



State Resources for Seniors in California

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

It's important for older adults to get enough nutrients, especially if they have medical conditions that can make it difficult to eat sufficient food or absorb adequate amounts of vitamins and minerals. In California, Meals on Wheels, local food pantries and government assistance programs make nutritious food more affordable.

Meals on Wheels

Meals on Wheels combats hunger and isolation by delivering nutritious meals to seniors throughout California. Local branches of the organization decide how many and at what times meals will be delivered each week.

	Area Served	Address	Phone Number
Meals on Wheels Solano County	Solano County	95 Marina Center, Suisun City, CA 94585	(707) 425-0638
Meals on Wheels San Francisco	San Francisco	1375 Fairfax Avenue, San Francisco, California 94124	(415) 920-1111
Meals on Wheels West Los Angeles	ZIP codes 90024, 90025, 90049, 90073, 90077 and parts of 90210, 90211, 90034, 90035 and 90064	343 S. Church Lane, Los Angeles, CA 90049	(310) 208 4028
Meals on Wheels Orange County	Central and North Orange County	1200 North Knollwood Circle, Anaheim, CA 92801	(714) 220-0224
Meals on Wheels San Diego County	San Diego County	2254 San Diego Avenue, Suite 200, San Diego, California 92110	(619) 260-6110
Meals on Wheels Diablo Region	Contra Costa County	1300 Civic Drive, Walnut Creek, CA 94596	(925) 937-8311
Meals on Wheels of Alameda County	Alameda County	1721 Broadway, #201, Oakland, CA 94612	(510) 777-9560
Meals on Wheels of the Monterey Peninsula	Monterey Peninsula area	700 Jewell Avenue, Pacific Grove, CA 93950	(831) 375-4454

Food Pantries

Food pantries throughout California distribute pasta, canned goods, rice and other foods to seniors and individuals in need. Each pantry has its own eligibility guidelines and hours of operation.

	Area Served	Address	Phone Number
Alameda County Community Food Bank	Alameda County	7900 Edgewater Drive, Oakland, CA 94621	(510) 635-3663
Los Angeles Regional Food Bank	Los Angeles County	1734 East 41st Street, Los Angeles, CA 90058	(323) 234-3030
SF-Marin Food Bank	San Francisco and Marin	900 Pennsylvania Avenue, San Francisco, CA 94107	(415) 282-1900
Redwood Empire Food Bank	Sonoma, Mendocino, Del Norte, Lake and Humboldt counties	3990 Brickway Boulevard, Santa Rosa, CA 95403	(707) 523-7900
Food Bank of Santa Barbara	Santa Barbara County	4554 Hollister Avenue, Santa Barbara, CA 93110	(805) 967-5741

Government Assistance Programs

If you need help that isn't provided by the organizations listed above, you may qualify for assistance from one of the following government programs.

	Area Served	Address	Phone Number
CalFresh	Statewide	Contact your local office.	(877) 847-3663
General Assistance	Statewide	Administered at the county level.	Contact your county Social Services agency.