



# State Resources for Seniors in Texas

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

## Meals on Wheels

For older adults, regular hot meals can be the difference between feeling healthy and vibrant or lethargic and tired. Proper food boosts the immune system and is essential for the elderly and those with health care needs.

Meals on Wheels is operated by a network of friendly volunteers, with the aim of providing nourishing, nutritious food for those in-need. In addition to meal services, recipients get a check-in from a kind individual. This can give peace of mind to relatives and caregivers who aren't able to stop by and visit their loved ones daily.

	Area Served	Address	Phone Number
<b>Meals on Wheels - Wise County Committee on Aging</b>	Wise County	300 North Trinity Street A, Decatur, TX 76234	(940) 627-5329
<b>Meals On Wheels Waco</b>	McLennan, Falls and Hill counties	501 West Waco Drive, Waco, TX 76707	(254) 752-0316
<b>Meals on Wheels San Antonio</b>	San Antonio	4306 Northwest Loop 410, San Antonio, TX 78229	(210) 735-5115
<b>Meals on Wheels Central Texas</b>	Central Texas	3227 East 5th Street, Austin, TX 78702	(512) 476-6325
<b>Meals On Wheels of Amarillo</b>	Amarillo	7550 Outlook Dr, Amarillo, TX 79106	(806) 374-1521

## Food Pantries

There are food pantries and food banks all over Texas, providing non-perishable food such as pasta, canned meat and fish, rice, cereals, soup, lentils, beans and tinned vegetables.

Each food bank has its own eligibility criteria, which are usually outlined on each individual website. However, the main aim is to provide those in need with access to food when they cannot provide for themselves.

	Area Served	Address	Phone Number
<b>North Texas Food Bank</b>	Dallas, Denton, Collin, Fannin, Rockwall, Hunt, Grayson, Kaufman, Ellis, Navarro, Lamar, Delta and Hopkins counties	3677 Mapleshade Lane, Plano, TX 75075	(214) 330-1396
<b>Central Texas Food Bank</b>	Central Texas	6500 Metropolis Drive, Austin, TX 78744	(512) 282-2111
<b>NTX Community Food Pantry</b>	The Colony, SE Denton County and surrounding areas	5201 S Colony Blvd Suite 650, The Colony, TX 75056	(469) 514-9065
<b>Southeast Texas Food Bank</b>	Southeast Texas	3845 S M L King Jr Parkway, Beaumont, TX 77705	(409) 839-8777

## Government Assistance Programs

If you're struggling to pay for food using the programs and initiatives above, you can still get help. Federal and state governments oversee several programs in Texas that can provide meals and financial support paying for food.

	Area Served	Address	Phone Number
<b>Texas Supplemental Nutrition Assistance Program</b>	Statewide	Apply for Texas SNAP online	(877) 541-7905
<b>Senior Farmers Market Nutrition Program</b>	Statewide	Find your state agency contact	(512) 463-7476