

Food Assistance for Job Seekers



How Can SNAP Help?

SNAP can help you buy food when you work part-time or are in between jobs.

SNAP can help you find a job. Some people must meet work requirements to get SNAP. The Missouri Department of Social Services (DSS) can help you figure out whether you need to work and help you connect with jobs or training.

SNAP helps the whole community. Using SNAP increases spending at local businesses and helps stores, farmers, and others in your community.



92% of all eligible households in Missouri participate in SNAP.

SNAP stands for "Supplemental Nutrition Assistance Program."

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.

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)

Benefit amounts table current until September 29, 2025



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

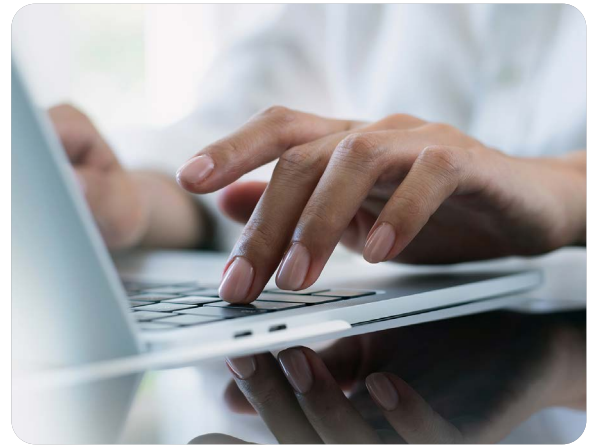
DSS will call you for an interview after you submit your application. If you miss their call, you can call them back at 855-823-4908.

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 Else Should I Know?

Certain adults must meet a work requirement to receive SNAP for more than three months every three years. These adults are sometimes called able-bodied adults without dependents (ABAWDs). DSS can confirm whether this special work requirement applies to you.

Work Requirements

You do not need to meet the work requirements if you are:

- Under age 18 or age 55 or older
- Pregnant
- Experiencing homelessness
- A veteran
- Helping someone who needs help caring for themselves

Talk to DSS if you think something else in your life prevents you from working.

If you must **meet the work requirements** to receive SNAP, some options include:

- Work or volunteer at least 80 hours a month.
- Participate in a job training or work program at least 80 hours a month.



What Are Some Tips for Applying?

Submit your documents online.

You can take pictures of documents with a phone and submit them through the DSS Upload Portal at mydssupload.mo.gov/UploadPortal

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.

Get free job training. SkillUP is a free program for SNAP participants in Missouri that may be available in your area. It can help you find a job and meet SNAP work requirements. Learn more at mydss.mo.gov/skillup-program