

How to Get Food in



Connecticut

2005 - 2006 Edition

Food and Nutrition Resource Guide

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CAHS

Connecticut Association for Human Services
Community Outreach Program
110 Bartholomew Avenue - Suite 4030
Hartford, CT 06106-2201

Strengthening Children, Families and Communities Since 1910.

The Connecticut Association for Human Services (CAHS) is an independent statewide organization that works to reduce poverty and strengthen families and communities through advocacy supported by outreach, research, and education.

Call us at (860) 951-2212 or visit our Website: **cahs.org**.

The Connecticut Food & Nutrition Resource Guide

Welcome

This guide puts useful facts about Connecticut's food programs at your fingertips.

For each program, this guide will tell you:

- how the program can help you
- whether or not you can apply
- how you can apply for the program
- what happens after you apply
- your rights when applying

Read the guide, then follow up on your reading. Apply for the programs. Each one of them can help to stretch your food dollars. Chances are, you can use more than one program, which could **really** make a difference in your budget.

Remember—a poor diet now may mean poor health tomorrow. Take care of yourself and your family. You need and deserve to eat good food!

If you want to learn more about these and other programs, call the Connecticut Association for Human Services (CAHS). **You can ask for a free food access training session designed to meet the needs of any group, no matter what the size.**

If you would like more information about Food Stamps, you can ask for our ***Are You Eligible for Food Stamps*** flyers. No matter where you live in the state, you can also ask for individual advice from our outreach workers.

For more specific information about a food program in Connecticut, its location and hours, call **INFOLINE**, toll free, at **211**.

If you want to help fight hunger in Connecticut and/or in your town, call the Community Outreach Program at CAHS at **(860) 951-2212**.

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Food Stamps

Why should I read about Food Stamps?

Approximately 100,000 Connecticut residents are not getting Food Stamps even though they qualify for them.

That means that **many people are missing out on one way to stretch their food dollars and buy better food.**

Know the facts—

You should read this because you may be one of those people.

Know the system—

A lot of things that people think they “know” about Food Stamps aren’t true at all.

Know your rights—

This guide will tell you the truth about the Food Stamp program and give you the facts you need to apply quickly and easily.

For more details about Food Stamps, you can also call the **Connecticut Association for Human Services: (860) 951-2212.**

What are Food Stamps?

Food Stamps are monthly funds that you can use to buy most foods and seeds used to grow food. Most grocery stores accept Food Stamps. Your Food Stamps are not intended to pay for all of your groceries, but they will help you save some cash to put toward other food or things that you need.

The Food Stamp Program is our most important food program. It is not welfare. It is a good way to increase your food buying power. Your taxes have paid for the Food Stamp Program—we all have the right to apply for it in times of need.

THINK AGAIN

■ Think you don't qualify for Food Stamps? Think again. Rules change, your situation may change—you may be able to receive them.

READ THIS

■ Find out how Food Stamps can help you, how to apply for Food Stamps and how to make sure your rights are respected.

APPLY NOW

■ Millions of Americans stretch their food dollars with Food Stamps—they really can help in times of need.

How Food Stamps Can Help/ Who Food Stamps Can Help

What can I buy with Food Stamps? Food Stamps let people shop for healthy food that they would not be able to buy without the extra money.

You can use Food Stamps to buy uncooked food and seeds or plants for growing food. You may also be able to use Food Stamps for some prepared meals:

- group meals at some senior group meal sites, if you are 60 or older or if you receive SSI
- meals at some battered women's programs, drug and alcohol treatment centers, and group living places

Food Stamps **cannot** be used to buy:

- alcohol
 - tobacco
 - paper products
 - vitamins and medicines
 - soap
 - pet food (except for assistive service pets)
 - most hot food that has been prepared to be eaten
-

Who can receive Food Stamps?

You may be able to receive Food Stamps if:

- you have few resources (like money in the bank) **AND**
- you have little or no income (reasons might be because you are unemployed, work part-time or for low wages, get cash assistance, or are elderly or disabled and living on a small income)

This includes people who fall into one of these special groups:

- many legal immigrants
- boarders with their landlords
- some students
- people who are homeless
- people living in battered women's programs, community mental health programs, drug and alcohol treatment centers, and homeless shelters

Some people who usually **cannot** get Food Stamps are:

- most people on strike
- all illegal immigrants
- most college and university students
- people who quit their jobs without good reason
- people who did not follow Food Stamp rules in the past

How to Apply for Food Stamps/Know Your Rights!

How do I apply?

The basic steps for most people are:

TIPS

■ Know as much as you can before you apply. Know your rights!

■ If you can, take a friend along for moral support.

■ Ask your worker any questions you have.

■ If you are elderly or disabled, call to have an application sent to you. You are eligible for a phone interview or to ask for an "authorized representative."

■ If you can, make copies of everything that you bring or send to the Food Stamp office. Keep a file with all the papers you used and notes on where to find what you need again.

■ Keep a list of people at the Food Stamp office who you talk to—even if only on the phone.

■ The Food Stamp office should send you a reminder to re-apply, but keep track of the time yourself.

- Go to the nearest Department of Social Services (DSS) office (see pages 6-7) to apply. If you really cannot go right away, call the office and ask them to send you an application.
- Start filling out your application, while you wait for your Food Stamp interview.
- Have an interview with a Food Stamp worker. Your worker can help you complete your application.
- Have the case worker check to see if you can get Food Stamps in 7 days, instead of 30. (These are expedited, or "emergency," Food Stamps.) Your case worker can also give you the name of a soup kitchen where you can find food right away.
- If you can't have your interview that day, ask to fill out a paper application or the short Assistance Request Form.
- Prove some information with requested documents or with help from people you know. Bring the documents back to the Food Stamp office as soon as you can.
- Wait up to 30 days from the day you applied to see if you qualify for Food Stamps and to get your first Food Stamps (wait 7 days if you qualify for expedited Food Stamps).
- Sign up to work, if they tell you to. Follow the work rules.
- Report any changes in your situation as soon as they happen or every six months— whichever your case worker tells you.

When you go to the Food Stamp office to get your forms, you have the right to:

- get the forms on the same day you ask for them.
- be screened to see if you can receive Food Stamps in 7 days.
- fill in **only** your name, address, telephone number and signature before handing in your one-page form (you can finish it later).
- file your form the day that you get it, at any time during office hours (this will help you get more Food Stamps).
- get a clear list of the papers that you will need to prove the information on your forms.



Should I Apply?

- Yes. It can't hurt to try. The steps may seem hard, but your worker will help you.
- Things change. Even if you weren't eligible for Food Stamps last year, you may be now!

More Food Stamps Facts

What will happen at my Food Stamp interview?

At the interview, your case worker should:

- tell you the program rules and explain them.
- ask you questions to complete your application.
- give you a list with examples of the kinds of papers or contacts you can use to prove your income, your expenses, who is in your household and who you are.
- ask you to show or collect the information on the list.

At your interview, make sure that you ask questions about things that you don't understand. It is important that you know what you will have to do to get Food Stamps.

How will I get my Food Stamps?

There are no more Food Stamp *coupons* in Connecticut. Instead, the state uses a card called **Electronic Benefit Transfer (EBT)**. The DSS office will inform you when you may pick up your card.

Income Eligibility Guidelines for Free School Meals and Food Stamp Programs October 1, 2005 – September 30, 2006 (130% of Federal Poverty Level)		
How much can I earn?		
<u>Household Size</u>	<u>Gross Weekly Income</u>	<u>Gross Annual Income</u>
1	\$241	\$12,441
2	323	16,679
3	405	20,917
4	487	25,155
5	569	29,393
6	651	33,631
7	733	37,869
8	816	42,107
For each additional person, add		4,238

Can immigrants apply for Food Stamps?

Some legal immigrants may be eligible to receive Food Stamps if they have been in the U.S. for at least five years **or** if they have worked in the U.S. for a long enough period of time. Other legal immigrants may be eligible when they have lived in Connecticut for at least 6 months. A few special cases of immigrants may be eligible for Food Stamps even if they came to Connecticut or the U.S. more recently.

Some legal immigrants who were removed from the program due to their immigrant status may now be eligible again. Illegal immigrants have never been eligible for Food Stamps. This has not changed.

Food Stamp Offices



The regional DSS offices are the Food Stamp offices. DSS has district offices all over the state. To apply for Food Stamps, applicants should go to the office that serves their town.

The offices are open Monday through Friday from 8:30 to 4:30, and there are Spanish-speaking staff at all of the offices.

Call here...	If you live here...			
925 Housatonic Ave. Bridgeport, CT 06604 (203) 551-2700 Toll-Free 1-877-551-2700	Bridgeport Easton Fairfield	Monroe Norwalk Stratford	Trumbull Weston Westport	
342 Main St. Danbury, CT 06810 (203) 207-8900	Bethel Bridgewater Brookfield Danbury	New Fairfield New Milford Newtown Redding	Ridgefield Sherman	
3580 Main St. Hartford, CT 06120 (860) 723-1000	Avon Bloomfield Canton East Granby	Farmington Granby Hartford Newington	Rocky Hill Simsbury Suffield West Hartford	Wethersfield Windsor Windsor Locks
699 E. Middle Turnpike Manchester, CT 06040 (860) 647-1441	Andover Bolton East Hartford East Windsor	Ellington Enfield Glastonbury Hebron	Manchester Marlborough Somers So. Windsor	Stafford Tolland Vernon
117 Main St. Ext. Middletown, CT 06457 (860) 704-3100	Chester Clinton Cromwell Deep River Durham	East Haddam East Hampton Essex Guilford Haddam	Killingworth Lyme Madison Meriden Middlefield	Middletown Old Lyme Old Saybrook Portland Westbrook
270 Lafayette St. New Britain, CT 06053 (860) 612-3400 Toll-Free 1-866-723-2591	Berlin Bristol	Burlington New Britain	Plainville Plymouth	Southington
194 Bassett St. New Haven, CT 06511 (203) 974-8000	Ansonia Bethany Branford Derby East Haven	Hamden Orange Milford New Haven No. Branford	North Haven Woodbridge Seymour Shelton Wallingford	West Haven

Food Stamp Offices

Call here...	If you live here...			
401 West Thames St. #102 Norwich, CT 06360 (860) 823-5000 Toll-Free 1-800-473-8909	Bozrah Colchester East Lyme Franklin Griswold	Groton Lebanon Ledyard Lisbon Montville	New London No. Stonington Norwich Preston Salem	Sprague Stonington Voluntown Waterford
1642 Bedford St. Stamford, CT 06905 (203) 251-9300 Toll-Free 1-866-663-9300	Darien Greenwich	New Canaan Stamford	Wilton	
62 Commercial Blvd. Torrington, CT 06790 (860) 496-6900	Barkhamsted Bethlehem Canaan Colebrook Cornwall Goshen	Hartland Harwintown Kent Litchfield Morris New Hartford	Norfolk North Canaan Roxbury Salisbury Sharon Thomaston	Torrington Warren Washington Winchester Woodbury
249 Thomaston Ave. Waterbury, CT 06702 (203) 597-4000	Beacon Falls Cheshire Middlebury Naugatuck	Oxford Prospect Southbury Waterbury	Watertown Wolcott	
676 Main St. Willimantic, CT 06226 (860) 465-3500 Toll-Free 1-866-327-7700	Ashford Brooklyn Canterbury Chaplin Columbia	Coventry Eastford Hampton Killingly Mansfield	Plainfield Pomfret Putnam Scotland Sterling	Thompson Union Willington Windham Woodstock

How CAHS can help:

The Connecticut Association for Human Services (CAHS) is currently providing information and outreach services to promote the benefits of the Food Stamp Program, which can help to meet the needs of low-income Connecticut residents, by providing them with extra money to purchase food.

CAHS provides information, printed materials, presentations, and trainings on the Food Stamp Program for community groups and social service providers. Any social service agency that serves people who may not know about their Food Stamp eligibility should contact a CAHS Outreach Staff member to set up a presentation. Presentations include rules, changes, income guidelines, and assistance to avoid some of the potential problems encountered by applicants. CAHS staff provides benefit pre-screenings, which are intended to give people an idea of whether or not they will qualify for Food Stamps. In the past year, Outreach Staff members conducted dozens of presentations for community groups (reaching over 2,000 state residents) and many provider trainings.

How to contact us

Outreach Staff members are available to give presentations and pre-screenings for Food Stamps. Please call CAHS at (860) 951-2212 to schedule a presentation.

Save Money on Groceries with SERVE

What is SERVE? SERVE New England is a wholesale food cooperative and volunteer organization that can help you save money on groceries. SERVE is open to everyone-- there are no member fees or income limits.

Members of SERVE can obtain a package of good foods valued at \$25-\$30 when they prepay \$20 and volunteer for 2 hours during the month.

There are SERVE sites in communities across Connecticut and around New England.

What kind of food can I get from SERVE? A regular SERVE package contains fruits and vegetables, meats, staples (potatoes, pasta, rice, beans, etc.), and more. You can also order special packages with vegetarian foods, extra meats, or special items for the holidays.

How can I buy a SERVE package? You can get a SERVE package by taking these steps:

1. Call SERVE New England to see if they have a site in your area. Their main number is 1-888-742-7363.
2. Sign up at the host site nearest you at the beginning of the month.
3. Pre-pay \$20 in cash or Food Stamps (with the EBT card).
4. Volunteer for 2 hours during the month.
5. Pick up your package on distribution day.

SERVE Scholarships are available for dedicated volunteers attending a college or trade school.

For more information, call SERVE New England at 1-888-742-7363.



Shop Smart and Eat Right with EFNEP

What is EFNEP?

EFNEP stands for the **Expanded Food and Nutrition Education Program**. It is run by the UConn Cooperative Extension and the USDA.

EFNEP can teach you how to eat better and how to cut your food bills by shopping smart. Especially if you have a young family, are a pregnant woman or youth, EFNEP can really help!

The things that you will learn about diet and nutrition can help keep you and your family in good health for the rest of your lives.

If you don't have much money for food or if your Food Stamps run short at the end of the month, this program can help you.

How will EFNEP help me?

EFNEP is practical and personal. Trained workers from your own area can work with you and your family, friends or neighbors. EFNEP also works with community groups.

You'll learn skills that **everyone** needs:

- how to save money at the supermarket.
- how to handle and store food to keep it fresh and safe.
- how to plan ahead for healthy, low-cost meals.
- how to cook meals that taste good and keep you healthy.
- how to feed your children for better health.

How can I learn more about EFNEP?



Call the EFNEP office nearest you.

Norwich	(860)887-1608
Hartford Area	(860)570-9010
New Haven Area	(203)407-3169
Storrs Area	(860)486-1783
Brooklyn	(860)774-9600



WHO

- You—if you are in a low-income family with young children and if you want to stretch your dollars or food stamps.



WHAT

- Learn how to buy more food for less money!
- Learn how to make healthy foods!
- Learn how to store food safely!



WHY

- EFNEP gives you skills that last a lifetime. You will be able to save money and eat better for the rest of your life.

Farmers' Markets and Farmers' Market Coupon Program

What are Farmers' Markets? At Farmers' Markets you can buy fresh fruits and vegetables right from local farmers. The markets are usually set up on city streets. Most are open one or two days a week between July and October.

What's so good about the markets? They're good because:

- most of the fruits and vegetables are picked that morning or the night before— and fresh produce is healthier, better-tasting and it lasts longer.
- you can shop at most markets with cash, Farmers' Market coupons or both. Some markets even accept food stamps.

What is the Farmers' Market Coupon Program? This program gives coupons to some low-income elderly people and to many people who use WIC. The coupons let you have **free** fresh fruits and vegetables from local farmers.

Who can use the coupons?

- Almost anyone who is on WIC will receive the coupons.
- Low-income seniors can get them if their housing site takes part in the program.
- People who do not have the coupons can **still** shop at the markets with cash.

How many coupons will WIC give out? If you use WIC, you may be given \$15 in Farmers' Market coupons each year. You will get them in July through September with your regular WIC checks.



WHO

■ You may receive free Farmers' Market food if you use WIC or if you are elderly & live in a place that distributes coupons.



WHAT

■ Fresh fruits and vegetables with coupons or cash.



WHY

■ The food at Farmers' Markets is fresher than food at the store.



To find out about Farmers' Markets near you, call: your WIC office (see pages 15 and 16) or the Department of Agriculture at (860) 713-2500.

WIC - for Kids, Women & Babies

What is WIC?

WIC stands for the Special Supplemental Nutrition Program for **W**omen, **I**nfants and **C**hildren.

WIC gives good food to eligible pregnant women, new mothers, babies and children up to age 5. The food helps them stay healthy. WIC also makes sure that women, babies and children who need health care know how to get it. WIC also provides nutrition information to help you know how to feed yourself and your children.

What's so good about WIC?

Healthy food can cost a lot—but it is very important. When you eat the right food, you have more energy and you think and feel better. **Children who eat well grow up stronger and healthier.** They often do better in school when they are older, too!

Pregnant women who use WIC usually have healthier babies and feel better while they are pregnant. Breastfeeding mothers may receive extra food and have someone to talk to about breastfeeding.

How will WIC help me?

If you are on WIC you will get checks that you can use to buy food like:

- infant formula
- milk
- eggs
- cheese
- peanut butter
- fruit juice
- cereal
- dried peas
- beans

Who can get WIC?

You can get WIC if you are pregnant or if you have a child up to age 5 **and**:

- you live in Connecticut;
- a WIC nutritionist finds that you and/or your child are nutritionally at risk;
- your income is at or below the limits set by the state (185% of poverty); and
- you meet WIC's physical presence requirements.



Mom

■ WIC can help keep you healthy during an important time in your life—you need good care and good food when you're pregnant and after you give birth.



Baby

■ Babies who have good care and good food will grow into healthy children—it's a great start for any newborn.



Child

■ Children who start their lives with WIC often do better in school when they are older. They have a better chance at a healthy life.



Call your local WIC office—
see pages 15 and 16, **or**
the state WIC office at
1-800-741-2142 **or**
INFOLINE at 211.

More about WIC

Figuring your income

To see if your income meets the limits for WIC see chart below:

- Look for the number of people in your family.
- Look at the number across from it.
- Does your family's total weekly income before taxes fall at or below that number? If so, you can probably qualify for WIC for your children up to the age of 5.
- If you already use Food Stamps, TFA, Medicaid or the Healthy Start Program, your income is at the right level for WIC.
- If you are pregnant, count yourself twice-- once for yourself and once

Income Eligibility Guidelines for the WIC Program*		
April 1, 2005 – March 31, 2006		
<u>Household</u>	<u>Gross Weekly</u>	<u>Gross Annual</u>
<u>Size</u>	<u>Income</u>	<u>Income</u>
1	\$341	\$17,705
2	457	23,736
3	573	29,767
4	689	35,798
5	805	41,829
6	921	47,860
7	1,037	53,891
8	1,154	59,992
	For each additional person, add	6,031

* Based on OMB Poverty Income Guidelines: Annual WIC income guidelines are obtained by multiplying the annual federal poverty income guidelines by 1.85 and rounding the results upward to the nearest dollar.

How do I apply?

Your application can start with your first call to WIC. You may receive an appointment at that time. In general, you and/or your children will have to be checked by a doctor or nurse. That person will fill out a form showing how much each of you weigh, how tall you are, and how your blood test for anemia turned out. This form will go to the WIC office, where workers will see if you are "at risk."

Will I have to bring any other papers to the WIC office when I apply?

Applications are done by appointment. Call first or stop by to receive your appointment. Bring identification to prove who you are (like an ID card, passport, Social Security card, driver's license, or birth certificate) and that you live in Connecticut. Bring other information to show how much you and the people you live with earn or collect each month. Proof can be copies of a Medicaid card, a paycheck or pay stub, a Social Security check, a statement of child support, and anything else that shows how much you and the people in your household earn or collect (your income). Remember, if you use Food Stamps or TFA, you can probably use WIC. If you use Medicaid or Healthy Start, you can use WIC.

More about WIC

How long will it take to get my first check?

If you are eligible for WIC, you may get your checks at your first appointment. If you are not eligible, you can reapply if things change. When you get your checks, you will find out how to use them, what kinds of food you can buy, how to apply again when you need to, and more.

When do I get my next checks?

After your first appointment, you'll need to go back to the WIC office every one to three months to get your checks. You may also get weighed or meet with a nutrition counselor to learn more about healthy eating habits.

What if I miss my meeting or forget to use my checks?

Come to WIC on your scheduled dates. If you are late, you may lose checks. If you forget to pick up your checks for two months in a row, you will stop getting WIC.

You must use your checks within the time-frame printed on them.

If you cannot get to the WIC office or the store, you **can** write a note to the WIC office saying that you are letting a friend or relative pick up your checks and shop for you.

How do I use my checks and what can I buy?

You can use WIC checks like vouchers at approved stores. Most large stores and many small ones serve WIC shoppers. WIC will give you a list of approved stores at your visit.

The checks don't have a dollar amount. Instead, they list the types and amounts of food that you and your children can get.

If you have a problem, call the local WIC program in your area and talk to your worker. You can find the number on pages 15 and 16.

You won't have to give money to the cashier for WIC food, no matter what they cost—**as long as you buy the right amounts and types**. If you pick up food that is not on the check, you must pay for them yourself with cash or with Food Stamps.

If that doesn't work, talk to:

- the WIC director at your local WIC office.
- the state WIC supervisor, at 800-741-2142.

To use your WIC checks:

- Bring your checks to the store.
- Shop for the foods listed on the checks.
- At the check-out, keep your WIC food apart from your other food.
- After the cashier rings up the sale, you must write in the amount of the sale on the WIC check.
- Sign and date the check and give it to the cashier.
- Pay separately for any non-WIC foods.

More about WIC

The kinds of foods that you can get change from time to time. This list will give you a good idea of what you can buy.



Food for pregnant and breastfeeding women: milk, juice, cereal, eggs, dried beans or peas, peanut butter, and cheese (you may get milk instead).

Food for babies up to 3 months old: infant formula.

Food for babies from 4 months to 12 months old: formula, infant cereal, juice.

Food for children 1 to 5 years old: milk, juice, cereal, eggs, dried beans or peas, peanut butter, and cheese (you may get milk instead).

Food for new moms: milk, juice, cereal, eggs, and cheese (sometimes milk instead.)

If I apply for WIC, will I get it?

Probably, but sometimes there isn't enough money to help everyone who needs WIC. When this happens, the money is used for women and children with the biggest health risks.

Will my Food Stamps be cut?

No. The amount of help that you get from WIC will not change what you get from any other program.

Can I qualify for WIC if I have a job?

Yes, but the total amount of money that you earn must meet the income limits shown on page 12. WIC staff will look at your total income (before taxes) to figure out if you qualify for WIC.

Am I eligible if I am pregnant, living with my parents, and don't have an income?

If you live with your parents, WIC will count their income if you don't have Healthy Start/Medicaid or you don't have a job. If your parents meet the income limits on the chart and you meet the other terms, you will qualify for WIC.

Can foster parents, guardians, or single fathers qualify for WIC?

Yes. Fathers can get WIC for their children under 5. If you are a guardian or foster parent, just show your Title 19 card to the WIC office as proof of income. You will not have to prove your family income any other way.

What about the Farmers' Market program?

Once you are in WIC, the summer Farmers' Market program may give you \$15 in coupons. You can use these to buy fresh fruit and vegetables at approved Farmers' Markets. The coupons are given out once each summer with your WIC checks. Read about the farmers' market program on page 10 of this guide.

WIC Offices in Connecticut



*** starred offices have Spanish-speaking staff**

Please note: offices may change from time to time.
Call **1-800-741-2142** for the program in your area.

Call here...

If you live here...

752 East Main Street Bridgeport, CT 06608 (203) 576-8072*	Bridgeport Easton Fairfield	Monroe Stratford Trumbull		
200 Main Street Bristol, CT 06010 (860) 585-9160	Bristol Burlington Plymouth	Southington		
McLean House 13 Main Street Danbury, CT 06810 (203) 797-4629	Bethel Bridgewater Brookfield Danbury	Kent N. Fairfield New Milford Newtown	Redding Ridgefield Roxbury Sherman	Warren Washington
Day Kimball WIC 320 Pomfret Street Putnam, CT 06260 (860) 928-3660	Brooklyn Canterbury Danielson Eastford	Pomfret Killingly Plainfield Putnam	Sterling Thompson Union Woodstock	
740 Main Street E. Hartford, CT 06108 (860) 291-7323*	Andover Bolton E. Hartford	Glastonbury Hebron Manchester	Marlborough South Windsor	
131 Coventry Street Hartford, CT 06112 (860) 543-8835* or 547 Park St., Hartford (860) 722-8033*	Avon Bloomfield Canton Collinsville E. Granby	Granby Hartford Hartland Rocky Hill Simsbury	West Hartford Wethersfield Windsor	
165 Miller Street Meriden, CT 06450 (203) 630-4245*	Meriden Wallingford			
59 Crescent Street Middletown, CT 06457 (860) 344-8014*	Centerbrook Chester Clinton Cromwell Deep River	Durham E. Haddam E. Hampton Essex Haddam	Higganum Ivoryton Killingworth Middlefield Middletown	Moodus Old Saybrook Portland Westbrook
Naugatuck Valley WIC 98 Bank Street Seymour, CT 06483 (203) 888-1271	Ansonia Beacon Falls Derby Naugatuck	Oxford Seymour Shelton		
96 East Main Street New Britain, CT 06051 (860) 225-8695	Berlin Farmington	New Britain Newington	Plainville Southington	

WIC Offices in Connecticut



Call here...	If you live here...					
Fair Haven Health Center 374 Grand Avenue New Haven, CT 06513 (203) 773-5007* or Hill Health Center 428 Columbus Ave. New Haven, CT 06519 (203) 503-3081	Milford New Haven West Haven					
Hospital of St. Raphael 1450 Chapel Street New Haven, CT 06511 (203) 789-3563	Bethany Branford East Haven Guilford	Hamden Madison New Haven No. Branford	North Haven Orange West Haven Woodbridge			
Yale-New Haven Hospital 789 Howard Ave. New Haven, CT 06504 (203) 688-5150*	Ansonia Bethany Branford East Haven	Guilford Hamden Madison New Haven	Northford No. Branford North Haven Orange	West Haven Woodbridge		
137-139 East Avenue Norwalk, CT 06851 (203) 854-7885*	Norwalk Southport	Weston Westport	Wilton			
888 Washington Blvd. Stamford, CT 06906 (203) 977-4385*	Darien Greenwich	New Canaan Stamford				
T. V. C. C. A. 401 West Thames Street Norwich, CT 06360 (860) 889-1365	Bozrah Colchester East Lyme Franklin	Griswold Groton Ledyard Lisbon	Lyme Montville New London N. Stonington	Norwich Old Lyme Preston Salem	Sprague Stonington Voluntown Waterford	
350 Main St., Suite C Torrington, CT 06790 (860) 489-1138	Bakersville Bantam Barkhamsted Bethlehem Canaan	Colebrook Cornwall Goshen Harwinton Litchfield	Morris New Hartford Norfolk No. Canaan Riverton	Salisbury Sharon Torrington Thomaston Winchester	Winsted	
11 Park Street Vernon, CT 06066 (860) 875-0602*	East Windsor Ellington Enfield	Somers Stafford Suffield	Thompsonville Tolland Vernon	Windsor Locks		
95 Scovill St. Waterbury, CT 06706 (203) 574-6785*	Cheshire Middlebury Prospect	Southbury Waterbury Watertown	Wolcott Woodbury			
ACCESS/Windham 1315 Main Street Willimantic, CT 06226 (860) 450-7405*	Ashford Chaplin Columbia	Coventry Hampton Lebanon	Mansfield Scotland Storrs	Willimantic Willington Windham		

Free & Healthy Summer Food

What is the Summer Food Service Program?

This program makes sure that children in many parts of the state have free, healthy meals over most of their summer vacations.

Lunches (and sometimes breakfasts) may be served at a park, school, church and other places near your home.

What's so good about the Summer Food program?

The summer meals program is great for **all** kids—especially those who get free or reduced-priced meals during the school year.

- Your child can get free, healthy meals 5 days a week.
- You can save money on food bills all summer long.
- There is no application to fill out! It's easy!
- You can **still** get help from WIC, Food Stamps, or other programs.

If your children are under 19, they can eat free Summer Food. You don't have to show proof of age, income or anything else! Your child can just go to a participating site and be fed.

Will I have to fill out lots of forms?

No! Just find the nearest "open" site and bring your child or children there. Remember—you don't have to show proof of income or any other ID to have the free meals for your kids.

How can I find out if my town has places that serve Summer Food?

Call the Nutrition Office at the State Department of Education, at (860) 807-2071.

INFOLINE can give you information, too. Call them at 211.



FREE

- One or two free meals a day for your kids will help you save money and stretch your food dollars!



EASY

- Find the meal site nearest you.
- Take your children there.
- Let them eat!



GOOD

- Breakfasts and lunches taste good and **are** good for your children—they can get all kinds of great food!

To learn more, call the State Department of Education at (860) 807-2071 or **INFOLINE** at 211.

School Breakfast and Lunch: Free & Low-Cost Meals

What are the School Breakfast and School Lunch Programs?

These programs offer meals to students at most public schools.

Through the programs, the meals are free or low-cost for students from families with low incomes.

Does my school take part in these programs?

Most Connecticut schools take part in the lunch program. Not as many serve breakfast, but more are joining all the time.

Call your school to see if it is in the School Lunch and/or School Breakfast Program.

Can my child qualify for free or reduced-cost meals?

Yes, if your income meets the government limits.

- If your income is at or below 130% of poverty, your children can qualify for **free school meals** (If you are on TFA or Food Stamps, you will meet this limit.) See page 5.
- Your children qualify for **reduced-priced school meals** if your family's income is at or below 185% of poverty. (If you are on WIC, you will meet this limit.) See chart below.
- If your children already receive free or low-cost lunches, they will also be eligible for free or low-cost breakfasts (if your school offers them).

Income Eligibility Guidelines for Reduced Price Meals*		
July 1, 2005 – June 30, 2006		
<u>Household Size</u>	<u>Gross Weekly Income</u>	<u>Gross Annual Income</u>
1	\$341	\$17,705
2	457	23,736
3	573	29,767
4	689	35,798
5	805	41,829
6	921	47,860
7	1,037	53,891
8	1,154	59,992
For each additional person, add		6,031



CHECK IT OUT

- These income guidelines are correct for July 1, 2005 - June 2006. For the latest figures call the State Department of Education, at (860) 807-2070, the Connecticut Association for Human Services, at (860) 951-2212, or **INFOLINE 211**.
- These meals are free or cost just a little bit—and the children eat meals that will help them think better and do better in school—that's a good deal!

More about School Breakfast and Lunch

Can I apply for both meals at the same time?

Yes. There is one form for both programs. If your school offers the school meals program, they must mail a form to you or send one home with your child. If you are on TFA or Food Stamps, just put the ID Number from one of those programs on the school meal form—you don't have to fill out the income section.

Can I apply at any time?

Yes. You may apply at any time during the school year. Call your school for a form and other information.

What will my children eat for breakfast and lunch?

It's different at different schools, but for the most part, school breakfast is a healthy cold meal. Lunch is a healthy hot meal that changes daily. Local papers list the menus weekly.

What if I'm not happy with the food my child gets?

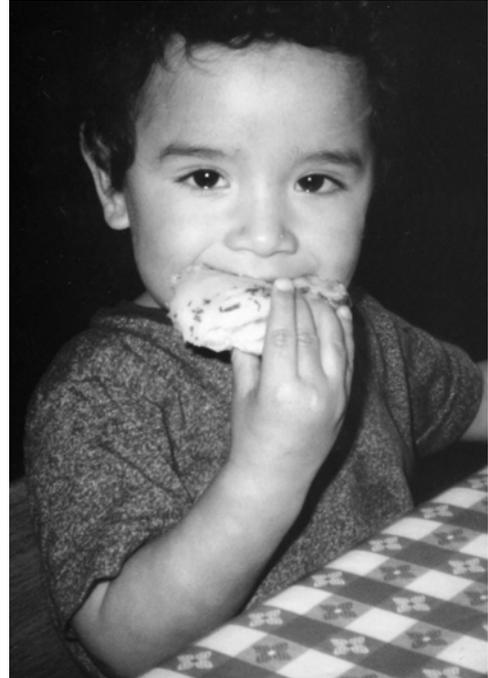
Contact the school to see what can be done to improve meals. Talk to other parents. If they are unhappy too, call the Connecticut Association for Human Services at (860) 951-2212 to find out what you can do to try to make the meals better.

Will other kids know that my child gets free or low-cost meals?

No. It is illegal for students getting a free or reduced-priced meal to:

- be given special meal tickets.
- be made to use different lines or rooms.
- be given a different choice of foods.

If these things are happening at your child's school, call the principal and/or call Legal Services (see page 25), or call the Connecticut Association for Human Services at (860) 951-2212.



FREE

- One or two free or low-cost meals a day for your kids will help you save money and stretch your food dollars!



EASY

- Check the income charts to see if you qualify free or reduced-cost meals.
- Fill out a form at your child's school.



GOOD

- Breakfasts and lunches **are** good for your children—they can have good, healthy food 5 days a week.
- To find out more call your child's school.

Meals for Kids & Adults in Day Care - Child and Adult Care Food Program (CACFP)

If you have a child or adult in day care—this is the program for you. It can save you money **and** make sure that day care meals are healthy!

CACFP helps some providers serve good meals and snacks to the children and adults in their care. It does this by paying providers back for some or all of the money they spend on food.

CACFP also teaches providers:

- how to plan and serve healthy meals;
- how to keep things clean and safe; **AND**
- how to make healthy, good-tasting food.

Who qualifies for CACFP meals and snacks?

Children age 12 and younger are eligible to receive up to two meals and one snack, each day, at a day care home or center, through CACFP. Children who reside in homeless shelters may receive up to three reimbursable meals each day. Migrant children age 15 and younger, and persons with disabilities, regardless of age, are also eligible for CACFP. Afterschool care snacks are available to children through age 18. Adult participants must be functionally impaired or age 60 or older, and enrolled in an adult care center where they may receive up to two meals and one snack, each day, through CACFP.

How will CACFP help me?

When your provider is paid back for meals and snacks, the savings may be passed on to you—lowering your day care costs. Also, without CACFP, your day care provider may be forced to skimp on meals or snacks.

What should I do to get into the program?

Ask your day care provider to call the State Department of Education at (860) 807-2071.



MONEY

- Some providers can be reimbursed for the meals that they serve to kids or adults in day care—this may help to lower your day care costs.



FACTS

- This program teaches providers what foods to serve, how to serve them, and other facts that will help them and your child.



To learn more, ask your provider to call the State Department of Education at (860) 807-2071.

For People Who Are 60 or Older or Who Have

Are there programs for people who are 60 or over or who have disabilities?

The Elderly Nutrition Program (ENP) offers healthy meals to people who are 60 years old or older and their spouses (no matter what their age).

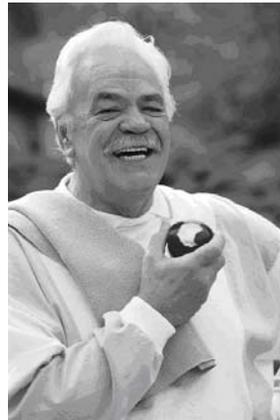
- ENP serves low-cost **group meals, or congregate meals**, to people 60 or older and their spouses. These meals are served in senior centers, churches, elderly housing projects, and other community spaces (see page 22 to learn more).
- If you can't leave home, you may be able to use the Elderly Nutrition Program's **Meals on Wheels**. ENP delivers hot lunches and cold dinners. You can get the meals for a small donation. Some private groups deliver meals for a fee.
- **Special Food Stamp rules** make it easier for people who are 60 or older, or who have disabilities, to get Food Stamps. Make sure you read the Food Stamp section of this guide to find out more. It starts on page 2.

What's so good about these programs?

Many older Americans don't eat right.

- You may feel too tired to shop and cook.
- Medicines may make you feel like you don't want to eat.
- You may not have the money to buy healthy food.
- You may live alone and don't enjoy cooking good meals for yourself.

These programs can help you eat better and feel better for little or no cost.



Call your local Elderly Nutrition Program-- see page 24.

GROUP MEALS

- You can get low-cost lunches at many senior centers 5 days a week.

HOME MEALS

- Some groups will bring low-cost food to your home if you are home-bound. See page 23 to learn more.

Call the DSS Department of Elderly Services at (860) 424-5274, or 1-800-842-4254 if you are hearing-impaired. You may also call your local Area Agency on Aging. (See page 24)

Low-Cost Group Meals

What are group meals or congregational meals?

Group meals are low-cost meals that are served to seniors at senior centers, schools, and other places.

They are good because:

- you can receive the lunches for a very small donation.
- ENP serves the meals 5 days a week, all year long (but not on holidays).
- if you can't leave your home, ENP may be able to bring the meals to you (see page 23).

Remember: an ENP meal is not a welfare program—it is a chance for you to enjoy a good meal and meet some nice people.

Who can use the Elderly Nutrition Program?

People who are 60 or older, and their spouses, can use this program. Even if your husband or wife is younger than 60, he or she can enjoy the meals with you.

If you have a disability and **live** in a place that serves ENP group meals, you may be able to eat there, even if you aren't a senior.

Is it hard to get into the program?

No - you don't have to pass an income test or prove how old you are to enjoy these meals. Just follow these simple steps:

These directions may vary a little from place to place, but they are the basic steps for using the ENP group meal program.

- **Look in the paper for a weekly list** of senior group meals. Find the one nearest you. The newspapers usually list the week's menus, where the meals are served, and sometimes who to call to save your spot.
- **Call a day or two before you plan to go (Monday—Friday)**, to save a spot for yourself.
- The first or second time you go, someone will probably ask you questions. Answering them will help the state plan better programs for you - but you don't have to answer any of the questions. The personal information you give stays at the local agency and is kept private.

GOOD NEWS

■ An ENP meal is more than food—it's a time to chat with neighbors and meet new people!

■ A free or low-cost lunch keeps you healthy, and helps you stretch your food dollars.

Meals on Wheels

What are “Meals on Wheels”?

The Elderly Nutrition Program and some private organizations have “Meals on Wheels” for people who are homebound.

The private groups charge for Meals on Wheels. The government’s ENP serves meals free of charge, though a donation is encouraged and used to pay for more meals.

- You can get 1 or 2 meals a day, 5 days a week all year long (except on holidays).
- The meals are usually a hot lunch and a cold supper.
- They can bring the food that your doctor says you need.
- You may pay about \$2.00 for each meal if you like, or you may make any other donation. It is up to you.
- You will get a newsletter telling you how to eat better.

You may be able to get a home meal if:

- you or your spouse are 60 years old or older.
- you or your spouse can’t leave your house to get to a group meal site.
- the ENP staff decides that you need it.

Who can have ENP Meals on Wheels?

To figure this out, they will look at your sources of help, your health, whether or not you can make your own food, and other things.

- your doctor or health care worker writes down a diet order and information about your health.

People who need home meals the most are taken care of first.



- Be sure to read this guide’s Food Stamp section and then apply— you may not get a lot, but every little bit that you get will help stretch your money.
- Food Stamps have special rules for people who are 60 or older and for people who have disabilities.
- Read about Food Stamps starting on page 2 of this guide.
- Think about how much you could save by using Food Stamps **and** group meals or meals on wheels. Together, they could make a real difference for you and your budget!

How to Find out More



To find out more about these programs, call the DSS Division of Elderly Services (860) 424-5274. If you are deaf or hearing impaired, call 1-800-842-4524.

Or call your nearest Area Agency on Aging or Elderly Nutrition Program.

Area Agencies on Aging

Eastern Connecticut

4 Broadway
Norwich, CT 06360
(860) 887-3561

North Central Connecticut

2 Hartford Square West, Suite 101
Hartford, CT 06105-2476
(860) 724-6443
1-800-994-9422

South Central Connecticut

One Long Wharf Drive
New Haven, CT 06511
(203) 785-8533

Southwestern Connecticut

10 Middle Street
Bridgeport, CT 06604
(203) 333-9288

Western Connecticut

84 Progress Lane
Waterbury, CT 06705
(203) 757-5449

Elderly Nutrition Programs

Bridgeport (group meals) (203) 367-0605
Bridgeport (delivered meals) (203) 368-4291
Danbury (203) 743-5418
Danielson 1-800-953-1365
Derby (203) 736-5420
Enfield (weekends only) (860) 763-7584
Hartford (860) 560-5828
Hartford (weekends only) (860) 247-4080
Middletown (860) 347-4465
New Haven (203) 387-4793
Norwich (860) 886-1720
Old Saybrook (860) 388-1611
Stamford (203) 324-6175
Torrington (860) 482-4151
Waterbury (203) 757-7738

2-1-1 INFOLINE

- **2-1-1 INFOLINE** can give you all kinds of information about food programs, emergency food providers and lots of other programs. They also have a crisis and suicide-prevention hotline. All of this is free.
- **Call 2-1-1.** All of the offices have TDD (Telecommunications Devices for the Deaf) and Spanish-speaking staff.
- You can call **2-1-1 INFOLINE** any time you need information or help. They are available 24 hours a day, 7 days a week.

Community Action Agencies

Community Action Agencies run many programs for low-income people. In many communities, they run food programs like Elderly Nutrition Programs and emergency food programs. Some Community Action Agencies also help people who are on Food Stamps find work placements.

Call your local Community Action Agency to learn about food programs and more!



You can find the number for the Community Action Agency in your area below.

Bridgeport	ABCD	(203) 366-8241
Bristol	BCO	(860) 584-2725
Danbury	CACD	(203) 744-4700
Danielson	ACCESS	(860) 774-0418
Derby	TEAM	(203) 736-5420
Hartford	CRT	(860) 560-5600
Jewett City	TVCCA	(860) 889-1365
Meriden	New Opportunities	(203) 235-0278
Middletown	CRT	(860) 347-4465
New Britain	HRA-NB	(860) 225-8601
New Haven	CAANH	(203) 387-7700
Norwalk	NEON	(203) 899-2483
Norwich	TVCCA	(860) 889-1365
Stamford	CTE	(203) 327-3260
Waterbury	NOW	(203) 575-9799
Willimantic	ACCESS	(860) 450-7400

Legal Aid Offices in Connecticut

Connecticut's legal assistance programs provide free civil legal services to income-eligible people in crisis situations. These programs provide direct representation, legal counseling, referrals and legal self-help materials. Assistance is provided in a variety of areas of law, including housing, family, special education, public benefits, access to medical coverage and treatment, employment, energy assistance, Medicare, Social Security disability and the rights of elderly people and people with disabilities.



Statewide Legal Services of Connecticut, Inc. screens cases for all legal assistance programs in the state, providing brief services and advice, community education materials, and, where appropriate, referrals to local legal services offices for all non-criminal-related matters.

Statewide Toll-free Telephone: 1-800-453-3320

We have done our best to make sure this guide is accurate. Please call the Connecticut Association for Human Services at (860) 951-2212 to let us know of any corrections or additions for future editions.