

KNOW YOUR BENEFITS

What Connecticut Residents Need to Know About SNAP and HUSKY Health

Changes to SNAP and HUSKY Health work rules can be hard to understand. But many people will **NOT** lose their benefits. Here are a few things you can do:

1. Find out if these changes affect your coverage.
2. Find out what you can do to stay eligible.
3. Find out how to report your hours.

If anything changes for your household, the Department of Social Services will tell you directly.

Check If These Changes Apply to You

The Department of Social Services has two prescreeners available — one for SNAP and one for HUSKY — to determine whether these changes apply to you.

SNAP Prescreener



HUSKY Prescreener



New SNAP Work Rules

As of November 2025, some people who get SNAP must follow work rules. To meet these rules, you must fulfill at least one of the following:

- ▶ Work at least 80 hours per month, or make at least \$217.50 a week, or
- ▶ Be in a job training or work program (such as SNAP E&T) for at least 80 hours per month, or
- ▶ Do community service or volunteer work for at least 80 hours per month, or
- ▶ Do a combination of work, training, and/or volunteer work that adds up to 80 hours per month.

New HUSKY Health Work Rules

Starting January 1, 2027, people on HUSKY D must follow new work rules. To meet those rules, you must fulfill at least one of the following:

- ▶ Have a monthly income of at least \$580, or
- ▶ Work at least 80 hours per month, or
- ▶ Complete at least 80 hours per month of volunteer work or community service, or
- ▶ Be in a qualified work or training program for at least 80 hours per month, or
- ▶ Be enrolled at least half-time in an education program, or
- ▶ Do a combination of work, training, and/or volunteer work that adds up to 80 hours per month.

How Can I Get In-Person Help?

Connecticut's Community Action Agencies (CAAs) can help you keep your SNAP and Medicaid (HUSKY Health) benefits. Many people are seeing changes to program rules and work requirements. CAAs offer free, local support so you can understand what these changes mean and what steps you may need to take.

Find your local CAA at: www.cafca.org/agencies

Connecticut Department of Social Services | portal.ct.gov/dss