

# Understand the New SNAP Changes!

A new federal law called H.R.1, also known as the One Big Beautiful Bill Act, is changing rules about SNAP benefits. Find out if the new SNAP rules apply to you.

- 1** Your benefits may be changing if you are:
- Between the ages of 18-64
  - Living with a child over the age of 14
  - Currently pregnant, or physically or mentally unable to work
  - Caring for a person who is ill or disabled
  - Receiving disability benefits such as SSI, SSDI, or VA
  - Participating in a drug or alcohol treatment program

Now visit the CT Department of Social Services' (DSS) website and answer a few questions.



- 2** You may need to provide additional documentation to keep your SNAP benefits. Submit your verification documents (which could include proving pregnancy, household size, a medical condition, or proof that you are working/volunteering or attending an educational or training program).

This can be as simple as taking a photo with your phone and submitting it through MyDSS or ConneCT.



## Other Ways To Take Action

If you do not have a MyDSS or ConneCT account, you can:

- Use the chat feature on DSS's website: [ct.gov/dss](https://ct.gov/dss)
- Mail your documents to: DSS ConneCT Scanning Center, P.O. Box 1320, Manchester, CT 06045
- Visit a DSS resource center in person: [portal.ct.gov/dss/office-locator](https://portal.ct.gov/dss/office-locator)



**Questions? Call 1-855-626-6632 (TTY: 1-800-842-4524).**  
**Help is available Monday – Friday, 8:00 AM to 4:00 PM.**