



Free Help for SNAP Participants

SkillUP is a free program that helps SNAP (Missouri Food Stamp Program) participants get help with skills, training, and employer connections, to get a job (or a better job).

How can SkillUP help?

A SkillUP job coach will work with you to create an individual plan to help you reach your goals and start a new career. The SkillUP program can also help you:

- Get skills you need through workshops and classes
- Pay for short-term training and certifications
- Pay for some daycare, work, or training costs
- Understand your job skills and what you are interested in
- Update or create your resume so employers can see your skills
- Connect you with employers

To find a SkillUP location near you:

- Visit: mydss.mo.gov/skillup-program
- Call: 855-FSD-INFO (855-373-4636)



The Missouri Department of Social Services
is an equal opportunity provider.

IM-4 SkillUP Flyer REV (11/2025)

DISCLOSURE NOTICE: If the vendor provides any "personal information" as defined in §105.1500, RSMo concerning an entity exempt from federal income tax under Section 501(c) of the Internal Revenue Code of 1986, as amended, the vendor understands and agrees that it is voluntarily choosing to seek a state contract and providing such information for that purpose. The state will treat such personal information in accord with §105.1500, RSMo.

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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the agency (state or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at **(800) 877-8339**.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling **(833) 620-1071**, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed **AD-3027** form or letter must be submitted to:

- mail: Food and Nutrition Service, USDA | 1320 Braddock Place, Room 334 | Alexandria, VA 22314; or
- fax: (833) 256-1665 or (202) 690-7442; or
- phone: **(833) 620-1071**; or
- email: **FNSCIVILRIGHTSCOMPLAINTS@usda.gov**

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