



## Job Training for SNAP Participants



### What is SkillUP?

SkillUP is a job-training program for SNAP participants to gain skills, training or work experience. SkillUP is free through a variety of locations and can help prepare you for a job that can raise your income.

### How does SkillUP help?

- Get skills you need through workshops & classes
- Pay for short-term training and certifications
- English as a Second Language (ESL)
- Pay for some costs for daycare, work (including transportation), or training
- 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

### Work Requirements

If you receive SNAP and are age 18 through 52, able to work, and do not have a child under age 18 in your household, you may be required to send the Family Support Division proof that you are completing at least 80 hours of employment and/or training activities each month. Hours can also be met through participation in the SkillUP Program.

To learn more about the work requirements, what documents you can provide and how to submit them, or to find out if you are excused from the requirement, visit [mydss.mo.gov/skillup-program](https://mydss.mo.gov/skillup-program) or call the FSD Information Center at 855-373-4636.

SCAN ME



### Get Started

SkillUP is offered free of cost through a number of agencies across Missouri. To get started, visit us online or call 855-373-4636 to find a provider near you!

[mydss.mo.gov/skillup-program](https://mydss.mo.gov/skillup-program)



**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:

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

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Auxiliary aids and services are available upon request to individuals with disabilities.  
Call **711** for Missouri Relay Services