

## Benefits and Eligibility

# HUSKY A, SNAP, WIC and WIC FMNP



**Do you ever run out of food and not have money to buy more?**

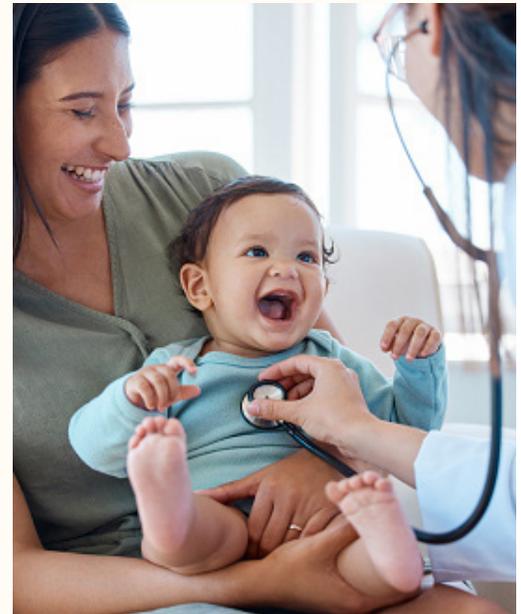
**Is your family struggling to buy healthy foods?**

You may be able to get help from the Supplemental Nutrition Assistance Program (SNAP) and/or the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).

Being enrolled in HUSKY A or SNAP means you are automatically income-eligible for WIC.

HUSKY A, SNAP, and WIC have similar eligibility requirements but there are differences in who may apply, what is needed to apply, and the benefits provided.

In addition to food assistance from SNAP and WIC, all WIC participants over six months of age are automatically eligible for and will be enrolled in the WIC Farmers Market Nutrition Program (FMNP).



## HUSKY A

### HUSKY A Eligibility

HUSKY A provides medical coverage to Connecticut children and their parents or caretaker relatives and pregnant individuals.

- Eligibility for HUSKY A is based on a household's size and monthly income.
- Income guidelines for HUSKY A Children are at or below 201% of the Federal Poverty Level (FPL).
- Income guidelines for HUSKY A Parents and Caretaker Relatives are at or below 138% of the FPL.
- Income guidelines for HUSKY A Pregnant Individuals are at or below 263% of the FPL.
- Other requirements include showing proof of identity, Connecticut residency, and citizenship or immigration status.

### HUSKY A Benefits

HUSKY Health offers a comprehensive health care benefit package. Some of the basic benefits for HUSKY Health members include:

- Preventive Care
- Doctor Visits
- Women's Health Care
- Pharmacy
- Maternity Care



For a full benefit overview visit: <https://portal.ct.gov/husky/benefit-overview>

For more information on how to qualify visit: <https://portal.ct.gov/husky/how-to-qualify>

To apply call Access Health CT at 1-855-805-4325, scan the QR code, or visit: <https://www.accesshealthct.com>



## SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)



### SNAP Eligibility

SNAP provides benefits to supplement a family's food budget.

- Eligibility for SNAP benefits is based on household income for most applicants.
- A household is any related or unrelated people living under the same roof who generally share meals.
- Monthly SNAP benefits are based on the household's income compared to certain expenses.
- Income guidelines for SNAP are at or below 200% of the FPL.
- Other requirements include showing proof of identity and Connecticut residency.

### SNAP Benefits

SNAP provides a monthly dollar amount to be used to buy food for you or your family. Benefits are:

- Calculated based on the number of eligible household members for the household size.
- Provided monthly to the household on a debit-like Electronic Benefits Transaction (EBT) card.
- Used at any store that takes EBT: most grocery stores and supermarkets, some online stores, and farmers markets.



**SNAP benefits DO roll over into the next month if they are not used.**

### ✔ SNAP Allowed:

Generally, any staple food can be purchased with SNAP benefits including basic foods that make up a significant portion of a person's diet and are usually prepared at home and eaten as a meal. The 4 staple food categories are:

- Fruits and vegetables
- Meat, poultry, and fish
- Dairy products
- Breads and cereals

You can also buy snacks, and non-alcoholic drinks with a "Nutrition Facts" label, as well as seeds and plants to grow food at home.

### ✘ SNAP Not Allowed:

- **Non-food items:** Beer, wine, liquor, cigarettes, or tobacco; vitamins/supplements, medicines; live animals (except fish/shellfish); hot or prepared foods fit for immediate consumption.
- **Household items:** Pet foods; cleaning supplies; paper products or other household supplies; hygiene items or cosmetics.

**For a full list of allowed SNAP foods, visit:**

<https://www.fns.usda.gov/snap/eligible-food-items>

**For more information and to apply for SNAP, visit:**

<https://portal.ct.gov/snap>

## SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN (WIC)



### WIC Eligibility

WIC is a supplemental nutrition program that serves nutritionally at-risk pregnant, breastfeeding, or postpartum women, infants, and children until their 5th birthday.

- Dads, grandparents, and foster parents can apply for WIC benefits for their eligible family member.
- Income guidelines for the WIC program are at or below 185% of the FPL.
- If you receive Medicaid insurance (HUSKY A, C, or D), SNAP, or TFA benefits, you are eligible to receive WIC benefits.
- Other requirements include showing proof of identity and Connecticut residency. WIC does not ask about immigration status.

### WIC Benefits

WIC provides nutritious foods, nutrition education, breastfeeding support, and referrals.

- WIC foods are chosen based on their nutritional value and USDA standards.
- Other than the cash-value benefit amount for fruits and vegetables, WIC does not provide a dollar amount to buy WIC foods.
- WIC provides specific amounts and types of WIC approved foods based on your category (pregnant, breastfeeding, postpartum woman, infant, or child) and nutritional needs.
- WIC benefits are provided on a debit-like EBT card called the eWIC card.



**Benefits provided on the eWIC card are good for 30 days and DO NOT roll over if unused.**

# SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS, AND CHILDREN (WIC) CONT.



## ✔ WIC Allowed:

- Milk, cheese, and yogurt
- Hot or cold cereal and whole grains (bread, pasta, brown rice, whole wheat and corn tortillas)
- Peanut butter, beans, eggs, and tofu
- Dollar amount for fruits and vegetables
- 100% fruit and vegetable juice
- Infant foods (cereal, fruits, vegetables, and formula)
- Canned fish available for certain categories of participants

## ✘ WIC Not Allowed:

Any food items not listed. For specific items that are not allowed, please view the Connecticut WIC Approved Food Guide and look for the Do Not Buy boxes.

**For a full list of allowed WIC foods, visit:**

<https://portal.ct.gov/dph/wic/approved-foods>

**For more information and to apply for WIC, visit:**

<https://portal.ct.gov/dph/wic/how-to-apply>

# WIC FARMERS MARKET NUTRITION PROGRAM (FMNP)



WIC participants over 6 months of age are automatically eligible for and enrolled in the WIC Farmers Market Nutrition Program (FMNP) administered by the Connecticut Department of Agriculture.

WIC FMNP provides funds to purchase fresh produce from Connecticut farmers during the summer. Benefits are typically available from June to November for each WIC participant. Information about WIC FMNP is distributed before the season starts about how to get your benefits and where to shop.

## What can I buy with WIC FMNP benefits?

ONLY CT Grown:

- Fresh fruits and vegetables
- Fresh cut herbs
- Eggs (State funds only)

**For more information about WIC FMNP, visit:**

<https://portal.ct.gov/doag/adarc/adarc/farmers-market-nutrition-program>

**For information about where to shop with WIC FMNP benefits, visit:**

<https://portal.ct.gov/doag/adarc/adarc/farmers-market-nutrition-program/authorized-redemption-locations>

**If you qualify for both SNAP and WIC**, you may receive benefits from both. Smart shopping and healthy eating habits can help stretch your benefits to maximize value for your family.

**If you need more help with food**, call your local WIC office, 211, or visit:

211 of Connecticut  
<https://www.211ct.org>

Connecticut Foodshare  
[www.ctfoodshare.org](http://www.ctfoodshare.org)

Department of Social Services  
[www.connect.ct.gov](http://www.connect.ct.gov)

