



# State Resources for Seniors in Virginia

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

Virginia has very low rates of food insecurity and poverty among its senior population, which puts it ahead of the nation. However, it may still be a challenge for some seniors to pay for the cost of food and other essentials, in addition to medical services and long-term care. Fortunately, government agencies and nonprofits provide numerous resources to help seniors across the state.

## Meals on Wheels

Meals on Wheels is a federally funded program available to seniors and homebound residents across the state. Meals are typically provided on a sliding scale based on your ability to pay. In most cases, you must be homebound or unable to cook or shop to qualify for this program. Meals on Wheels chapters are located throughout the state.

	Area Served	Address	Phone Number
<b>Feed More</b>	Richmond and northern Virginia	1415 Rhoadmiller Street, Richmond VA 23220	(804) 521-2500
<b>Fairfax Area Meals on Wheels Program</b>	Fairfax County	12000 Government Center Parkway, Fairfax, VA 22035	(703) 324-5409
<b>Meals on Wheels Virginia Beach</b>	Virginia Beach	745 Little Neck Road, Virginia Beach, VA 23452	(757) 419-8810
<b>Local Office on Aging</b>	Roanoke/Alleghany Area	P.O. Box 14205, Roanoke, VA, 24038	(540) 345-0451
<b>Senior Services of Southeastern Virginia</b>	Southeast Virginia	2551 Eltham Avenue, Suite Q, Norfolk, VA 23513	(757) 461-9481
<b>Valley Program for Aging Services</b>	Waynesboro	325 Pine Avenue, P.O. Box 817, Waynesboro, VA 22980	(540) 949-7141
<b>Meals on Wheels of Arlington</b>	Arlington County	P.O. Box 40203, Arlington, VA 22204	(703) 522-0811
<b>Williamsburg Area Meals on Wheels</b>	Williamsburg	5700 Warhill Trail, Williamsburg, VA 23188	(757) 229-9250
<b>Meals on Wheels of Greater Lynchburg</b>	Lynchburg and surrounding counties	P.O. Box 1388, Lynchburg, VA 24505	(434) 847-0796
<b>Meals on Wheels of Charlottesville/Albemarle</b>	Charlottesville/Albemarle	704 Rose Hill Drive, Charlottesville, VA 22903	(434) 293-4364

## Food Pantries

Food pantries are a vital resource for families who live below the poverty line or are facing short-term difficulties. The following organizations can provide pantry staples, toiletries and other items, including pet food.

	Area Served	Address	Phone Number
<b>Feeding Southwest Virginia</b>	Southwest Virginia	1025 Electric Road, Salem, VA 24153	(540) 342-3011
<b>Blue Ridge Area Food Bank</b>	Northwest Virginia	96 Laurel Hill Road, Verona, VA 24482	(540) 248-3663
<b>Capital Area Food Bank</b>	D.C. Suburb	4900 Puerto Rico Avenue NE, Washington, D.C. 20017	(202) 644-9800
<b>Feed More</b>	Richmond and Surrounding Areas	1415 Rhoadmiller Street, Richmond, VA 23220	(804) 521-2500
<b>Fredericksburg Regional Food Bank</b>	Fredericksburg, King George and surrounding areas	3631 Lee Hill Drive, Fredericksburg, VA 22408	(540) 371-7666
<b>Virginia Peninsula Food Bank</b>	Hampton, Jamestown and surrounding areas	2401 Aluminum Avenue, Hampton, VA 23661	(757) 596-7188
<b>Foodbank of Southeastern Virginia and the Eastern Shore</b>	Chesapeake/Virginia Beach	800 Tidewater Drive, Norfolk, VA 23504	(757) 627-6599

## Government Assistance Programs

Virginia offers several nutrition assistance programs that serve seniors and families in need. The following programs can provide direct assistance, such as commodity boxes, as well as vouchers that can be used to purchase items of your choice.

	Area Served	Address	Phone Number
<b>Senior Farmers' Market Nutrition Program</b>	Regional	Contact your AAA or Local Provider	(804) 662-9333
<b>Virginia Older Americans Congregate Nutrition Program and the Home-Delivered Nutrition Program</b>	Regional	Contact your AAA or Local Provider	(804) 662-9319
<b>Commodity Supplemental Food Program</b>	Statewide	102 Governor Street, Richmond, VA 23219	(804) 786-3520
<b>Supplemental Nutrition Assistance Program</b>	Statewide	Contact Your Local Department of Social Services	(800) 552-3431