



State Resources for Seniors in Nebraska

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

Good nutrition is vital for older adults and is important in the management of certain health conditions common in later life. For seniors on fixed incomes or who have financial constraints, or who find it difficult to make it to the grocery store or prepare nutritious meals because of physical limitations or lack of transportation, getting the nutrition they need can be a challenge. Fortunately for these Nebraskans, the state has a number of food assistance programs specifically designed to help seniors obtain the nutrition they need at the lowest cost and with the least effort. These programs include Meals on Wheels, food pantries and government assistance programs.

Meals on Wheels

Meals on Wheels provide home-delivered fresh, nutritious meals to seniors throughout their service area, helping combat both hunger and loneliness. Each Meals on Wheels office determines its own delivery schedule and menu. The typical eligibility requirements for assistance from Meals on Wheels include advanced age, difficulty obtaining ingredients and preparing meals due to physical or mental limitations, unable to attend a senior center, lack of cooking supplies or equipment, lack of support from a spouse or family members, and the willingness to undergo periodic assessments of needs.

	Area Served	Address	Phone Number
Meals on Wheels Eastern Nebraska	Omaha metro area, Dodge County, Washington County	4780 South 131st Street Omaha, NE 68137	(402) 444-6536

Food Pantries

Nebraska has food pantries located throughout the state that provide nonperishable items such as pasta, cereal, peanut butter and canned goods to seniors and other needy residents. Each pantry determines the types of foods it hands out and the eligibility guidelines to receive help.

	Area Served	Address	Phone Number
Food Bank for the Heartland	Omaha metropolitan area	10525 J St Omaha, NE 68127	(402) 331-1213
Food Bank of Lincoln	Lincoln metropolitan area	1221 Kingbird Rd Lincoln, NE 68521	(402) 466-8170
Mid-Nebraska Food Bank	Kearney and surrounding areas	114 E. 11th St Kearney, NE 68847	(308) 865-5683

Government Assistance Programs

Government assistance programs offer another option for seniors in Nebraska to receive help obtaining and preparing nutritious meals. Several options are available in the state.

	Area Served	Address	Phone Number
Emergency Food Assistance Program	Statewide	301 Centennial Mall South Lincoln, NE 68509	(402) 471-3121
Supplemental Nutrition Assistance Program (SNAP)	Statewide	301 Centennial Mall South Lincoln, NE 68509	(402) 471-3121
Nebraska Senior Farmers Market Nutrition Program	Statewide	Nebraska Department of Agriculture PO Box 94947 Lincoln, NE 68509	(402) 471-4876