

Missouri Food and Nutrition Security State Profile

Overview

According to the [U.S. Department of Agriculture's Economic Research Service \(USDA ERS\)](#), an average of 11.5% of households in Missouri (MO) reported food insecurity between 2018-2020. This is slightly higher than the national food insecurity rate of 10.7%. The prevalence of obesity among adults living in Missouri was 34% in 2019 as reported by the [Behavioral Risk Factor Surveillance System \(BRFSS\)](#).

Demographic Overview

[2019 U.S. Census](#) data reports approximately 6.13 million people reside in Missouri. They identify as White (82.9%), Black (11.8%), American Indian and Alaska Native (0.6%), Asian (2.2%) and Native Hawaiian and Other Pacific Islander (0.2%) only. According to the 2019 Census report, 4.4% identify as Hispanic or Latino. 12.9% of Missouri residents experienced poverty in 2019.

Building Resilient Inclusive Communities (BRIC) - MO BRIC Communities

The following counties will be prioritized by the MO BRIC project: St. Louis County.

Food Banks, Pantries and Feeding Programs

There are six Feeding America member food banks located in Missouri.

[St. Louis Area Foodbank](#)

- Serves Missouri (St. Louis County) and part of Illinois.
- Transitional Housing Program: When low-income St. Louis-area families move from temporary housing to a home of their own, the food bank supplies them with 250 to 300 pounds of food and household items to help them get a fresh start.
- Provides fresh produce through [mobile markets](#) such as Food on the Move, Food Fairs, and Mobile Markets.
- The food bank also operates CSFP for seniors, emergency food boxes (TEFAP), and summer food service sites (SFSP).
- Find a list of [partner agencies](#).

[The Food Bank for Central and Northeast Missouri](#)

- The Food Bank works with 145 partner agencies across a 32-county service area.
- Operates backpack programs and school pantries, a veteran pack program, CSFP, and [mobile pantries](#).
- Find a list of [partner agencies](#).

Harvesters Community Food Network

- Operates backpack programs, school pantries, kids cafes, senior mobile pantries, and CSFP.
- Provides a variety of [nutrition services](#) for agency partners such as nutrition education and Healthy Program Partnerships.
- Provides SNAP assistance and a [food assistance locator](#).
- Find list of [partner agencies](#).

Southeast Missouri Food Bank

- Southeast Missouri Food Bank has 140 member agencies, including pantries, soup kitchens, and shelters across the 16 counties.
- Provides [mobile food assistance](#), CSFP, TEFAP, SNAP application assistance, backpack programs, and school pantries.
- Operates [health and hunger](#) programs such as Veterans Healthy Food Surplus, Prison Produce, and Farmacy, which partners with a local health network.
- Find list of [partner agencies](#).

Ozarks Food Harvest

- Partners with 270 agencies to distribute food across their service areas.
- Operates backpack programs, after-school programs, SFSP, mobile food pantries, CSFP, SNAP application assistance, and community gardens.
- Find list of [partner agencies](#).

Second Harvest Community Food Bank

- Serves part of Kansas and Missouri.
- Provides nutrition education, backpack programs, school pantries, Kids Cafe, SFSP, SNAP application assistance, CSFP, TEFAP, [fresh mobile pantries](#), and a [produce Rx program](#).
- Find list of [partner agencies](#).

Operation Food Search (OFS)

- Serves Missouri and Illinois.
- Provides child nutrition programs (including backpack program, summer meals), nutrition education (including Cooking Matters), Metro Market (mobile pantry bus), flex farming, Fresh Rx – Nourishing Healthy Starts and Fresh Rx – Prescribing Healthy Futures.
 - Note: OFS Fresh Rx pilot study has shown positive results. OFS began a three-year randomized trial study investigating the Food as Medicine approach in 2021 and hopes to make the case for insurance reimbursement of healthy food used to address food insecurity. Preliminary [results](#) show that study participants experiencing very low insecurity dropped from 76% to 19%.
- Find list of [partner agencies](#).

Select Food and Nutrition Security Programs

Healthy Food Incentive Programs

- [Double Up Food Bucks](#) serving Kansas and Missouri.

- Gus Schumacher Nutrition Incentive Program (GusNIP)
 - *Current Funding:* The Kansas-Missouri Nutrition Incentive Program. The program is led by [Mid-America Regional Council Community Services Corporation](#).

Community Nutrition Education Programs

- Expanded Food and Nutrition Education Program (EFNEP)
 - [Lincoln University Cooperative Extension](#)
 - [University of Missouri-Columbia Extension](#)
- Supplemental Nutrition Assistance Program Education (SNAP-ED)
 - The Missouri Department of Social Services is the state agency responsible for the MO state SNAP-Ed program known as Family Nutrition Program: Missouri's SNAP-Ed Program. SNAP-Ed implementing agencies include:
 - University of Missouri
 - For more information, [click here](#).

COVID Response

- Pandemic EBT (P-EBT) Program resources are available at the [MO Department of Social Services](#).

Food (Policy) Coalitions and Councils

- [Feeding Missouri](#)
- [Greater Kansas City Food Policy Coalition](#)
- [Joplin Area Food Action Network](#)
- [Known and Grown St. Louis](#)
- [Missouri Coalition for the Environment](#) - [St Louis Food Policy Coalition](#)
- [The Food Security Coalition](#)

Other Collaborators to Consider

- [University of Missouri - Interdisciplinary Center for Food Security](#) aims “to better understand and address the causes and consequences of hunger and food insecurity.”

Data Sources and Resources

- [Missouri 2019 Hunger Atlas](#) - University of MO, Interdisciplinary Center for Food Security
- [MO Profile of Hunger, Poverty, and Federal Nutrition Programs](#) - Food Research and Action Center

The Improving Food Security, Access to Safe Physical Activity, and Social Connectedness (otherwise known as the Building Resilient Inclusive Communities, or BRIC) program is supported by the Centers for Disease Control and Prevention of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$7,000,000 with 100 percent funded by CDC/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by CDC/HHS, or the U.S. Government.

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