

- A year ago, the enrollment was 113,400 households (127,013 adults and 83,951 children).

Benefit amounts in the SNAP program are geared to household income and size. A family of four earning up to \$3,400 monthly will receive an average of \$433 in monthly benefits. The maximum monthly benefit is \$668.

The Governor said the state is also increasing SNAP benefits for many recipients by linking the program to federally funded energy assistance. The change stems from a federal regulation that allows states to deduct a flat utility cost amount from a household's income in computing Food Stamp/SNAP benefits, thus boosting the specific food benefit amount.

SNAP participants use electronic benefit transfer cards which work like a debit card and are replenished for every month of eligibility. The cards can be used at most food markets, convenience stores and farmers' markets for food (not tobacco and alcohol products).

For more information or to apply for benefits, the public can visit www.ct.gov/SNAP, or contact a local office of the Department of Social Services. To find the DSS office nearest you, call 2-1-1 Infoline or see the blue government pages of your phone book.