

Food Assistance for People Experiencing Homelessness

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

Benefit amounts depend on income.

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
6	\$4,546	\$1,390
7	\$5,129	\$1,536
Additional household member	+\$583	+\$246

Table current until September 29, 2025



How Can SNAP Help?

SNAP can give you food assistance if you are eligible.

You can get SNAP even if you are experiencing homelessness.

You may get SNAP quickly. If you have little or no income or savings, you could get benefits within 7 days. The Missouri Department of Social Services (DSS) decides who can get SNAP. They look at many factors, including how much money you have.

How Do I Apply for SNAP?



Apply Online

mydss.mo.gov/food-assistance/apply-for-snap

Request a printed application at your local SNAP office or by calling 855-373-4636.

Mail your completed application to: Family Support Division, P.O. Box 2700, Jefferson City, MO 65102



What Are the Steps to Apply?

Step 1: Submit Your Application

Fill out as much of your application as you can and submit it. 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?

Select a mailing address.

Even if you don't have a home address, you'll need to give DSS a mailing address when you apply for SNAP. If you participate in other DSS programs, DSS will use the same address. Use an address where you can get official letters—such as a friend's address, a P.O. Box, or the address of a shelter.

Interview in person.

If you do not have a phone, you can ask for an in-person interview. Just use DSS's online chat feature at mydss.mo.gov/food-assistance/apply-for-snap or visit your local SNAP office to ask.

What Else Should I Know?

SNAP says a person is homeless if they don't have a regular place to sleep at night. This includes staying in a shelter, a halfway house, temporary housing for less than 90 days, or a place not meant for sleeping.

Special Considerations

- You may get more SNAP benefits if you have costs for shelters, hotel or motel rooms, or living in a vehicle.
- You may need to prove who you are or have someone else confirm your identity. DSS can help you confirm your identity if needed.



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