

# Are you ready for a **job** or a **better job?**



## FREE help if you are getting Food Stamps!

**SkillUP** is a program for Food Stamp recipients to gain skills, training or work experience. SkillUP is FREE through our partners and can help prepare you for a job that can raise your income.

### How can **SkillUP** help?

- SkillUP coaches know employers who are ready to hire you!
- SkillUP can pay for the training you can't afford. Classes are offered that work around your schedule and can be finished in as little as a few weeks.
- SkillUP coaches can help with your resume and interviewing skills.
- SkillUP can help pay for transportation to work.
- SkillUP can help pay for the uniform or other items you need to start employment.

To find a location near you, go to  
**[On.mo.gov/SkillUP](https://On.mo.gov/SkillUP)**



The Family Support Division is an equal opportunity provider and employer.  
The Food and Nutrition Service is an equal opportunity provider and employer.  
For additional information about Missouri Division of Workforce Development services, contact a Missouri Job Center near you. Locations and additional information are available at [jobs.mo.gov](https://jobs.mo.gov) or 1-888-728-JOBS (5627).  
Missouri Division of Workforce Development is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities. Missouri Relay Services at 7-1-1.