



# State Resources for Seniors in Wyoming

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 important for seniors. However, many older adults either struggle to shop and cook for themselves due to limited mobility or lack the financial resources to keep a well-stocked pantry. The following organizations can help seniors maintain a healthy diet by providing meal deliveries or reducing the financial burden of grocery shopping.

## Meals on Wheels

Meals on Wheels is a national organization that combats both hunger and isolation. Local Meals on Wheels organizations deliver freshly prepared meals to seniors each day, helping ensure they meet their day-to-day nutritional requirements. The volunteer drivers also provide wellness checks and give seniors some regular social contact, helping them feel confident and safe while they live independently in the community.

In addition to these Meals on Wheels organizations, many local senior centers offer a congregate nutrition service. Seniors can contact their nearest senior center for information about meal service times and prices.

|                                     | Area Served | Address   | Phone Number   |
|-------------------------------------|-------------|---|----------------|
| <b>Meals on Wheels Cheyenne</b>     | Cheyenne    | 2015 S. Greeley Highway,<br>Cheyenne, WY 82007  | (307) 635-5542 |
| <b>Meals on Wheels Casper</b>       | Casper      | 1760 E. 12th Street, #4005,<br>Casper, WY 82601 | (307) 265-8659 |
| <b>Meals on Wheels Jackson Hole</b> | Jackson     | 830 E. Hansen Avenue,<br>Jackson, WY 83001      | (307) 733-7300 |



## Food Pantries

Food pantries supply non-perishable foods such as tinned, canned or dried goods to seniors and low-income families across the state. These pantries help those who cannot afford groceries by supplying basic foods to help maintain a nutritious diet.

|  | Area Served                                 | Address                                      | Phone Number   |
|--|---|--|----------------|
| <b>Food Bank of Wyoming</b>                    | Mobile Pantries serving locations statewide | Locations across the state                   | (307) 265-2172 |
| <b>Lander Care and Share Food Bank USDA</b>    | Lander                                      | 281 Garfield Street,<br>Lander, WY           | (307) 332-7364 |
| <b>Rock Springs Food Bank</b>                  | Sweetwater County                           | 90 Center Street,<br>Rock Springs, WY 82901  | (307) 382-7332 |
| <b>Pinedale Food Basket</b>                    | Pinedale                                    | 104 N. Bridger Avenue,<br>Pinedale, WY 82941 | (307) 367-3206 |
| <b>Open Door Church - Bread of Life Pantry</b> | Gillette County                             | 111 E. 2nd Street,<br>Gillette, WY 82716     | (307) 685-3337 |

## Government Assistance Programs

Seniors who are on a very low income or who are faced with other financial emergencies may find the following government assistance programs can help. These programs provide seniors with food stamps or short-term financial support. TANF/POWER is aimed at families, including grandparents who are currently looking after grandchildren.

|  | Area Served | Address                        | Phone Number   |
|--|-------------|--------------------------------|----------------|
| <b>Supplemental Nutrition Assistance Program</b> | Statewide   | Contact your local DFS office. | (307) 777-5846 |
| <b>TANF/POWER</b>                                | Statewide   | Contact your local DFS office. | (307) 777-5846 |