Missouri's machinery, chemicals, and food industries all benefit from international engagement. In 2018, Missouri exported over $14 billion worth of goods to foreign markets, benefiting more than 6,000 Missouri companies – of which 85% are small and medium sized businesses. Overall, international trade supports more than 760,000 jobs in the state.

Missouri exported $14.5 billion in goods to foreign markets in 2018. Missouri's largest markets in 2018 were:

- Canada ($5.5 billion)
- Mexico ($2.6 billion)
- China ($783 million)
- Japan ($533 million)
- Belgium ($495 million)

Agricultural exports are important to Missouri’s economy, totaling $4 billion in 2017, according to the USDA.

Since 2014, the U.S. Export-Import Bank has financed $809 million in exports from 75 companies in Missouri.

Since 1971, the Overseas Private Investment Corporation has invested $362 million in Missouri companies for overseas investment.

Since 1992, the U.S. Trade and Development Agency has helped facilitate $213 million in exports from Missouri companies, supporting an estimated 1,200 jobs in the state.

Since 1961, 3,593 Peace Corps volunteers from Missouri have served in dozens of countries overseas.

In 2016-2017, 5,782 Missouri students studied abroad.

During 2018, 23,014 international students were enrolled in Missouri colleges and universities and contributed $627 million to the Missouri economy.