

Quick Guide: Food Assistance Programs in Missouri

Statewide Programs for Missourians of any Age

- **[Food Pantry \(feedingmissouri.org/get-help/\)](https://feedingmissouri.org/get-help/)**: A food pantry is an organization that distributes food directly to people. The link will take you to an interactive map to find a food pantry in your area. Some food pantries have income requirements, and some food pantries do not.
- **[Local Food Finder \(showmefood.org/local-food-finder/\)](https://showmefood.org/local-food-finder/)**: MU Extension manages this interactive map, which includes many local food resources. You can add or update resources.
- **National Hunger Hotline**: Call 1-866-348-3479 to find food near where you live. Llame 1-877-842-6273 para hallar comida cerca de donde vives.
- **[Supplemental Nutrition Assistance Program \(SNAP\) \(mydss.mo.gov/ food-assistance\)](https://mydss.mo.gov/food-assistance)**: SNAP provides food benefits to low-income Missourians to supplement their grocery budget so they can afford the nutritious food essential to health and well-being.
- **[SNAP-Ed \(extension.missouri.edu/topics/nutrition-and-health-education\)](https://extension.missouri.edu/topics/nutrition-and-health-education)**: Classes and programming related to health and nutrition that are available to individuals who receive SNAP benefits.
- **[SNAP Outreach \(extension.missouri.edu/programs/fnep/snap-outreach\)](https://extension.missouri.edu/programs/fnep/snap-outreach)**: Call MU Extension's Show Me Nutrition Line at 888-515-0016 for assistance applying for SNAP.
- **[The Emergency Food Assistance Program \(TEFAP\) \(mydss.mo.gov/food-assistance/food-distribution/tefap\)](https://mydss.mo.gov/food-assistance/food-distribution/tefap)**: TEFAP provides a monthly box of food to children and needy adults in Missouri. Eligible households in Missouri include households where all members receive public assistance and households with a total income at or below 185% of the Federal Poverty Guidelines.

Statewide Programs for Older Missourians with Income Requirements

- **[Commodity Supplemental Food Program \(CSFP\) \(health.mo.gov/csfp/\)](https://health.mo.gov/csfp/)**: CSFP works to improve the health of participants by supplementing their diets with nutritious U.S. Department of Agriculture (USDA) commodity foods. Eligible participants include low-income elderly persons at least 60 years of age who meet income eligibility requirements.

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Statewide Programs for Older Missourians without Income Requirements

- **[Area Agency on Aging](http://health.mo.gov/seniors/aaa/)** (800-235-5503 or health.mo.gov/seniors/aaa/): The Area Agencies on Aging are the local experts regarding programs and services in their local areas. Programs and services are designed by the Area Agencies on Aging to meet the needs of the individuals in their planning and service areas. Each Area Agency on Aging provides nutrition services and a variety of supportive services to older adults in its planning and service area.
- **[Senior Center \(easymapmaker.com/map/seniorcenters2024\)](http://easymapmaker.com/map/seniorcenters2024/)**: A community facility for the organization and provision of a broad spectrum of services, which shall include the provision of health (including mental and behavioral health), social, nutritional, and educational services, and the provision of facilities for recreational activities for older individuals.

Statewide Programs for Children with Income Requirements

- **[Child and Adult Care Food Program \(CACFP\)](http://health.mo.gov/cacfp/)** (800-733-6251 or health.mo.gov/cacfp): CACFP assures that nutritious meals and snacks are served to children and eligible adults enrolled in childcare centers, family childcare homes, after-school programs, emergency shelters, and adult day care programs by providing reimbursement for meals that meet minimum nutritional standards.
- **[Missouri SuN Bucks \(mydss.mo.gov/SuNBucks/\)](http://mydss.mo.gov/SuNBucks/)**: Missouri SuN Bucks is a new program to help families buy food for their school-aged children during the summer months of June, July, and August. Families will get a one-time \$120 benefit per qualifying child loaded onto an EBT card.
- **[National School Breakfast and Lunch Program for Missouri \(benefits.gov/benefit/2000\)](http://benefits.gov/benefit/2000/)**: This program provides free or reduced-price meals during the school day for students based on income. Contact your school to see if you may qualify.

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- **[Summer Food Service Program \(SFSP\) \(health.mo.gov/sfsp/\)](https://health.mo.gov/sfsp/)**: SFSP helps assure that eligible populations have access to nutritious meals during the summer months or during times of public emergencies. This program is designed to provide breakfast, lunch, suppers, and/or snacks to children living in eligible areas. Areas are eligible if at least 50% of the children residing in the area qualify due to incomes that are less than or equal to 185 percent of the Federal Poverty Guidelines. The program is also available for those 18 to 21 years of age who have been determined by a state educational agency to have a disability and who participate in a school-based program for the disabled during the school year.
- **[WIC \(health.mo.gov/wic\)](https://health.mo.gov/wic/)**: The Missouri WIC program provides supplemental food, health care referrals, nutrition education, and breastfeeding promotion and support to eligible pregnant, breastfeeding, and postpartum women, infants, and children up to age five. Fathers, grandparents, guardians and foster parents may also apply for benefits for the children living in their household.

Farmers' Market Programs

- **[Double Up Food Bucks \(doubleupheartland.org\)](https://doubleupheartland.org/)** (available at participating locations): Double Up Food Bucks matches every \$1 of SNAP benefits spent at participating farmers' markets, farm stands, and grocery stores with another \$1 free to purchase more fruits and vegetables, up to \$25 per day.
- **[Senior Farmers' Market Nutrition Program \(SFMNP\) \(agriculture.mo.gov/abd/fmkt\)](https://agriculture.mo.gov/abd/fmkt/)** (available in 47 counties): SFMNP provides benefits to low-income seniors (60 years of age or older). Eligible seniors receive \$50 in benefits annually, to be used for fresh fruit, vegetables, honey, and herbs. Eligible individuals must reside in one of the 47 Missouri counties that participate in this program.
- **[WIC Farmers' Market Nutrition Program \(WIC FMNP\) \(agriculture.mo.gov/abd/fmkt\)](https://agriculture.mo.gov/abd/fmkt/)** (available in 47 counties): WIC FMNP provides \$20 in benefits annually to WIC individuals over 4 months old who reside in a county with a participating WIC agency issuing FMNP benefits.