CONNECTICUT VOICES FOR CHILDREN

PROTECTING CHILDREN & FAMILIES

We envision a Connecticut that is thriving and equitable, where all children can reach their full potential.

That's why our research and advocacy focuses on eradicating poverty and advancing family economic security.

Children can thrive only when families and communities thrive. The current federal landscape makes our work more urgent.

The federal government is withholding November SNAP benefits to families and vendors during the government shutdown and until further notice. (This is on top of new, rigorous work requirements for SNAP recipients that go in effect November 1.)

Washington, DC's chaos is trickling down to CT, and it's time for us to fight back.

In CT, roughly 500,000 people cycled on and off SNAP in 2004, and more than 50% of SNAP recipients are families with children.

The state can use the "Rainy Day Fund" to close the federal funding gap on SNAP for the rest of the year and even into 2026 if the shutdown continues.

Contact your State legislators and tell them: **Connecticut lawmakers must have families' backs. We cannot let children go hungry.**

Read on for how you can help.

WHAT'S HAPPENING

SNAP Cuts Under the "Big Beautiful Bill"

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October 2025

The harm to Connecticut residents is already happening. That's why people are asking for help.

EFFECTIVE NOW

- SNAP work requirements are expanded up to age 64 from 54 and include parents of children 14 or older, veterans, homeless, and foster youth up to 24*
- $186 billion reduction in nutrition funding begins, including SNAP
- Thrifty Food Plan, the formula used to calculate SNAP benefits, permanently frozen at current levels
- Many legal immigrants lose SNAP eligibility
- Standard Utility Allowances are limited to households with an elderly or disabled members
- Internet costs are prohibited in the inclusion of a household's allowable shelter costs
- The SNAP-Ed Program ends, nutrition education eliminated

OCTOBER 2026

- Connecticut pays 75% of SNAP administrative costs, up from 50% (approximately $53 million)

OCTOBER 2027

- Connecticut will be required to pay a share of SNAP food benefit costs (approximately $134 million based on 2024 error rates)

*** Although SNAP work requirements are effective now, the Medicaid work requirements are not. Residents receiving Medicaid or HUSKY through the ACA expansion, will need to comply with new work requirements toward the end of next year (2026) at a date still to be determined. This will impact expansion adults ages 19-54.**

WHY IT MATTERS

SNAP Linked to Better Health, Lower Care Costs

SNAP improves food security, reduces the stress of not getting enough to eat, helps participants afford more nutritious food, and frees up money for them to buy medicine and engage in other healthy activities. Studies link SNAP to improvements in such areas as:

Current health	SNAP participants report better health than low-income non-participants and have fewer sick days.
Long-term health	Pregnant mothers with SNAP access have improved birth outcomes. SNAP participation in early childhood is linked to better health in adulthood.
Medical care	SNAP participants are less likely to forgo needed medical care, while elderly SNAP participants forgo medicine due to costs less, than similar non-participants.
Hospitalization	SNAP may help low-income seniors live independently and avoid hospitalization.
Health care costs	Adults in SNAP incur $1,400 — nearly 25 percent — less per year in medical care costs than low-income non-participants.

Note: SNAP = Supplemental Nutrition Assistance Program (formerly food stamps). Results generally adjust for differences in demographic, socioeconomic, and other characteristics between SNAP participants and non-participants.

Source: Steven Carlson and Joseph Llobrera, "SNAP Is Linked With Improved Health Outcomes and Lower Health Care Costs," CBPP

WHAT YOU CAN DO

Connecticut has an opportunity--and a moral obligation--to protect children and families from federal harm. **YOU can help.**

★ **Let your elected officials know how you feel:**

- Call or email your state representative and senator (find them here or bit.ly/CTlegislatorlookup) and tell them why this matters to you.
- Contact the Governor's office and tell them why this matters to you (860-566-4840; governor.lamont@ct.gov).

★ **Help friends and family understand:**

- The federal government is making it harder for families to access the benefits they need and in some instances legally obligated to receive.
- 1 in 10 Connecticut residents rely on SNAP. Click here to find how it impacts your town.
- Connecticut can use the "Rainy Day Fund" to close federal funding gaps now and ensure children don't go hungry.
- Going forward, progressive tax reform can fund critical services for those who need them. Here are just two ideas:
  - reform the fiscal controls (aka "guardrails"), which enforce savings and extra payments on debt instead of investing in people
  - raise taxes on the wealthy through a 1) Capital Gains Tax, 2) income tax surcharge, and/or 3) a Mansion Tax

★ **Stay informed:** Sign up for CT Voices emails (bit.ly/CTVoicesNews) and/or follow us on social media to stay informed on issues that impact Connecticut children and families. Share the information! We'll let you know when key advocacy opportunities arise.

HERE'S HOW

A postcard, email or phone call to your legislators doesn't need to be long or detailed to have an impact.

Use this draft script to speak up for children:

Introduce yourself and where you're from. Explain why you're reaching out and why you care.

If you have personal experience with this issue add a few sentences about how this issue is impacting/has impacted you or people you know.

Repeat that you hope they'll support your issue.

Example:
Hi, my name is Jane Smith, and I'm a resident of New Britain.

I'm emailing because I care about funding for SNAP. More than 50% of SNAP recipients in CT are families with children, and I'm worried about children in my town going hungry.

The cost of living is going up, and SNAP benefits help families afford food and frees up family budgets for other necessities like housing, utility bills and more. Connecticut can and should use the Rainy Day Fund to support SNAP funding for the rest of the year.

To help relieve families from the government shutdown and ease them into the new work requirements next year, Connecticut should raise taxes on the ultra wealthy.

I hope you'll support funding for SNAP.