

Faster Verification

Below is a list of some verification* you can turn in with your application for each household member for which you are applying.

Identity

If you do not have a Missouri Driver's license, you can turn in a copy of the following:

- Driver's license (any state)
- Picture ID card
- Voter registration card

Residency

To show residency, you can turn in a copy of one of the following:

- Letter from your landlord
- Rent or mortgage receipt
- Phone, water, or other utility bill

Immigration

To show immigration status if you or any other household members are not United States citizens, you can turn in a copy of **one** of these for each person:

- USCIS or other Homeland Security paperwork that shows alien status
- Order of an Immigrant judge
- Letter from Canadian Department of Indian Affairs

Income

You can turn in a copy of any verification showing the amount each household member received in payments within the last 30 days:

Work • pay stub or employer statement

Retirement • Any retirement pension received, including veteran's benefits or armed forces allotment - A letter showing current benefit amount.

Disability • short term or long term disability insurance - A statement from the insurance company or Social Security Administration.

*For a complete list visit our website myDSS.mo.gov

Need help with your application?



ONLINE

Go to: myDSS.mo.gov click on food assistance.



PHONE

Call **855-FSD-INFO (855-373-4636)**



IN PERSON

To find an office in your area and make an appointment online, go to dss.mo.gov/dss_map or call the number above.

Our Mission

Empower Missourians to live safe, healthy, and productive lives

The Missouri Department of Social Services is an equal opportunity provider.

The Missouri Department of Social Services is an equal opportunity employer.

Missouri Department of Social Services Family Support Division
PO Box 2700

Jefferson City, MO 65102

TDD: **800-735-2966**

General Information Line: **855-373-4636**

Relay Missouri (for hearing & speech impaired)

800-735-2466 (voice)

800-735-2966 (text phone)

Food Assistance

Help with feeding your family





A statewide team here to help you.

Supplemental Nutrition Assistance Program (SNAP)

What is it?

A program that helps low income individuals buy food, seeds and plants.

Who is eligible?

To be eligible, you must be a resident of Missouri and meet low income eligibility requirements.

The members of the applicants' household can have a limited amount of resources. There are exclusions that will apply. A slightly higher resource limit applies for those aged 60 or older or disabled.

You must either have or agree to apply for Social Security numbers for all household members.

If you are eligible, SNAP benefits are available monthly through an Electronic Benefit Transfer (EBT) card. In some cases, the elderly can use benefits to pay for home-delivered meals.

As long as you meet the eligibility requirements, you can receive SNAP benefits but reapplication is required.

How do I apply?

Anyone may apply for SNAP benefits. The SNAP amount is determined by the size of your household and the income in your household.

You can start your application on your own or with help from the Family Support Division (FSD).

To get an application, go to dss.mo.gov, or call FSD.

Certain information has to be verified, (identity, income, residency, immigration, etc.). Providing verification for each household member may result in faster service. If you don't have the verifications, still apply, and FSD will help you get what you need. For a listing of verifications that may be required, go online, or call FSD.

In most cases, you will need to have an interview. A determination will be made within 30 days after completing the application process.

If anything changes in your household during the application process, you must notify the FSD immediately.

Other Supports

Food Banks – Work to provide hunger relief to every county in the state and the city of St. Louis.

WIC Program – A special supplemental nutrition program which provides services to pregnant women, new mothers, infants and children up to their 5th birthday based on nutritional risk and income eligibility. Call **800-392-8209** for more information.

Feeding America Backpack Program Helps children get nutritious and easy to prepare food so they have enough to eat on the weekends. Go to feedingmissouri.org for more information.

