

# Resources for Free or Discounted Services for: **Everyone; Seniors; and SNAP Recipients**

This handout has been prepared by Foodshare's SNAP Outreach team. Please take advantage of the free or reduced-cost services and products that are described below, based on your category – SNAP Recipient, Senior or Everyone.

## Services available to **Everyone**:

- By contacting **Access Health CT** at 855-805-4325 or visiting them at [accesshealthct.com](http://accesshealthct.com) you can sign up for health insurance coverage. **You may qualify for HUSKY Health** (also known as Medicaid) at low or no cost, or for other affordable health care coverage. For information on receiving prescription discount card call 866-810-3784 or visit [familywize.org](http://familywize.org)
- If you are in need of **legal assistance for civil issues**, you can call toll free to the Statewide Legal Services of CT, Inc. office to seek free legal help. Client Hotline: 800-453-3320 or visit [slsct.org](http://slsct.org)
- Don't forget to take advantage of **free income tax return preparation**. To locate a free Volunteer Income Tax Assistance (VITA) tax clinic, and meet with an IRS-certified volunteer, call 800-906-9887 for a location near you. Or use United Way's free or reduced-fee tax preparation website: [MyFreeTaxes.com](http://MyFreeTaxes.com)
- Contact an American Job Center for services such as job search assistance, **resume writing advice** and workshops, or how to **file for unemployment benefits** at one the following locations:  
Hartford 860-656-2500      New Britain 860-899-3500      Manchester 860-643-2222      Enfield 860-899-3514
- For **information on community services**, such as locations of local food pantries, Mobile Foodshare trucks, emergency housing, rent or mortgage payment assistance, how to apply for energy assistance, and how to get help with mental health or substance issues, **contact INFOLINE by dialing 211 or go to [211ct.org](http://211ct.org)**
- For information on **car seat and bike safety**, or to find out where to get your car seat checked in your area, contact Safe Kids Connecticut 860-837-5318 or go to [ctsafekids.org](http://ctsafekids.org)
- For **childcare programs** or **summer programs**, contact 211 Childcare by dialing 211, or visit [211childcare.org](http://211childcare.org)
- You can receive **free smoke alarms** from the Red Cross Home Fire Preparedness Campaign. Call 1-877-287-3327 or visit [redcross.org/ct/schedule-a-visit](http://redcross.org/ct/schedule-a-visit) to schedule an in-home visit.
- For the **Mobile Foodshare truck schedule** near you, text FOODSHARE to 85511. Our pantry-on-wheels has fresh produce and other food at locations throughout the region. Or visit [Foodshare.org/mobile](http://Foodshare.org/mobile) or call our 24 hour phone line at 860-856-4321.
- **Emergency Mortgage Assistance Program- Long-Term Help** (Connecticut Housing Finance Authority) You can visit the Connecticut Housing Finance Authority website for program guidelines and processes. You can call 860-571-3500 or go to <https://www.chfa.org/homeowners/emergency-mortgage-assistance-program/>
- **Need help paying for winter heat?** Text CTWARM to 898211 for the Connecticut Energy Assistance Program. Or call CRT at 860-560-5800 for greater Hartford area, or HRA at 860-356-2000 for New Britain/ Greater Bristol area.
- Learn about **recent scams and how to recognize the warning signs**. Read the Federal Trade Commission's (FTC) most recent alerts or browse scams by topic. <https://www.consumer.ftc.gov/features/scam-alerts>

## Services available if you are a **Senior and/or have a disability**:

- For information on programs and resources for seniors such as **healthy living workshops, memory care options**, and other support services, contact North Central Area Agency on Aging (NCAAA) at 800-994-9422 or visit [ncaaact.org](http://ncaaact.org)
- For programs and services coordinated with the Connecticut **State Department of Aging and Disability Services**, call 860- 424-5055 or TTY 860-247-0775, or go to [portal.ct.gov/AgingandDisability](http://portal.ct.gov/AgingandDisability)
- Online resource for seniors and people with disabilities, such as in-home care, help with transportation, meals and groceries, or options for independent and assisted living. My Place CT website at [myplacect.org](http://myplacect.org)
- For information about **transportation services for people with disabilities**, contact Connecticut ADA Paratransit Resource Center at 203-365-8522 ext. 2061 or you can go to [ctada.com](http://ctada.com)

## Information and services available to you once you are **approved for SNAP Benefits**:

- As a recipient of SNAP benefits, any children in your household attending grades K-12 automatically qualify for **free meals through their school**. Contact your child's school for additional details on this benefit.
- Many **Farmer's Markets** accept EBT cards, and some will even double your SNAP Benefits. Check with your local Farmer's Market when you arrive.
- For details on how to **use your SNAP EBT card for online food purchases**, go to [portal.ct.gov/snap](http://portal.ct.gov/snap). Retailers now approved for online SNAP purchasing are **27 ALDI Stores in Connecticut** using instacart.com (go to [instacart.com/help](http://instacart.com/help) for details); **Amazon, including Amazon Pantry and Amazon Fresh** (go to [Amazon.com](http://Amazon.com)); **12 Walmart stores** (go to [Walmart.com](http://Walmart.com)); and Wakefern Food Corp., with **21 participating ShopRite stores** (go to [shoprite.com](http://shoprite.com)). Customers will need a secondary form of payment for non-food items, such as taxes, tips and fees, per federal SNAP guidelines.
- Upload the **Fresh EBT App** for your smartphone. You can access up to the minute SNAP Benefit balance and information, and discount coupons. Use the iPhone App Store or Google Play Store.
- You can qualify for a **free cell phone**. Please contact one of the following carriers for details: Safelink (800-723-3546); Access Wireless (888-900-5899); Assurance Wireless (888-898-4888); Life Wireless (888-543-3620).
- **SNAP Employment and Training** (SNAP E&T) is a work program designed to help SNAP recipients gain skills that will help increase self-sufficiency. If you are receiving SNAP in Connecticut and not receiving money from the Temporary Family Assistance (TFA) program, you may be eligible to participate in SNAP E&T. E&T is a skills-based program that provides short- term vocational programs at community colleges and community-based organizations.

To get started, please contact any of the providers listed below:

1. Capital Community College	Hartford	860-906-5029
2. Gateway Community College	New Haven	203-285-2300
3. Housatonic Community College	Bridgeport	203-332-5057
4. Asnuntuck Community College	Enfield	860-253-3082
5. Three Rivers Community College	Norwich	860-215-9028
6. Northwestern CT Community College	Winsted	860-738-6419
7. Goodwin University	East Hartford	860-727-6936
8. CT Center for Arts & Technology	New Haven	203-823-9823
9. Opportunities Industrialization Center	New London	860-447-1731
10. Community Culinary School of Northwestern CT	New Milford	860-512-5791
11. Naugatuck Valley Community College	Waterbury/Danbury	203-575-8166
12. Quinebaug Community College	Danielson	860-932-4005
13. Middlesex Community College	Middletown	860-343-5716
14. Manchester Community College	Manchester	860-512-2827
15. Norwalk Community College	Norwalk	203-857-7059
16. Tunxis Community College	Farmington	860-773-1454

All of these organizations have agreements with DSS to help eligible SNAP recipients gain the skills they need to find employment in the current job market. All do their own recruiting and will be happy to discuss their programs with Connecticut SNAP recipients. You do not need to live in the town where the services are provided and you can get started at any location.