

## How to meet 80 Hours of Work/Training

If you get Food Stamps and are an Able-Bodied Adult Without Dependents (ABAWD), here are 3 ways you can meet the 80 hours:

- Show that you are **in school or working** – see attached for information
  - Bring proof to any Family Support Division (FSD) office, **OR**
  - Mail proof to: Family Support Resource Center, 3415 Division Drive, Suite 1, West Plains MO 65775
- Get **job and training services** through a Missouri Job Center – see attached for information
- Agree to **volunteer** in a program that promotes job readiness and builds work experience – fill out this form and bring it to the volunteer agency

If you have questions or want to learn more, call:

**1-855-373-4636**

To find office hours and locations:

[http://dss.mo.gov/dss\\_map/](http://dss.mo.gov/dss_map/)

### Agreement to Volunteer

1. Fill out Section 1 below
2. Ask the volunteer agency to fill out Section 2
3. You or the volunteer agency can send the completed form to the FSD as shown in Section 3

***The FSD will randomly contact the Volunteer Agency to verify the below information.***

#### Section 1: For the Food Stamp customer to fill out (please print)

Name: \_\_\_\_\_ DCN: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_

#### I agree to:

- Call the volunteer agency if I cannot make it to work
- Contact the FSD if I quit the volunteer work or have excused absences

\_\_\_\_\_  
Signature to show you agree and authorize release of information

\_\_\_\_\_  
Date

#### Section 2: For the volunteer agency to fill out (please print)

Job title of volunteer: \_\_\_\_\_

Briefly describe the position: \_\_\_\_\_

Date the volunteer started: \_\_\_\_\_

Projected hours per month: \_\_\_\_\_

#### Volunteer Agency Information

Agency Name: \_\_\_\_\_ Agency Phone Number: \_\_\_\_\_

Agency Address: \_\_\_\_\_

Volunteer Supervisor Name: \_\_\_\_\_ Supervisor Title: \_\_\_\_\_

\_\_\_\_\_  
Supervisor Signature

\_\_\_\_\_  
Date

#### Section 3: Send the completed form to the FSD:

- Scan and email it to: [DSS.FSD.Agreements@dss.mo.gov](mailto:DSS.FSD.Agreements@dss.mo.gov), or
- Mail it to: Family Support Resource Center, 3415 Division Drive, Suite 1, West Plains MO 65775