



Utility Assistance for SNAP Recipients



As a recipient of SNAP, the Supplemental Nutrition Assistance Program (formerly the Food Stamp Program), you may find you are still juggling your budget to make ends meet. Utility costs in New England can be expensive, but in Rhode Island there are some programs to help SNAP recipients and low-income families lower their bills or get help with heating expenses.



Electricity

National Grid provides a discount rate to all eligible SNAP recipients. To get the discount (called an A-60 low-income residential rate) send a copy of your SNAP approval letter or quarterly notice to **National Grid**. You can fax or mail your SNAP approval letter along with your utility account number to 1-866-460-8549 or National Grid, PO Box 960, Northboro MA 01532, ATTN: Accounts Processing Dept. You can call National Grid customer service at 1-800-322-3223.



Heat

Heating assistance is available at some Community Action Programs (CAP) through the Low-Income Home Energy Assistance Program (LIHEAP). To apply for heating assistance, call your closest CAP agency.
Those age 60+ may also call the Division of Elder Affairs, 462-3000.

Blackstone Valley CAP	723-0227	Comprehensive CAP	467-9610
East Bay CAP	437-5102	South County CAP	789-3016
Tri County CAA	351-2750	West Bay CAP	732-4660
CAP Providence	273-2000		



Internet

Reduced-cost internet is available to families with children in grades K-12 who receive free school lunch, SNAP or Temporary Assistance for Needy Families (TANF) through Cox Communications' Connect2Compete Program.

Call: 1-855-222-3252

Or go online: <https://www.cox.com/aboutus/cox-in-the-community/connect2compete.html>

See other side for telephone programs





Lifeline Telephones

SNAP recipients may be eligible to get a **lower cost home phone (landline) or cellular phone** through the Lifeline service. Federal rules prohibit eligible low-income consumers from receiving more than one Lifeline discount per household. An eligible consumer may receive a discount on either a landline or cellular service, but not both.

To get a Lifeline landline you will need to complete a form and send it, with a copy of your SNAP approval letter or quarterly notice to your phone company.

- For Verizon, you may print the form from the website below, or call Verizon at 1-800-837-4966. <https://www.verizon.com/support/consumer/consumer-education/lifeline?pos=1>
- For Cox Communications, you may print the form from the website below or call Cox Communications at 1-877-206-4210. <https://www.cox.com/residential/phone/lifeline.html>

For a **Lifeline cellular phone** you can contact one of the providers below. These providers supply a variety of free or low-cost plans that include different amounts of minutes along with different refill options.

Access Wireless	1-888-900-5899
American Broadband & Telecommunications	1-866-966-2628
Assurance Wireless	1-888-898-4888
Budget Mobile	1-888-777-4007
Cintex	1-877-304-9183
Life Wireless	1-888-543-3620
Q Link Wireless	1-855-754-6543
Reachout Wirelss	1-877-870-9444
Safelink Wireless	1-800- 723-3546
Tempo Wireless	1-877-822-8501
Total Call Mobile	1-800-661-7391
True Wireless	1-877-818-7464
YourTel America	1-855-299-9990

Additional assistance may be available by calling 2-1-1

URI SNAP Outreach Project: 1-866-306-0270

www.eatbettertoday.com