



State Resources for Seniors in Washington

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

According to the United Health Foundation, more than 11% of seniors in Washington are at risk for hunger and food insecurity. Thanks to state and federal funding, seniors in Washington qualify for numerous nutrition assistance programs. The following resources provide vouchers, pantry staples and meal deliveries.

Meals on Wheels

Meals on Wheels chapters are located across Washington. These nonprofit organizations prepare and deliver daily and weekly meals. Each meal provides one-third of seniors' daily nutritional requirements. Meals on Wheels also offers wellness and safety checks, and some organizations even deliver pet food and holiday gifts. In Washington, these programs are typically operated at the county level.

	Area Served	Address	Phone Number
Meals on Wheels People	Clark County	7710 SW 31st Avenue, Portland, OR 97219	(503) 736-6325
Sound Generations	King County	2208 Second Avenue, Suite 100, Seattle, WA 98121	(206) 448-5767
Meals on Wheels Kitsap	Bremerton/Kitsap County	2817 Wheaton Way, Suite 208, Bremerton, WA 98310	(360) 377-8511
Skagit County Senior Services	Skagit County	P.O. Box 693, Mount Vernon, WA 98273	(360) 416-1500
People for People	Yakima	1008 W. Ahtanum Road, Suite 3, Union Gap, WA 98903	(509) 426-2601
Catholic Community Services	Pierce County	100 23rd Avenue S, Seattle, WA 98144	(253) 474-1300
Lutheran Community Services	Tacoma/South Puget Sound	3848 S. Junett Street, Tacoma, WA 98409	(253) 272-8433
Homage	Lynnwood	5026 196th Street SW, Lynnwood, WA 98036	(425) 347-1229
Mid-Columbia Meals on Wheels	Tri-cities/Benton and Franklin counties	1824 Fowler Street, Richland, WA 99352	(509) 735-1911
Senior Services for South Sound	Thurston and Mason counties	222 Columbia Street NW, Olympia, WA 98501	(360) 586-6181 ext. 124

Food Pantries

Food pantries are a lifeline for seniors and families who are unable to comfortably afford food and personal care items. Contact one of the following organizations to access food boxes and pantry staples.

	Area Served	Address	Phone Number
Food Lifeline	Seattle	815 S. 96th Street, Seattle, WA 98108	(206) 545-6600
Second Harvest Inland Northwest	Spokane and Northeast Washington	1234 E. Front Avenue, Spokane, WA 99202	(509) 534-6678
Volunteers of America Western Washington	Everett and Sultan	1230 Broadway, Everett, WA 98201	(425) 259-3191 ext. 13014
Northwest Harvest	Yakima, Kent, Spokane	P.O. Box 12272, Seattle, WA 98102	(800) 722-6924

Government Assistance Programs

Washington operates several nutrition assistance programs that target seniors, low-income families and other at-risk groups. Eligibility is typically based on your age, household income and personal needs.

	Area Served	Address	Phone Number
Senior Farmers Market Nutrition Program	Select Markets in Eastern and Western Washington	4450 10th Avenue SE, Blake West, Lacey, WA 98503	(800) 422-3263
State Food Assistance Program (FAP)	Statewide	See Local Listings	(877) 501-2233
Commodity Supplemental Food Program	Statewide	Find Local Programs	(360) 902-1800
Senior Nutrition Program	Statewide	4450 10th Avenue SE, Blake West, Lacey, WA 98503	(800) 422-3263