

## Activity and Nutrition Resources in Joplin

*Organizations with various programs promoting health, safety, and education for families*

### CHAMPS KCU Score 1 for Health 417-208-0761

- Free health coaching for the entire family! Learn how making small changes can lead to a family's healthier lifestyle.
- Meet with a trained coach for 6-8 individual sessions at convenient times and locations.

### The Alliance of SW Missouri [www.theallianceofswmo.org](http://www.theallianceofswmo.org) 417- 782-9899

Local organization offering multiple tools and resources for parents/guardians and children of any age. (newborn – teenager)

### Double Up Food Bucks- Kansas and Missouri

"We'll double your dollars for buying fruits and vegetables with your EBT card"

Visit the website to learn more and locate participating vendors in more than 25 States <https://doubleupamerica.org/>

### Local Farmer's Markets

- **Empire Market** open Saturdays at 10-2 indoors at 931 E. 4<sup>th</sup> St. Joplin  
Accepts EBT, Honors SNAP program & Double Up Food Bucks <https://downtownjoplin.com/joplin-empire-market/>  
Offers free kid meals year round
- **Webb City Farmers Market** open Saturdays 9-12, Tuesdays 11-2 pm (April- Oct.), & Thursdays 11-2 (April-August) at King Jack Park, 106 E Tracy Street, Webb City Accepts EBT, Honors SNAP program & Double Up Food Bucks  
[www.webbcityfarmersmarket.com](http://www.webbcityfarmersmarket.com)

### Parents as Teachers [www.parentsasteachers.org](http://www.parentsasteachers.org) 1-866-728-4968

Joplin: 625-5200, Carthage: 359-7102, Carl Junction: 649-5709, Webb City 776-1204

### Joplin YMCA [www.joplinfamilyy.org](http://www.joplinfamilyy.org) 417-781-YMCA 3404 West McIntosh Circle, Joplin

### Fit-tastic [www.fittastic.org](http://www.fittastic.org) Website offering ideas, tools, and resources on physical activity, nutrition, and family wellbeing.



Resource sheets



Fruit & Veggie Connect



Stay Fit

### <https://myplate.gov>

Website offering dietary guidelines, tools, resources, and recipes for healthy eating.

### [www.kidshealth.org](http://www.kidshealth.org)

Nonprofit children's health system offering families tools to inspire healthiness and happiness.

### Missouri Medicaid & Missouri Managed Medicaid Plans

Apply toll-free at 1-855-373-4636 or online at [www.mydss.mo.gov](http://www.mydss.mo.gov)

Local Missouri Medicaid Application Counselors-

- ACCESS Family Care: (Joplin) 417-621-5747, (Neosho) 417-451-4447 ext. 308
- Freeman Health System: 417-347-6683
- Mercy Hospital: Eligibility Insurance Assistance 1-844-764-6850
- ✓ contact counselor to make an appointment
- ✓ inquire what documentation to bring (*you do not have to be a patient to meet with an agency application assistant*)

*\*Missouri Managed Medicaid Plans include: Home State Health, Healthy Blue, and United Healthcare*



Scan the QR code to access KCU Score 1 for Health's website for additional information and please note that area resources are not limited to this list, contact KCU Score 1 for Health Joplin Campus at [jgranados@kansascity.edu](mailto:jgranados@kansascity.edu) for further resource assistance.