

# Food Stamps For Immigrants



## More Immigrants Can Now Get Food Stamps

The Food Stamp Program in Missouri has gotten better. The law has changed. More immigrants can now get food stamps.

The Food Stamp Program gives people with low income help buying food.

## Which Immigrants Can Get Food Stamps Under the New Rules?

Immigrants who receive disability benefits. It does not matter when they came into the United States.

All qualified legal immigrants who have been in the United States for at least five years.

**Exception:** Some qualified immigrants are eligible immediately, *regardless of when* they came into the United States—

1. Refugees

2. Asylees
3. Veterans
4. Some immigrants with U.S. work histories

All qualified legal immigrant children. It does not matter when they came into the United States.

### **Who is a “Qualified” Immigrant?**

1. “Green card” holders (lawful permanent residents)
2. Conditional entrants
3. Refugees
4. Asylees
5. Parolees
6. Cuban or Haitian entrants
7. Amerasian immigrants
8. Immigrants who have been granted withholding of deportation/removal
9. Immigrants who are victims of domestic violence or immigrant trafficking

Even if *you* cannot get food stamps, *other* people living with you can still apply for food stamps. Accepting Food Stamps does *not* make you a “public charge.” If you have questions, call your local legal aid office.

### **Notice**

This material was prepared by Missouri Legal Services lawyers. October, 2004. Sometimes the laws change. We cannot promise that this information is always up-to-date and correct. If the date above is not this year, call us to see if there is an update. We provide this information as a public service. It is not legal advice. By sending you this information, we are not acting as your lawyer. Always consult a lawyer, if you can, before taking legal action. Sorry, but we cannot respond to website requests for help. If you believe you have a legal problem we can

help you with, call your local legal aid program.

[Public Benefits](#)

Print

Table of Contents

NEWS

## **News & publications**

The news about recent activities for needed peoples.

[More News](#)

18 Jun 2025



Key Groups Send Support Letters to Congress for LSC

Amid threats to LSC's funding, key groups are stepping up to urge Congress's...

[Continue Reading](#)

18 Jun 2025



## LSC Launches Rapid Response Campaign to Defunding Threat

President Trump's FY 2026 budget proposal, released May 30, calls for the...

[Continue Reading](#)