

Food Assistance for College Students



What Is SNAP?



SNAP is a food assistance program. SNAP helps people with low incomes buy nutritious food.



SNAP benefits come on an Electronic Benefits Transfer (EBT) card. That is why some people call SNAP “EBT benefits.” The EBT card works like a debit card. You can only use SNAP to buy food.

Benefit Amounts

Household size	Monthly income limit before taxes	Maximum monthly benefit amount
1	\$1,632	\$292
2	\$2,215	\$536
3	\$2,798	\$768
4	\$3,380	\$975
5	\$3,963	\$1,158

Ask DSS about income limits and benefit amounts for household sizes greater than 5.

Can SNAP Help Students?

Yes, some students may be eligible for SNAP.

If you are having trouble affording groceries, SNAP can help. The Missouri Department of Social Services (DSS) decides who qualifies for SNAP. They look at many factors, including income.

Most college students aged 18-49 are not eligible for SNAP. However, there are important exceptions to this rule. Students who work half-time, care for a child, or have a physical or mental reason they cannot work may be eligible. DSS can tell you about other exceptions, too.

You can use SNAP benefits at stores and online.

You can use your SNAP EBT card at any grocery store, farmers' market, or online store that accepts SNAP. This includes ALDI, Amazon, Schnucks, Walmart, and many more.

How Do I Apply for SNAP?



Apply Online
[mydss.mo.gov/
food-assistance/
apply-for-snap](https://mydss.mo.gov/food-assistance/apply-for-snap)



What Are the Steps to Apply?

Step 1: Submit Your Application

You only need your name, address, and signature to start applying—but giving more information now will make the process easier.

Step 2: Complete an Interview

DSS will call you for an interview after you submit your application. If you miss their call, you can call them back at 855-823-4908.

Step 3: Submit the Verification

You will get a letter in the mail that tells you what documents to submit to DSS. They need to confirm the information in your application.

Step 4: Receive a Decision

DSS should decide whether you are eligible for SNAP within 30 days. You will get a letter in the mail from DSS with their decision and other important information.



What Are Some Tips for Applying?

Have your documents ready.

You will need documents to confirm your income, identity, or expenses such as rent and childcare. You may also need a letter from your school verifying you are enrolled at least half-time.

Chat DSS if you have questions.

You can ask basic questions or set up an interview time by using DSS's online chat feature mydss.mo.gov/food-assistance/apply-for-snap

Call DSS if needed.

You may wait a long time to speak to someone when you call DSS. Consider calling at 8 a.m. when call lines open. Save DSS's number in your phone so you know when they call.

What Makes a Student Eligible?

SNAP Eligibility for Students

As a student enrolled at least half-time, you may be eligible for SNAP if you meet the SNAP income eligibility requirements *and* at least one of these factors applies to you:

- Work 20-plus hours per week
- Participate in a federal or state work-study program
- Have a physical or mental disability or condition that prevents you from working
- Care for a child
- Are enrolled in college through certain employment and training programs

There are other factors. Contact DSS to find out more.



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