



# State Resources for Seniors in Arizona

At AssistedLiving, we understand that learning about and accessing the assistance you need isn't easy. We created this guide to help seniors and their families learn about the available financial assistance options for senior living and senior care in your state so you can focus on what matters: finding the right senior care for your loved one. In the following resource guide, learn about the financial assistance options for senior care and senior living in your state, what benefits the different programs offer, who is eligible, and how to apply.

# Food Assistance Programs for Seniors

Food insecurity and undernutrition are major issues among the nation's senior population. According to the United Health Foundation, about 9% of Arizona's seniors live at or below poverty. Even seniors who have moderate income may struggle to pay for food and other essentials, such as housing and health care. Fortunately, numerous programs are available from food stamps and pantry boxes to home-delivered meals.

## Meals on Wheels

The Older Americans Act helps support Meals on Wheels and congregate dining programs that are operated at the local level. These programs typically provide home-delivered meals on a sliding scale. In most cases, applicants must be homebound or unable to cook or shop for themselves. You can find your local program by visiting Meals on Wheels of America or by contacting your Area Agency on Aging

	Area Served	Address	Phone Number
<b>Phoenix Human Services Home Delivered Meals</b>	Phoenix	200 W. Washington St., Phoenix, AZ 85003	(602) 264-4357
<b>Mobile Meals of Southern Arizona</b>	Tucson Area	4803 E. 5th St., Ste 209, Tucson, AZ 85711	(520) 622-1600
<b>Pima Meals on Wheels</b>	Pima County	8467 E. Broadway, Tucson, AZ 85710	(520) 790-7262
<b>Prescott Meals On Wheels</b>	Prescott	1280 E. Rosser St., Prescott, AZ 86301	(928) 445-7630
<b>Sun City Meals on Wheels</b>	Sun City and Youngtown	10404 W. Coggins Drive, Suite 106, Sun City, AZ 85351	(623) 974-9430
<b>Meals on Wheels Show Low</b>	White Mountain Area	301 E. McNeil, Show Low, AZ 85901	(928) 532-0656
<b>Aster Meals on Wheels</b>	Mesa	45 W. University Drive, Ste. A, Mesa, AZ 85201	(480) 964-9014
<b>Pinal-Gila Council for Seniors</b>	Central Arizona	8969 W. McCartney Road, Casa Grande, AZ 85194	(520) 836-2758

## Food Pantries

Food pantries are another valuable resource for seniors who are struggling to pay for necessities. These programs are typically operated by nonprofits and faith-based charities, including local churches. The Arizona Food Bank Network supports five regional food pantries that cover most of the state.

	Area Served	Address	Phone Number
<b>St. Mary's Food Bank Alliance</b>	Phoenix and Northern Arizona	2831 N. 31st Ave., Phoenix, AZ 85009	(602) 242-3663
<b>United Food Bank</b>	Eastern Maricopa County and Surrounding Areas	245 S. Nina Drive, Mesa, AZ 85210	(480) 926-4897
<b>Desert Mission Food Bank</b>	Phoenix Area	9229 N. Fourth St., Phoenix, AZ 85020	(602) 870-6062
<b>Yuma Community Food Bank</b>	Southwest Arizona	2404 E. 24th St., Yuma, AZ 85365	(928) 343-1243
<b>Community Food Bank of Southern Arizona</b>	Pima and Four Surrounding Counties	3003 S. Country Club Road, Tucson, AZ 85713	(520) 622-0525

## Government Assistance Programs

Thanks to state and federal funding, numerous nutrition support programs are available to seniors and other at-risk groups. Qualification is typically based on your household income. Your age may also be considered for some programs.

	Area Served	Address	Phone Number
<b>Arizona Community Senior Food Program</b>	Local Level	Varies by Location	Find a CSFP Location
<b>Emergency Food Assistance Program</b>	Local Level	Varies by Location	Find a TEFAP Site
<b>Coordinated Hunger Relief Program</b>	Regional	Contact Your Local Food Bank	(602) 528-3434
<b>Senior Farmers Markets Nutrition Program</b>	Multiple Locations	By Market	(833) 836-8253