

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 417- 782-9899

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

Local Farmer's Markets

- **Empire Market** open Saturdays at 10-2 indoors at 931 E. 4th 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 4-7 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.webcityfarmersmarket.com

Parents as Teachers 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 417-781-YMCA 3404 West McIntosh Circle, Joplin

Fit-tastic 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.healthyjoplin.com Website offering information and calendar events on healthy eating and active living

Live. Work. Play. Discover a more active Joplin

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

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 EmWilliams@kansascity.edu for further resource assistance.