. 24 hours a day, 365 days a year, **dial 2-1-1 or search online at [www.211ct.org](http://www.211ct.org)**



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## Local Food Pantries by Town

Below and on the following pages are food pantries in the Valley region, organized alphabetically by town name. Hours and information are current as of December 2014. Please contact the pantry before visiting to confirm hours, availability and eligibility.

ANSONIA – Christ Episcopal Church Kathleen Samela Memorial Food Bank		
<p><b>Contact Information:</b> 56 South Cliff Street Ansonia, CT 06401 (203) 734-2715 samelafoodbank@sbcglobal.net</p>	<p><b>Hours:</b> Tue – 9:00am to 1:30pm Wed – 9:00am to 1:30pm Thu – 9:00am to 2:00pm Fri – 9:00am to 2:00pm</p>	<p><b>Eligibility Criteria:</b> Must have need for food, photo identification</p>
<p><b>About Food Provided:</b> Approximately 7 days' worth of food provided, based on household size. Eligible households can receive food as needed.</p>		<p><b>Other Resources:</b> Clothing, Personal care items, Winter wear, Baby supplies, School supplies, Toys/gifts, Toiletries</p>
<p><b>Accepts Volunteers: YES</b> Minimum age: 18 High school students: YES Court-appointed: YES</p>	<p><b>Top 5 Food Needs:</b> Crackers, Canned meats, Peanut Butter, Soups, and Canned Tuna/Salmon/Sardines</p>	
ANSONIA – Salvation Army		
<p><b>Contact Information:</b> 26 Lester Street Ansonia, CT 06401 (203) 736-0707 laquita.boles@use.salvationarmy.org</p>	<p><b>Hours:</b> <i>Closed daily 12-12:30pm for lunch</i> Mon – 10:00am to 2:00pm Tue – 10:00am to 2:00pm Wed – 10:00am to 2:00pm Thu – 10:00am to 2:00pm Fri – 10:00am to 2:00pm</p>	<p><b>Eligibility Criteria:</b> Must have need for food, household income below 150% of federal poverty level</p>
<p><b>About Food Provided:</b> Approximately 3 days' worth of food provided, based on household size. Eligible households can receive food once monthly.</p>		<p><b>Other Resources:</b> Clothing, Personal care items, Winter wear, School supplies, Toiletries, Holiday food baskets</p>
<p><b>Accepts Volunteers: YES</b> Minimum age: 18 High school students: YES Court-appointed: YES</p>	<p><b>Top 5 Food Needs:</b> Cereal, Coffee, Cooking oil, Hot cereal, and Tea</p>	

## Local Food Pantries by Town (continued)

DERBY – St. Vincent De Paul		
<p><b>Contact Information:</b> 237 Roosevelt Drive Derby, CT 06418 (203) 734-7577 jjimgcgre@hotmail.com</p>	<p><b>Hours:</b> Mon – 9:30am to 2:30pm Tue – 9:30am to 2:30pm Wed – 9:30am to 2:30pm Thu – 9:30am to 2:30pm Fri – 9:30am to 2:30pm Sat – 9:30am to 12:00pm</p>	<p><b>Eligibility Criteria:</b> Must have need for food</p>
<p><b>About Food Provided:</b> Approximately 6 bags of food provided, based on household size. Eligible households can receive food once monthly.</p>		<p><b>Other Resources:</b> Personal Care Items, Holiday Food Baskets</p>
<p><b>Accepts Volunteers: YES</b> Minimum age: 16 High school students: YES Court-appointed: YES</p>	<p><b>Top 5 Food Needs:</b> Beef stew, Hamburger/Tuna Helper, Macaroni and cheese, Canned meats, and Spaghetti sauce</p>	

SEYMOUR – Seymour Oxford Food Bank		
<p><b>Contact Information:</b> 20 Pine Street Seymour Community Center Seymour, CT 06478 (203) 888-7826 SOFBInc.1@gmail.com</p>	<p><b>Hours:</b> Mon – 9:00am to 11:00am <b>Tues – 9:00am to 11:00am</b> Wed – 9:00am to 11:00am <b>Thurs – 9:00am to 11:00am</b> <i>Tues &amp; Thurs for Clients</i></p>	<p><b>Eligibility Criteria:</b> Resident of Seymour or Oxford Bring current piece of mail with name and address</p>
<p><b>About Food Provided:</b> 7 days' worth of food is provided, based on household size. Eligible households can receive food once monthly.</p>		<p><b>Other Resources:</b> Personal Care Items</p>
<p><b>Accepts Volunteers: YES</b> Minimum age: 13 High school students: YES Court-appointed: NO</p>	<p><b>Top 5 Food Needs:</b> Beef stew, Frozen meats, Canned meats, Peanut butter, and Canned Tuna/Salmon/Sardines</p>	



## **Connecticut Food Bank Mobile Food Pantry**

The Connecticut Food Bank operates a mobile food pantry that distributes food in various towns throughout the state. As of December 2014, Derby is the only Valley town that the mobile food pantry visits. As such, the mobile food pantry schedule for towns near the Valley is also included below.

The Connecticut Food Bank Mobile Food Pantry provides food at no cost to residents of any Connecticut town at all of its sites. Residents in need are welcome to visit any mobile pantry site to receive food.

Please contact the Connecticut Food Bank at 203-469-5000 or [cfb@ctfoodbank.org](mailto:cfb@ctfoodbank.org) for additional details and to confirm that the hours and location have not changed. For an updated schedule and complete list of mobile pantry stops in the state, visit [www.ctfoodbank.org/connecticut-food-bank-programs/mobile-pantry/mobile-pantry-schedule](http://www.ctfoodbank.org/connecticut-food-bank-programs/mobile-pantry/mobile-pantry-schedule)

### **DERBY – St. Mary’s Church**

**Location:**

212 Elizabeth Street  
Derby, CT 06418

**Hours:**

1:00pm to 2:00pm on the first Tuesday of every month

### **BRIDGEPORT – Triumphant Ministries, Inc.**

**Location:**

30 Florence Street  
Bridgeport, CT 06610

**Hours:**

1:00pm to 2:00pm on the first Friday of every month

### **BRIDGEPORT – Victory Outreach Center**

**Location:**

381 Jane Street  
Bridgeport, CT 06608

**Hours:**

10:30am to 11:30am on the fourth Wednesday of every month – NO MOBILE PANTRY IN NOVEMBER

### **BRIDGEPORT – Gary Crooks Memorial Center**

**Location:**

301 Bostwick Avenue  
Bridgeport, CT 06605

**Hours:**

12:30pm to 1:30pm on the fourth Wednesday of every month – NO MOBILE PANTRY IN NOVEMBER

## **Connecticut Food Bank Mobile Food Pantry (continued)**

### **NEW HAVEN – St. Francis Catholic Church**

**Location:**

397 Ferry Street  
New Haven, CT 06513

**Hours:**

10:00am to 11:00am on the first Monday of every month in  
the Bright Street parking lot

### **NEW HAVEN – Community Baptist Church**

**Location:**

143 Shelton Avenue  
New Haven, CT 06511

**Hours:**

10:00am to 11:00am on the first Wednesday of every  
month

### **NEW HAVEN – Door of Salvation**

**Location:**

3 Arch Street  
New Haven, CT 06519

**Hours:**

10:00am to 11:00am on the third Tuesday of every month

### **WATERBURY – Police Activity League**

**Location:**

64 Division Street  
Waterbury, CT 06704

**Hours:**

10:30am to 11:30am on the first Thursday of every month





## ***Meal Programs by Town (continued)***

### **OXFORD – Congregate Meals – City of Oxford Senior Center – TEAM, Inc.**

**Contact Information:**

100 Old Church Road  
Oxford, CT 06478  
(203) 881-5231

**Program Information:**

Hot lunches served twice per month at 11:45am. Ages 60+.  
Call for dates and reserve meals 24 hours in advance.

### **OXFORD – Meals on Wheels – CW Resources**

**Contact Information:**

10 Elmwood Place  
Danbury, CT 06810  
(203) 982-6636

**Program Information:**

Two meals per day for persons who are homebound, elderly, or recuperating from an illness. Weekend meals are also available. Call for application.

### **SEYMOUR – Congregate Meals – Rev. A. Callahan House – TEAM, Inc.**

**Contact Information:**

32 Smith Street  
Seymour, CT 06483  
(203) 888-4579

**Program Information:**

Hot lunches served Monday through Friday at 12:15pm.  
Ages 60+. Call 24 hours in advance.

### **SHELTON – Congregate Meals – City of Shelton Senior Center**

**Contact Information:**

81 Wheeler Street  
Shelton, CT 06484  
(203) 924-9324

**Program Information:**

Senior center serves lunch Monday through Friday at 11:45am. Call one day in advance by 12:00pm. Ages 60+.

## Farmer's Markets by Town

Farmer's Markets in the Valley are listed below alphabetically by town with street addresses, telephone contact information, and hours of operation that are current as of December 2014. Please contact the market by phone to confirm hours and location.

### ANSONIA - FARMER'S MARKET

89 West Main Street  
Ansonia, CT 06401  
203-736-5930

**About the Market:**

The Ansonia Farmer's Market was founded in July 2012 and is still establishing itself in the community. Please call to confirm dates and hours before traveling to the market.

*Call for details*

### DERBY – GRIFFIN HOSPITAL FARMER'S MARKET

130 Division Street  
Derby, CT 06483  
203-732-7432

**About the Market:**

Everyone is invited to enjoy the freshness and convenience of buying locally grown produce right at the hospital's front door. The farmers' market also supports the local economy, with local farm, Aspetuck Valley Apple Barn of Easton and other local vendors providing a wide variety of produce. Located in the portico just outside the main entrance.

**HOURS:**

1pm to 4pm, *call for dates*

### SEYMOUR - FARMER'S MARKET

Municipal Parking Lot  
70 Pine Street  
Seymour, CT 06483  
203-723-8885

**About the Market (2014 season):**

The Seymour Farmers Market was established in 1995 for the purpose of supporting the downtown revitalization project. It was started in cooperation with former First Selectman John O'Toole, the CT Department of Agriculture, Guy and Pat Beardsley, and several local farmers.

**HOURS:**

Tues 12pm to 6pm, May through Nov.

With the continued cooperation of the current Board of Selectmen, CT Department of Agriculture, Gazy Brothers Farm. The market is host to Beldotti's Bakery of Stamford, Aradia Farm of Southbury, Carrot Top Kitchen, and Gazy Brothers Farm of Oxford.

### SHELTON - FARM & PUBLIC MARKET

77 Canal Street E  
Shelton, CT 06484  
203-929-3080

**About the Market (2014 season):**

The Farm & Public Market is housed in a newly constructed 2,220 sq. ft. market pavilion. Part of the 10 acre Shelton Enterprise & Commerce Park, it is located on the Housatonic River in heart of downtown.

**HOURS:**

Sat. 9am to 1pm, Wed. 3pm to 6pm, June through Nov.

## **Resource Guides from 2-1-1**

Below and on the following pages are resource guides from 2-1-1 on the topics of Government Surplus Food, School Meal Programs, Summer Food Programs, Food Stamps/SNAP, and WIC. The guides are current as of December 2014, and the most up-to-date versions can always be found on the 2-1-1 website at <http://www.211ct.org/>.

### **GOVERNMENT SURPLUS FOOD**

*The most up-to-date version of this guide can always be found online at <http://www.211ct.org/>*

There are many government programs that utilize surplus food to feed people in need.

- The U.S. Department of Agriculture (USDA) acquires agricultural commodities through price support programs, surplus removal, and direct purchases from national markets.
- These commodities are distributed through the USDA to the states and sometimes directly to local programs that provide food to people in need.
- In Connecticut, eligible schools, charitable institutions, summer camps, and agencies that operate surplus food distribution programs apply directly to the USDA for surplus foods.
- The Connecticut Department of Social Services administers The Emergency Food Assistance Program (TEFAP) which distributes surplus foods to food banks, which, in turn, give food to member soup kitchens, homeless shelters, and food pantries that provide food to individuals and households.

### **WHO IS ELIGIBLE FOR SURPLUS FOOD?**

- Connecticut agencies serving specific groups (such as nursing homes serving the elderly, or day care centers serving preschool children)
- Connecticut homeless shelters, soup kitchens, and food pantries

### **HOW TO FIND PROVIDERS IN CONNECTICUT'S COMMUNITY RESOURCES DATABASE**

Visit [www.211ct.org](http://www.211ct.org) and search by service name for Commodity Supplemental Food Program

### **SCHOOL MEAL PROGRAMS**

*The most up-to-date version of this guide can always be found online at <http://www.211ct.org/>*

**PROGRAM DESCRIPTION:** Free or reduced price breakfasts and lunches are served in elementary and secondary schools to enrolled students whose family income is at or below 130% (free meals) or at or below 185% (reduced price meals).

Schools are not required to provide breakfast or lunch.

The School Lunch and Breakfast program is funded by the United States Department of Agriculture and administered in Connecticut by the State Department of Education's Bureau of Health, Nutrition, Family Services, and Adult Education.

### **WHO IS ELIGIBLE?**

- Enrolled students in elementary and secondary schools that participate in the program.
- It is not necessary that the student be a United States citizen or legal resident.
- Free meals are for students with family income at or below 130% FPL
- Reduced price meals are for students with family income between 130% and 185% FPL

**HOW TO OBTAIN SERVICE:** Ask at child's school to see if the school offers this program; if so, obtain an application form from the school. Forms can be mailed to parents or sent home with the children. Parents who receive TFA or SNAP (food stamps) can put their State Assistance ID # on the form. They do not have to fill out the income section because if eligibility has been determined already for TFA or SNAP they are categorically eligible for free school meals.

**TIMETABLE:** Parents/guardians can apply for free/reduced meals at any time during the school year.

**WILL OTHER KIDS KNOW THAT MY CHILD IS GETTING A FREE MEAL?** All children receive the same meal and use the same eating facility regardless of what they are paying for the meals. It is illegal for students getting a free or reduced price meal to be given special meal tickets, be made to use different lines or rooms, or be given a different choice of food.

## **SUMMER FOOD PROGRAM**

*The most up-to-date version of this guide can always be found online at <http://www.211ct.org/>*

**PROGRAM ADMINISTRATION:** Federal program administered nationally by U.S. Department of Agriculture is administered in Connecticut by the Bureau of Health and Nutrition Services at the State Department of Education, which contracts with local "Sponsors" who manage the individual feeding sites.

**PROGRAM DESCRIPTION:** Federally funded free summer food program for children age 0-18. (18 year olds ARE included.) Children with disabilities are eligible through age 21. Most sites are "open" sites, and they do not restrict by address or income. "Closed" sites are limited to the children enrolled in the program and are not open to any other children.

Meals are served Monday-Friday. Some sites offer breakfast and lunch, others just lunch. There is no charge for any of the meals.

### **WHO IS ELIGIBLE?**

- No income/asset restrictions
- No residency restrictions
- Age 18 and under
- Age 21 and under if disabled

*(Sites will probably not have baby food, but caregivers can cut food up and feed it to babies who can eat solid foods)*

**HOW TO OBTAIN SERVICE:** Go to the site; It is not necessary to pre-register; Also, you can call the program sponsor to verify times, meals served and addresses.

**FOR PROBLEMS ACCESSING SERVICE AT A SITE, CONTACT DOE'S BUREAU OF HEALTH AND NUTRITION SERVICES.**

### **TO FIND SITES:**

Go to the Department of Education's Summer Food Service web page: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=320652>

## **FOOD STAMPS/SNAP (SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM)**

*The most up-to-date version of this guide can always be found online at <http://www.211ct.org/>*

### **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, <http://www.ct.gov/dss/cwp/view.asp?a=2353&q=411676>.

### **WHO CAN GET SNAP?**

**A person must be a U.S. citizen or an eligible non-citizen to qualify for SNAP.**

U.S. citizens and certain legal immigrants who have little or no income are likely to be eligible for SNAP. This includes, but is not limited to, people who are:

- Unemployed
- Retired with no or low pension or Social Security income
- Working, but earning low wages
- On state cash assistance (TFA, SAGA, or State Supplement)
- Homeless
- Legal immigrants who are disabled and receiving disability benefits (SSI, or disability-related Medicaid) are eligible for SNAP without a waiting period.
- Students in post-secondary schools (college) can receive SNAP if:
  - Age under 18 or 50+
  - Physically or mentally disabled
  - Receiving TFA
  - Responsible for more than 50% of the care of a dependent family member if under age 6 or age 6-12 if adequate care is not available
  - Enrolled less than half time
  - Enrolled half time or more and employed a minimum of 20 hrs/wk
  - Placed in higher education by the Workforce Investment Act program.
  - Participating in a federally financed work study program during the regular school year
  - Participating in an on-the-job training program through the Workforce Investment Act (WIA) program, or in a program under Section 236 of the Trade Act of 1974, or in a Food Stamp Employment and Training program, or in an employment and training program for low income households that is operated by a state or local government entity.

### **USDA WEBSITE ON ELIGIBILITY**

[http://www.fns.usda.gov/snap/applicant\\_recipients/eligibility.htm](http://www.fns.usda.gov/snap/applicant_recipients/eligibility.htm)

### **INCOME RESTRICTIONS**

- Beginning July 1, 2009, income limit for most households is 185% of the Federal Poverty Level (FPL), with no net income or asset limit. Households with an elderly (ages 60+) or disabled member do not have to meet a gross income limit. Instead, shelter, medical, and other qualifying expenses are deducted from gross income. If the gross income of an elderly/disabled household is below 185% FPL, there is no asset test and there is no net income test. However, if the elderly/disabled household's income exceeds 185% FPL, the *net income after allowable deductions* cannot be more than 100% FPL and they cannot have more than \$3,250 in countable assets.
- Combat pay is not included as income.

## CONTINUED: FOOD STAMPS/SNAP

### ASSET RESTRICTIONS

- Elderly or disabled households with gross income over 185% FPL is \$3,250. There is no asset limit if gross income is at or below 185% of FPL.
- Not all assets count toward the asset limit.
- **The value of a house a person owns and lives in is not counted and a lien is not placed on a home.**
- **Retirement accounts are not counted as assets.**
- Car value is NOT counted as an asset.

### WHERE DO PEOPLE APPLY?

- Apply for SNAP at the DSS office that serves your town or download an application at <http://www.ct.gov/dss/lib/dss/pdfs/applications/w-1e.pdf> and mail it in. Applicants can do their required interview by phone; it is not necessary to go to a DSS office.
  - Note: The Community Health Centers located throughout the state are designated SNAP Outreach sites and they can assist with eligibility screening. For a list of locations, see the 2-1-1 database: Benefits Assistance \* Food Stamp/SNAP Recipients
- If disabled and unable to go to a DSS office, you can request that an authorized representative apply for you.
- People who apply for or receive SSI can apply for SNAP at the Social Security office located nearest their home.

### WHAT DOCUMENTS ARE NEEDED?

- Identification
- Proof of citizenship or refugee status.
- Legal immigrants with permanent residence status ("green card") should call to ask what documentation is required.
- Proof of earned and unearned income
- For elderly/disabled households whose income exceeds 185% FPL, documentation of countable assets (bank account statements, stocks, bonds, CDs, etc.)
- Social Security numbers for everyone in the household.
- Verification of shelter expenses, such as rent receipt or lease, and utility bills.
- Verification of out-of-pocket child and dependent care expenses
- Verification of court ordered child support payments
- Elderly/disabled households should also verify out-of-pocket medical expenses.

### HOW LONG DOES IT TAKE TO GET SNAP?

- The DSS office must act on applications within 30 days of the date a person submits a signed application. Eligible households will have benefits in their EBT account within four days of the date that DSS grants their application.
- In emergency situations, person may be eligible for Expedited SNAP, which can be obtained within 7 days instead of 30 days. (See EXPEDITED SNAP, below.)
- The 30 day period begins the day that the signed application is received in the DSS office. Also, the first month of SNAP is prorated from the day that the application is signed, so it is very important to at least put name and address on the application, SIGN it, and submit it to the appropriate DSS office, even if the applicant needs to provide more information and/or documentation to support the application.

## CONTINUED: FOOD STAMPS/SNAP

### **EXPEDITED SNAP (also known as EMERGENCY FOOD STAMPS)**

Some people can get SNAP benefits within seven days of the date they apply. To qualify for Expedited SNAP person must:

- Have income less than \$150 per month and assets of \$100 or less.
- **OR** have monthly rent/mortgage and utility expenses that are more than total monthly income plus liquid assets.
- **OR** be a destitute migrant or seasonal farm worker
- ID is the only documentation required for the first month of expedited SNAP

### **ELECTRONIC BENEFITS TRANSFER (EBT)**

All benefits are issued into the recipient's EBT account. If your last name starts with A-F, you will receive benefits on that 1<sup>st</sup> of the month; G-N on the 2<sup>nd</sup>, and O-Z on the 3<sup>rd</sup>. Benefits are issued on these dates even if it's a holiday or weekend.

When granted SNAP, an EBT card is mailed to you, 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 you lose your EBT card, you must contact your worker to get a new card.

If your card is stolen, you must call 1-888-328-2666 and report it stolen so that the EBT card can be cancelled immediately.

### **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. Request a hearing by calling the Fair Hearing Unit at 1-800-462-0134 or write to: Fair Hearing Unit, Department of Social Services, 25 Sigourney Street, Hartford, CT 06106.

### **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.

### **OTHER RESOURCES**

End Hunger Connecticut has an online SNAP prescreening tool in English and Spanish at <http://www.ctfoodstamps.org/>. Also, End Hunger SNAP Outreach Advocates can assist with eligibility questions, problems with applications, and other services needed for recipients, ages 50+, to receive and maintain benefits under the SNAP/Food Stamp program. Services include pre-eligibility screening and assistance with applications, re-determinations, periodic review forms and verifications.

USDA designed Spanish-language SNAP Retailer Locator, an online search tool designed to help recipients find SNAP authorized stores near their home or workplace, see: <http://www.snapretailerlocator.com/>

### **TO FIND PROVIDERS IN CONNECTICUT'S COMMUNITY RESOURCES DATABASE:**

Visit [www.211ct.org](http://www.211ct.org) and search by service name for Food Stamps/SNAP



## **WIC - WOMEN, INFANTS, AND CHILDREN PROGRAM**

*The most up-to-date version of this guide can always be found online at <http://www.211ct.org/InformationLibrary/Documents/WIC%20cw.asp>*

WIC is a federal grant program administered nationally by the U.S. Department of Agriculture ([www.fns.usda.gov/wic/](http://www.fns.usda.gov/wic/)) and at the state level by the Connecticut State Department of Public Health ([www.ct.gov/dph/wic](http://www.ct.gov/dph/wic))

WIC is not an entitlement program. Congress does not set aside funds to allow every eligible individual to participate in the program. It is a grant program for which Congress authorizes a specific level of funding each year.

### **PROGRAM DESCRIPTION:**

WIC provides specific nutritious foods and nutrition education to eligible pregnant women, postpartum women up to six months regardless of how pregnancy ends, breastfeeding women up to one year after delivery, and infants and children up to their fifth birthday. WIC participants receive monthly checks for the purchase of infant cereal, iron-fortified adult cereal, vitamin C-rich fruit or vegetable juice, eggs, milk, cheese, peanut butter, dried and canned beans/peas, canned fish, soy-based beverages, tofu, fruits and vegetables, baby foods, whole wheat bread, and other whole-grain products. Foods covered may depend upon the nutritional needs of the individual.

Recipients are re-certified every six months to determine if medical or nutritional risk exists. Recipients receiving WIC benefits in Connecticut must be state residents, but U.S. Citizenship or permanent residency status is not required.

### **ELIGIBILITY:**

- Pregnant and up to 6 months postpartum or up to 12 months if breastfeeding.
- Child/children up to their fifth birthday.
- Income at or below 185% of the Federal Poverty Level. (NOTE: A pregnant woman is counted as 2 when determining family size; 3 if she is carrying twins, etc.)
- Must be at nutritional risk.
- Must be a Connecticut resident.
- It is not necessary to be a U.S. citizen or a documented immigrant.

### **OTHER WIC INFORMATION:**

- If applicant lives with her/his parents and he/she is not on Healthy Start/Medicaid or does not have a job, the parents income is counted.
- An unborn child is counted in family size when determining income eligibility.
- WIC checks do not reduce SNAP benefits (food stamps).
- Food is prescribed according to the nutritional and developmental needs of the recipients.
- Checks must be picked up in person.
- Checks have expiration dates and must be used before expiration.
- Participants are given appointment times for nutrition education and the issuance of additional checks.
- Many stores accept the checks.
- Checks do not have a dollar amount; food items and amounts are specified on the vouchers, and these items can be bought regardless of the price.
- WIC Unit at the Connecticut Department of Public Health authorizes retailers to be able to accept WIC checks as payment for food.
- Between July and October, WIC recipients also receive \$15 coupons to buy fruits and vegetables at local farmers' markets.

## CONTINUED: WIC

### **WAITING LIST/PRIORITY SYSTEM:**

Sometimes, WIC agencies do not have enough money to serve everyone who needs WIC or calls to apply. When this happens, WIC agencies must keep a waiting list of individuals who want to apply and are likely to be served. WIC agencies then use a special system, called a Priority System, to determine who will get WIC benefits first when more people can be served. The purpose of the priority system is to make sure that WIC services and benefits are provided first to participants with the most serious health conditions such as anemia (low blood levels), underweight, and history of problems during pregnancy. WIC participants who move from one area or state to another are placed at the top of a waiting list when they move and are also served first when the WIC agency can serve more individuals. WIC participants who move can continue to receive WIC benefits until their certification period expires as long as there is proof that the individual received WIC benefits in another area or state. Before a participant moves, they should tell the WIC office. In most cases, WIC staff will give the participant a special card which proves that the individual participated in the WIC program. When the individual moves, they can call the new WIC office for an appointment and take the special card to the WIC appointment in the new area or state.

### **HOW TO APPLY:**

Contact your local WIC office; (Note: There is no direct service at the Connecticut Department of Public Health)

### **FAIR HEARING**

Anyone who has been denied WIC eligibility has the right to a fair hearing. Request for a hearing must be made within 60 days of the denial of benefits.

### **TO FIND PROVIDERS IN CONNECTICUT'S COMMUNITY RESOURCES DATABASE:**

Visit [www.211ct.org](http://www.211ct.org) and search by service name for WIC

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**DIAL 2-1-1**

TDD/TTY: (800) 671-0737

OUT OF STATE: (800) 203-1234



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*2-1-1 is supported by the State of Connecticut and Connecticut United Ways*



*This guide was developed with the generous support of Prudential*



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