

FEEDING OUR NEIGHBORS:

A TOOLKIT FOR CHURCHES RESPONDING TO
SNAP BENEFIT LOSS

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(EPISCOPAL DIOCESE OF MISSOURI EDITION, 2025)



UNDERSTANDING THE SNAP TRANSITION



SNAP (Supplemental Nutrition Assistance Program) changes at the state and federal levels have reduced benefits for many families in Missouri. These reductions mean greater reliance on local food pantries, congregations, and community partnerships.

Fast Facts – Missouri Food Insecurity

- Nearly 1 in 8 Missourians struggles with food insecurity.
- Rural counties face higher rates than urban areas.
- Households with children and seniors are most affected.

A bunch of green leafy vegetables, possibly spinach or kale, set against a dark blue circular background.

Jesus said, “For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me.”

-Matthew 25:35-36

HOW CHURCHES CAN HELP?

Faith communities are uniquely placed to respond with compassion and coordination.



Five Ways to Respond This Month

- Host a Pantry or Community Meal:
Convert a parish hall, Sunday-school room, or vestibule into a small food-distribution site.
- Partner with a Regional Food Bank: Contact the St. Louis Area Foodbank, SEMO Food Bank, or the Food Bank for Central & Northeast MO for partnership kits.
- Offer SNAP Navigation Days: Train volunteers to help neighbors reapply for or maintain benefits.
- Promote Awareness: Use bulletin inserts and social posts to point people to free-food resources.
- Advocate: Speak with local leaders about hunger-relief funding and access.



RESOURCES



Resource Directory (Eastern Missouri Food Support):

[Active pantry, donation boxes, and food banks](#)

Handout Resources:

[Mock Flyer](#)

Additional Resources:

- 211 Missouri: Call 2-1-1 or visit 211helps.org for local food assistance.
- Feeding Missouri: feedingmissouri.org – find a food bank by county.
- Missouri DSS – SNAP Benefits: mydss.mo.gov/food-assistance – apply or renew.
- Episcopal Relief & Development: episcopalrelief.org – grants and hunger toolkits.
- Diocesan Communications: info@diocesemo.org – coordination and media support.

