

# Resources for Connecticut Residents Affected by the Government Shutdown

Categories : [Active Military/Veterans](#), [Children and Families](#), [Consumer Services](#), [Income Assistance](#)

A government shutdown, which happens when Congress fails to approve a spending measure, just took place on, **Wednesday, October 1, 2025**, due to no agreement on funding. The longer the government is closed, the broader the effects will be. A longer shutdown may start to affect federally funded programs and services. Below, you will find what the current status is for federal benefit programs and services offered. Please note that the Connecticut Governor and Legislators have committed to helping fund important benefits resources for Connecticut residents that may be affected with a long-term shutdown.

**10/27/2025 UPDATE – Important for Food Stamp/SNAP Recipients:** If the Government Shutdown continues through the end of October 2025, the United States Department of Agriculture’s Food and Nutrition Service has notified states that funding for Food Stamps/SNAP benefits will **not** be issued.

## This means:

- November SNAP benefits will not be issued to SNAP recipients as of 11/1/2025.
- If the federal shutdown continues past Oct. 31, **individuals will still be able to use any SNAP benefits left over from previous months until the federal government reopens.** • Check your EBT balance by calling 1-888-328-2666 or use [MyDSS](#).

For additional information on SNAP Benefits during the shutdown, visit the Connecticut Department of Social Services’ website for frequently asked questions (FAQs) and more details: [SNAP and the Federal Shut Down](#)

## During shutdowns, individuals will continue to receive ongoing benefits and services:

- Veteran’s benefits,
- Social Security benefit payments, and access to online or phone application process still available. Some general services may be put on hold – benefit verification, corrections to earnings, replacement of Medicare cards
- Medicare/Medicaid checks
- Head Start
- WIC
- Cash benefits like TFA, SAGA, State Supplement and Refugee Cash will still be issued normally on EBT cards

**Please note:** if a continued shutdown occurs for a longer period, any new applications or claims may not be able to be processed and benefits may cease after a while, because funding allocations have run out.

## Some nonessential federal government processes, like these will not be operational:

- Small business loan processing,
- Staffing of national parks,
- Homeland Security services

While these essential services would continue:



- Law enforcement -emergency police and fire services,
- National security officials and the military,
- Airport traffic controllers and screeners,
- Post Office delivery, would continue to operate, as it is a standalone agency

Essential federal employees continue to work throughout the shutdown, but many without pay. Other federal employees are on furlough – not working and not receiving pay. In Connecticut, there are federal employees who work for the Coast Guard, Department of Homeland Security, Transportation Security Administration, Environmental Protection Agency and other federal agencies, who could be impacted by a shutdown. Additionally, there are other Connecticut residents who rely on federal benefit programs and services, who may also be affected. Below is information and resources for those affected.

- RESOURCES FOR FEDERAL WORKERS IMPACTED BY THE SHUTDOWN
- INFORMATION REGARDING FEDERAL BENEFIT PROGRAMS & SERVICE

## RESOURCES FOR FEDERAL WORKERS IMPACTED BY THE SHUTDOWN

### Unemployment Insurance

#### Filing Information

During a federal government shutdown, some federal employees/contractors may be required to work full-time without pay. Per federal guidance, those full-time employees are not eligible for unemployment benefits.

All other unemployment applications will be reviewed for eligibility on a case-by-case basis.

### Work Search and Benefits Filing During the Shutdown

#### Unemployment & Work Search Federal Shutdown

- All weekly unemployment claims must be submitted online in the ReEmployCT system.
- Furloughed federal employees do not have to do a weekly work search through November 8, 2025.
- **IMPORTANT:** If Congress provides funding to award federal workers backpay for the time that they were furloughed **and** receiving unemployment insurance benefits, the unemployment payments received would be overpayments and must be repaid by the employee.

For more information, visit the Connecticut Department of Labor website: [Unemployment for Federal Employees & Contractors](#)

### Financial Assistance – Loans

If you need assistance locating a participating financial institution., that may be able to assist with a housing loan if furloughed for an extended period, please contact the Connecticut Housing Finance Authority at [customer.service@chfa.org](mailto:customer.service@chfa.org) or 860-721-9501/1-844-CT1-HOME (toll free).

Federal civilian employees may be eligible for a grant or loan by accessing these available resources through the “Federal Employee Education & Assistance Fund” website: [Government Shutdown: 10 Essential Resources for Feds](#)

## Temporary Financial Assistance

- **Military Relief Fund:** Current service members or their family members, who are experiencing a financial hardship, may be eligible for financial assistance in the form of a grant through this fund. To download the application, visit, <https://portal.ct.gov/MIL/MAPO/Military-Relief-Fund/MRF> or call 860-524-4968 for more information.
- **Coast Guard Foundation:** Provides support for Coast Guard members during a shutdown: [Coast Guard Foundation | Support for Coast Guard Members During a Shutdown](#)
- **Community Based Organizations:** Some charitable agencies and other community non-profits provide financial assistance to certain groups experiencing hardship. To view the list of these organizations, visit [www.211ct.org](http://www.211ct.org) and search the keyword '**Temporary Financial Assistance**' for the zip code or town you need.

## Basic Needs

Employees affected by the shutdown may need to supplement their lost income by accessing some of the available safety net programs that provide free groceries and meals, help with utility bills, and other basic needs.

- **Heating Bills:** Affected families may be eligible for assistance paying their primary heat source bills (electric, gas, oil, propane) from the Connecticut Energy Assistance Program (CEAP). To locate a CEAP application site, Dial 2-1-1 or visit [www.211ct.org](http://www.211ct.org) and search the keyword '**CEAP**' for the zip code/town where you live. Individuals can also text keyword CTWARM to 898211 to receive the information about their local CEAP site via text. Households may also be eligible for heating assistance through the Operation Fuel program. To find a fuel bank in your area to apply for Generation Power CT/Operation Fuel, Dial 2-1-1 or visit [Generation Power CT](#)
- **Water Bills:** Connecticut Water, Avon Water, and Heritage Village Water will work with affected government employees to maintain their water service throughout the shutdown. Federal workers who get water from these companies should call 800-286-5700 to notify them of their situation. To view the full list of water payment assistance programs in the state, visit [www.211ct.org](http://www.211ct.org) and search the keyword '**Water Service Payment Assistance**.'
- **Cellphone Bills:** Cellphone providers like AT&T, Sprint, Verizon, and T-Mobile, are helping government workers affected by the shutdown by offering flexible payments and waiving late fees in many cases. Dial 2-1-1 or visit [www.211ct.org](http://www.211ct.org) and search the keyword '**Discounted Telephone Service**' for the zip code or town where you are seeking help.
- **Food Pantries:** To find other pantries located throughout the state, Dial 2-1-1 or visit [www.211ct.org](http://www.211ct.org) and search the keyword '**Food Pantries**' for the zip code or town where you are seeking help.
- **Soup Kitchens:** To find a location to get a free meal, Dial 2-1-1 or visit [www.211ct.org](http://www.211ct.org) and search the keyword '**Soup Kitchens**' for the zip code or town where you are seeking help.
- **Pet Food/Supplies:** Food and supplies are a significant expense for families with pets. To find an organization that can provide free food/supplies, Dial 2-1-1 or visit [www.211ct.org](http://www.211ct.org) and search the keyword '**Pet Food**' for the zip code or town where you are seeking help.
- **Legal Aid:** Can help with navigating landlord/tenant, eviction issues that may arise from the shutdown. To find an organization that can provide assistance, Dial 2-1-1 or visit [www.211ct.org](http://www.211ct.org) and search the keyword "**Legal Representation**" for the zip code or town where you are seeking help.

Anyone wanting to donate food and/or monetary funds to food pantries who provide food throughout the year and especially during times of a government shutdown or emergency disasters the state may be experiencing, like the current shutdown situation, can locate a pantry in an individual's city/town to donate to. Visit the 211ct.org website link here to find a pantry by putting in a location in the search box: [211 Connecticut](#)



## **INFORMATION REGARDING FEDERAL BENEFIT PROGRAMS & SERVICES**

Connecticut residents who receive benefits that are funded, at least in part, by federal dollars may be worried about how those benefits will be impacted by the current shutdown. Listed below is information regarding some of the federal benefit programs, as well as federal services.

- SNAP/Food Stamps: The federal agency (USDA) that administers the SNAP program will be distributed temporarily during a shutdown, but may be affected if shutdown continues for a while after November 1, SNAP benefits will no longer be available until the Federal government reopens. Balances from earlier months on the EBT card will be available to access after the October 31st date only.
- Child Nutrition and WIC programs: School meals, summer and afterschool programs will be able to continue.
- Federal courts: Connecticut courts and judges will decide how to proceed.
- Social Security: Individuals will continue to receive their Social Security checks
- Medicare and Medicaid: These health programs will continue to operate uninterrupted

## **MENTAL HEALTH RESOURCES**

The Government Shutdown can be stressful time for individuals and families that may be affected by a longer-term shutdown. The National Association of Mental Illness has listed some resources that can be accessed to assist during this difficult time: [Shutdown Resources | National Alliance on Mental Illness \(NAMI\)](#)

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