



Are you struggling to pay for food?

Learn more about Food Stamp (SNAP) benefits.

COVID-19 has brought a lot of hardship and uncertainty for many families. If you're struggling to pay for food, we may be able to help. [Learn more](#) about food stamp benefits.

Are you trying to apply for Food Stamp (SNAP) benefits?

Here is how you can apply:

- [Online](#) – Follow the prompts
- [Paper Application](#) - Fill out and send us your completed application by:
 - **Email**
- FSD.Documents@dss.mo.gov
 - **Fax** – 573-526-9400
 - **Mail** – Mail your application to the [Family Support Division Resource Center](#) nearest you.

Do You Need Help Paying For Food?

You may be eligible for food stamp (SNAP) benefits if:

- You are a **Missouri resident.**
- Your family's monthly income* is no more than:

1 person	\$1,354
2 people	\$1,832
3 people	\$2,311
4 people	\$2,790

*Unemployment benefits are counted as income

Missouri Department of SOCIAL SERVICES **Questions?**
Call 1-855-FSD-INFO (1-855-373-4636)

IMPORTANT: You can't apply for food stamp benefits over the phone.

Have you recently applied for food stamp (SNAP) benefits?

Here's what you should know:

- It can take up to 30 days to process your application

- You do not have to do a phone interview at this time
- You will get a letter in the mail that lets you know if you are approved or not

If you need immediate help, you can search our [Missouri Services Navigator](#). This tool can help Missourians find essential services, like food pantries, school meal programs for students, diaper banks, and more.

You can also call 211 or visit 211.org to find local services and food resources available to you.

Do you know about P-SNAP?

- Anyone who already gets food stamp benefits will automatically get Pandemic Food Stamp/Supplemental Nutritional Assistance Program (P-SNAP), which means they will receive the maximum benefit amount for their household.
- You do not need to do anything to get P-SNAP. This benefit will be loaded to your EBT card automatically.
- Your benefit will be the maximum amount depending on your household size. To see the maximum amount for your household, please refer to our [food stamp benefits chart](#).

IMPORTANT: if you already receive the maximum benefit for your household size, you will not receive an additional allotment.

If you have more questions about food stamp (SNAP) benefits, visit mydss.mo.gov or check out our [FAQs](#) for even more details.



Our Mission:

Empower Missourians to live safe, healthy, and productive lives.

