

Have you been affected by the COVID-19 pandemic? Perhaps you can't leave your home and you don't know who to ask for help? If you need food, The Laura Miller George Help Center Food Pantry and our partners will be there for you to make sure you have supplemental food. Just call 573-581-3238, Extension 12, and leave a message and we will help!

Are You Hungry?

We may be able to help!

The COVID-19 pandemic continues to place a strain on many aspects of life. If your family is struggling to put food on the table, know the 1,000 Missouri Food Pantries may be able to help.

If you need help:

- Locate a nearby Food Pantry by visiting: feedingmissouri.org/
- You do not need to receive Food Stamp (SNAP) benefits to get help
- There is no lengthy application process - provide proof of residency, basic information, and answer a few questions
- Call the pantry before you go to clear up any questions you may have
- **There is no shame in using pantries.** From time to time we all need help!



During this time, Feeding Missouri, its Food Banks and Pantries are partnering with the Missouri Departments of Corrections, Social Services, Economic Development, Agriculture, Health and Senior Services, Higher Education and Workforce Development, and Elementary and Secondary Education to make sure Missourians have access to nutritious food.