**Quick Reference Assistance Guide**

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| **Government Assistance Programs** | **Community Assistance Programs** |
| **Supplemental Nutrition Assistance Program (SNAP)**  Formerly known as Food Stamps, SNAP offers a monthly benefit based on income and household size to purchase food. A credit amount is loaded on an EBT card and cannot be withdrawn as cash.  601Business Loop 70 W #272  855-373-4636  [www.Mydss.mo.gov](http://www.Mydss.mo.gov) | **The Wardrobe**  Clothing and shoe referrals. Referrals shop Tuesdays, 11:00 - 2:30. Offers $5 shoe coupons for enrolled school-age children.  715 Park Ave  573-442-3260. |
| **Temporary Assistance for Needy Families (TANF)**  A cash benefit for households with children to help provide basic needs. Recipients must participate in the Missouri Work Assistance Program.  602 Business Loop 70 W #272  855-373-4636  [www.mydss.mo.gov/media/pdf/temporary-assistance](http://www.mydss.mo.gov/media/pdf/temporary-assistance) | **Salvation Army**  Offers clothing vouchers and assistance obtaining IDs and birth certificates. Also provides temporary shelter through Salvation Army Harbor House. Walk-ins welcome Wednesdays, 9-12 and 1-4.  1108 W Ash  573-424-3229 |
| **Women, Infants and Children** (**WIC)** Provides income-based nutrition services for pregnant women, new mothers, babies, and children up to their 5th birthday.  1005 W. Worley St  573-874-6430  1005 W Worley St  <https://www.como.gov/health/wic> | **Childcare Subsidy**  Helps with child-care costs and services provided days, evenings, and weekends.  601 Business Loop 70 #272  855-373-4636.  <https://dss.mo.gov/cd/child-care/files/ccare.pdf> |
| **Columbia Public Schools Title 1 Program**  Offers no-cost education for children ages 3-5 (non-kindergarten) with developmental needs. Eligibility determined through screening process.  1010 Rangeline St  573-214-3585  <https://www.cpsk12.org/titlei> | **Daydream Foundation**  Provides enrollment and equipment fees for school students ages 5-18 to be able to participate in sports. Recipients must participate in Community Service. Up to $500 per student per calendar year.  573-214-2600  <http://www.daydreamsfoundation.org> |
| **CMCA Energy Assistance**  Low Income Household Water Assistance Program (LIHWAP) and Low Income Home Energy Assistance Program (LIHEAP)  807 N. Providence Rd  573-443-1100  <https://cmca.us/get-help/energy-assistance>. | **Voluntary Action Center- VAC**  Provides seasonal items including coats, fans, computers, Christmas gifts, food pantry and hygiene items. Provides $50 per year for various basic needs and rental assistance programs.  403 A Vandiver Dr  573-874-2273 |
| **Department of Public Health and Human Services**  Provides assistance with water and electric bills for families with children under 18, disabled adults and seniors (over 60).  1005 W Worley  573-874-7356 or 573-817-6430  <https://www.como.gov/health/humanservices/assistance-with-utility-bills/> | **Saint Vincent de Paul (SVDP)**  Assist primarily with rent and utilities but will consider all requests. Call Mondays, Wednesdays, and Fridays 8:30-9:30. Leave a message and they will call back if they can assist.  573-424-1022  <https://www.svdpcomo.org/> |
| **MO HealthNet**  Missouri’s Medicaid Program for those without health insurance.  601 Business Loop 70 #272  885-373-4636  <https://mydss.mo.gov/healthcare> | **Catholic Charities of Central and Northern Missouri**  Qualifying families receive up to $250 per fiscal year. Call to schedule intake. Wait is often two weeks.  573-635-7719.  [www.cccnmo.org](http://www.cccnmo.org) |
| **Medicare Cost Savings**  Qualified individuals may have Medicare premium waived or reduced and receive help with co-insurance and deductibles for Medicare services.  <https://mydss.mo.gov/medicare-cost-savings-programs> | **Christmas**  Salvation Army Angel Tree:  1108 W Ash  573-442-3229  VAC:  573-874-2273  Toys for Tots:  573-826-1536  [www.toysfortots.com](http://www.toysfortots.com)  Columbia Parks and Recreation:  573-817-5077 |
| **Children and Youth with Special Health Care Needs Program- CYSHCN**  Provides limited funding for medically necessary diagnostic and treatment services for children whose families meet eligibility requirements.  573-751-6246 or 800-451-0069  <https://health.mo.gov/living/families/shcn/cyshcn.php> |  |
| **Cell Phones**  Free government cell phones.  <https://www.freegovernmentcellphones.net/states/missouri-government-cell-phone-providers> |  |
| **Internet Service**  Eligible households can receive $30 per month for internet service and $100 toward the purchase of a laptop or desktop computer or a tablet:  [www.fcc.gov/broadbanbenefit](http://www.fcc.gov/broadbanbenefit)  or for public school students:  <https://www.cpsk12.org/covid19/technology> |  |