

Food Assistance for Older Adults and People with Disabilities

What is SNAP?

SNAP is a food assistance program. SNAP benefits come on an Electronic Benefits Transfer (EBT) card. The EBT card works like a debit card that can only be used to buy food.



How Can SNAP Help?

SNAP can help you pay for groceries whether you live alone or with others.

SNAP is available for every eligible household. You may live alone, with a spouse, or with others and still be eligible for benefits.

Your SNAP benefit amount can increase depending on your expenses.

The Missouri Department of Social Services (DSS) decides who qualifies for SNAP. They look at many factors, including income. Expenses such as monthly medical costs, rent or mortgage, or utility bills can increase SNAP benefits.

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 or fax your completed application to:
Family Support Division
P.O. Box 2700
Jefferson City, MO 65102
Fax: 573-526-9400



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?

Apply in person.

You can get in-person help with your SNAP application from a helper in your county. Call 888-515-0016 to learn more.

Call DSS if needed.

You may wait a long time to talk to someone when you call DSS. Consider calling at 8 a.m. when call lines open.

What Else Should I Know?

Disability Status

If you have a disability, DSS may ask for proof. You may submit a copy of your disability letter from a government office or provide a note from a doctor.

Medical Costs

If you can show proof that your medical costs are more than \$35 per month, your benefits may go up. Common allowed medical costs include:

- Cost of care from a doctor or nurse
- Out-of-pocket costs for prescriptions
- Medical supplies and devices
- Cost of travel to a doctor's office

You aren't taking benefits away from anyone else if you get SNAP.

The way SNAP is funded means everyone who is eligible will get benefits if they apply.