



# RESOURCES FOR PART-TIME FACULTY Food & SNAP Benefits

**Compiled by the Equity for All Caucus  
Part of CSU-AAUP, Your Faculty Union**



# Welcome

This document is a guide for our fellow adjuncts to help us to meet our basic needs, especially during summer breaks, and to promote a sense of community as we fight for more rights and benefits for all adjuncts in the CSU system.

We must take steps to promote change to our uncomfortable economic situations. This document is meant to help us better understand how we can get through the difficult summer months or semesters where we do not get all of the work that we need, when we find ourselves without sufficient funds to buy groceries.

We believe that SNAP/EBT should be an established state benefit for all adjuncts and hope that you will take the time to email your legislators using the email template included in this document.

**In Solidarity,  
Equity for All  
Part-Time Faculty Caucus**

# In this document . . .



- Information about qualifying for and applying for EBT and SNAP benefits
  - Articles about the need for EBT/SNAP benefits for adjuncts during the summer
  - CALL TO ACTION: Please use the email template provided or your own text and email your legislators!
  - Information about the Equity Caucus and how to join us
  - Lists of food pantries near CSU campuses
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# SNAP Benefits for Adjuncts

Use this QR code for the SNAP website

## The Basics

SNAP is a program run by the Department of Social Services that provides financial assistance for food (only food) to eligible residents of the state of Connecticut.

If your Connecticut household makes less than the following amounts, you automatically qualify for this benefit.

It is your right.

| Household Size | Gross Income Limit | Net Income Limit |
|----------------|--------------------|------------------|
| 1              | \$1,986            | \$1,074          |
| 2              | \$2,686            | \$1,452          |
| 3              | \$3,386            | \$1,830          |
| 4              | \$4,085            | \$2,209          |
| 5              | \$4,785            | \$2,587          |

\*Income limits are per month

# Why SNAP?

- Many adjuncts suffer from food insecurity during the summer break
- SNAP benefits provide approximately \$835 per month for food for a family of four
- Adjuncts sometimes avoid or are prevented from taking many available supplemental positions in the summer (imagine the awkwardness of an adjunct serving students at a Starbucks)
- Because adjuncts are not paid a living wage, it is hard to save enough money during the academic year to support the adjunct's family during the long, lean summer months



**Supplemental  
Nutrition  
Assistance  
Program**

Putting Healthy Food  
Within Reach

# Steps to Get SNAP Benefits

1



Go to the Department of Social Services on the CT.gov website or use this QR code. There are two online forms to be filled out. One is a pre-screening where they will take your information and do a computerized evaluation of your eligibility.

2

The next and most important step is to create an account. Click the button below the pre-screening or use this QR code. This is a more specific electronic form that will collect not only income data but also information about where you live, how much your utilities are, etc. It should take about an hour. The main idea is: Do we have to choose between paying rent and eating healthy food?



3

Your form will be evaluated by a social worker who might call you for a telephone interview or request that you go to the office for an in-person interview. There are Field Offices around the state. For the day of the interview, plan to be there for a good portion of the day. If you are granted the SNAP benefit, you will get an EBT (electronic benefit transfer) card where they will deposit a monthly budget that can be used at most supermarkets and Walmart.

We believe that SNAP should be allocated to adjuncts as a matter of course to adjust for the economic hardship of the long summer months. We try to survive on wages that are unsustainable and unrealistic for an annual family budget in Connecticut. We are employees of the state, and the state has a responsibility to support the well-being of its workers and their families.



# Take Action

Please find your CT legislators (state senator and state representative) using the QR code. Use the SNAP email template below as your guide to email your legislators about establishing a system that would entitle adjuncts to receive \$800 per month in SNAP benefits over the summer break. This could be built into our contract.

There are several aspects about how this benefit is built that create a crack we can fall through as adjuncts. The most glaring is that the eligibility is based on monthly income but, as adjuncts, we don't have a fixed monthly income, nor do we have financial security about our income in the months during and following the summer break.

# Sample Email

**Subject:** SNAP for adjunct professors over summer breaks

Dear (State Representative/Senator) (Last name):

My name is (your first and last name) and I am your constituent. I am writing to you today because public higher education in Connecticut needs support from leaders like you, specifically for its adjunct professors.

Adjunct professors make up approximately two-thirds of faculty in Connecticut state universities and community colleges and are responsible for teaching most introductory courses—the bread and butter of higher education in Connecticut. Despite the foundational importance of adjunct professors to higher education, adjuncts are paid less than a living wage (among other inequities), making it hard to save enough money to sustain themselves and their families during the long summer break that extends from mid-May to mid-August every year. Thus, a great many adjuncts and their families suffer from food insecurity during the summer months.

If a system were in place that would entitle adjuncts and their families to receive SNAP benefits as a matter of course from mid-May to mid-September (when adjuncts receive their first paycheck of the semester), adjuncts would be certain that they and their children could eat during those long, lean months. This would go a long way toward providing much-needed security for an underserved community of teachers who are responsible for shaping the higher education experience of many of Connecticut's future taxpayers.

(Include a brief personal story that will explain to your representative why the issue is important to you and how it affects you, your family members, your students and your community.)

Thank you for taking the time to read my email and for standing up to protect Connecticut public higher education and to support greater equity for an underserved community in our state.

Sincerely,

Print your name

Email address

Street address City, State, Zip code



# Join the CSU-AAUP Equity for All Caucus



Meetings held during the semester on Zoom  
Fridays, 12:30 p.m. - 1:30 p.m.

For information about the caucus or for the meeting link, contact us at  
[csu.equity@gmail.com](mailto:csu.equity@gmail.com)



CSU-AAUP Contract



Join CSU-AAUP Today

## Food Pantries Near Campuses

### Central

New Britain Food & Resource  
Center

Maria's Place (part of CCSU)

### Eastern

Covenant Soup Kitchen

Access Community Action Agency

### Southern

Believe in Me Empowerment  
Community Action Agency

### Western

Interfaith Aids Ministry of Greater  
Danbury

Hillside Food Outreach