

Faster Verification

Below is a list of some verification* you can turn in with your application for each household member for which you are applying.

Identity

If you do not have a Missouri Driver's license, you can turn in a copy of the following:

- Driver's license (any state)
- Picture ID card
- Voter registration card

Residency

To show residency, you can turn in a copy of one the following:

- Letter from your landlord
- Rent or mortgage receipt
- Phone, water, or other utility bill

Immigration

To show immigration status if you or any other household members are not United States citizens, you can turn in a copy of one of these for each person:

- Birth certificate
- Letter from Canadian Department of Indian Affairs
- Certification letter

Income

You can turn in a copy of any verification showing the amount each household member received in payments within the last 30 days:

Work • pay stub or employer statement

Retirement • Any retirement pension received, including veteran's benefits or armed forces allotment - A letter showing current benefit amount.

Disability • short term or long term disability insurance - A statement from the insurance company or Social Security Administration.

*For a complete list visit our website myDSS.mo.gov

Need help with your application?



ONLINE

Go to: myDSS.mo.gov click on food assistance.



PHONE

Call 855-FSD-INFO (1-855-373-4636)



IN PERSON

Visit any FSD office. To find an office in your area, call the number above or visit us online at myDSS.mo.gov.

The FSD is an equal opportunity provider and employer.

To file a complaint of discrimination write either office listed below:

USDA

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, S.W.
Washington, DC 20250-9410
or call (800)795-3272 (voice)
or (202)720-6382 (TTY)

Missouri Office of Civil Rights

P.O. Box 1527
Jefferson City, MO 65102

Missouri Department of Social Services Family Support Division

PO Box 2320
Jefferson City, MO 65102-6790
TDD: (800) 735-2966

General Information Line: (855) 373-4636
Relay Missouri (for hearing & speech impaired)
(800) 735-2466 (voice)
(800) 735-2966 (text phone)

Food Assistance

Help with feeding your family



 Missouri Department of Social Services
FAMILY SUPPORT DIVISION

Food Stamp (FS) Program

What is it?

A program that helps low income individuals buy food, seeds and plants.

Who is eligible?

To be eligible, you must be a resident of Missouri and meet low income eligibility requirements.

The members of the applicants' household can have a limited amount of resources. There are exclusions that will apply. A slightly higher resource limit applies for those aged 60 or older or disabled.

You must either have or agree to apply for Social Security numbers for all household members.

If you are eligible, FS benefits are available monthly through an Electronic Benefit Transfer (EBT) card. In some cases, the elderly can use benefits to pay for home-delivered meals.

As long as you meet the eligibility requirements, you can receive FS benefits but reapplication is required.

How do I apply?

Anyone may apply for Food Stamp benefits. The FS amount is determined by the size of your household and the income in your household.

You can start your application on your own or with help from the Family Support Division (FSD).

To get an application go to dss.mo.gov; call or visit an FSD office.

A statewide team here to help you.

Certain information has to be verified, (identity, income, residency, immigration, etc.). Providing verification for each household member may result in faster service. If you don't have the verifications, still apply, and FSD will help you get what you need. For a listing of verifications that may be required, go online, call or visit your FSD office.

In most cases, you will need to have an interview. A determination will be made within 30 days after completing the application process.

If anything changes in your household during the application process, you must notify the FSD immediately.

Other Supports

Food Banks - Work to provide hunger relief to every county in the state and the city of St. Louis.

WIC Program - A special supplemental nutrition program which provides services to pregnant women, new mothers, infants and children up to their 5th birthday based on nutritional risk and income eligibility. Call **800-392-8209** for more information.

Feeding America Backpack Program

Helps children get nutritious and easy to prepare food so they have enough to eat on the weekends. Go to **feedingmissouri.org** for more information.

