

# Missouri SNAP Basics

2025 At-a-Glance

## What is SNAP?

The Supplemental Nutrition Assistance Program (SNAP), previously known as the Food Stamp program, is the largest nutrition safety net program in the United States. It serves as the nation's first line of defense against food insecurity and hunger by improving food access and affordability. Research has shown SNAP benefits reduce the likelihood of food insecurity by about 30%.

Across the state,  
SNAP provides  
monthly food  
benefits to



1 out of every 9  
Missourians



20%  
of Missouri's children

## How does SNAP work?



SNAP provides an average monthly benefit of \$199 per participant in Missouri. Households can use the benefits to purchase food at retailers, such as grocery stores or farmers markets.



Households receive benefits on an electronic benefits transfer card, which looks and operates like a debit card but can be used to buy only eligible food.



A household's benefit amount may increase or decrease as changes within the household occur. For instance, if a household's income level goes up, the benefit amount will go down.

SNAP benefits  
are used by only



43%  
of eligible older  
Missourians

## The impact of SNAP in Missouri

Annually provides  
more than



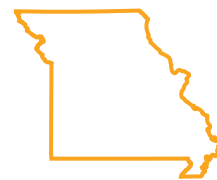
**\$1.5 billion**  
in benefits for  
redemption at  
Missouri food retailers

Provides average  
daily food benefit of



**\$6.54**  
per participant

Provides food benefits  
for more than



**650,000**  
Missourians

# Who is eligible for SNAP in Missouri?

Households applying for SNAP must meet federal eligibility standards to participate, using three important financial tests:

- **Gross income test** of a household's income before any of the program's deductions are applied. A household's gross income must be at or below 130% of the federal poverty guidelines (FPG).
- **Net income test** of a household's income after the program's deductions are applied. A household's net income must be at or below 100% of the FPG to qualify for SNAP.
- **Asset test** of resources available to the household to purchase food, such as money in a bank account. Retirement savings generally do not count as assets.



A single person must make less than \$19,585 a year to be eligible for SNAP.



A family of four must make less than \$40,561 a year to be eligible for SNAP.

## What does SNAP participation in Missouri look like?

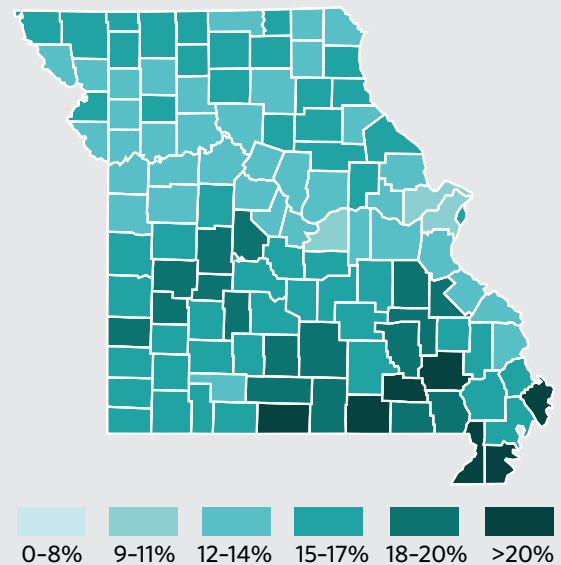
### SNAP participants in Missouri

- Working households make up about 24% of the Missouri SNAP caseload.
- More than 38% of participants are in households where someone works.
- Children, older adults aged 60 or older, and people with a disability make up 68% of participants.
- More than 50,000 Missourians who are eligible for SNAP do not participate.

### Regional participation

- The southeast part of the state has the highest participation as a percentage of overall population.
- Missouri counties with higher SNAP participation rates also have high food insecurity rates.

Food insecurity rates by Missouri County



Note: Food insecurity has grown across Missouri since the last measurement.

## How is SNAP financed in Missouri?



The state of Missouri pays **3%** of all SNAP costs for the state.

**SNAP benefits** are 100% paid for by the federal government.

**SNAP administration** costs are split 50/50 between the federal and state governments.