

Food Assistance for Working Households



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 Can SNAP Help?

SNAP can help you even if you have a job.

People who work may still have trouble affording groceries. You can get SNAP while you work and your benefits will go up or down as the amount you earn changes. The Missouri Department of Social Services (DSS) decides who qualifies for SNAP. They look at many factors, including income.

SNAP can help you buy food at stores and online.

You may use your SNAP EBT card at any grocery store, farmers' market, or online store that accepts SNAP. Online stores that accept SNAP include ALDI, Amazon, Schnucks, Walmart, and many more.



74% of all eligible working households in MO already participate in SNAP

SNAP stands for “Supplemental Nutrition Assistance Program.”

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 Are Some Tips for Applying?

Verify your income.

Have your pay stub or other proof of income ready when you apply. You may also need to gather documents to prove your identity or costs such as rent and child care.

Submit your documents online.

You may 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.

What Else Should I Know?

SNAP Households

A SNAP household is made up of people who live together and buy and make meals together.

Eligibility and Benefit Amounts

Eligibility is mostly based on your income and resources. Most households may have up to \$3,000 in resources (such as cash or money in the bank) and still qualify for SNAP. Households with older adults or people with disabilities may have up to \$4,500. Benefit amounts depend on income. People with less income receive a larger benefit amount.

SNAP households with a child under 5 or someone who is pregnant may be eligible for WIC. Visit <https://rb.gy/b2indn> to learn more.