



State Resources for Seniors in Connecticut

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

Buying groceries, putting them away and preparing meals can be challenging for older adults with health or mobility issues. However, nutrition is one of the lifestyle factors that has the biggest impact on well-being. Not eating healthy, balanced meals makes it harder for your immune system to do its job.

Meals on Wheels, food pantries and government assistance programs can help low-income seniors in Connecticut afford a nutritious, healthy diet.

Meals on Wheels

Meals on Wheels is a government subsidized nonprofit that aims to eliminate hunger and loneliness by delivering nutritious, home-cooked food to eligible recipients in Connecticut.

Eligibility might vary depending on location, but generally speaking, the service is available to seniors over age 60. In many districts, you need to be assessed as homebound by the AAA and be unable to eat a Senior Congregate Meal. Meals are either free or very low cost.

	Area Served	Address	Phone Number
Meals on Wheels Plainville	Plainville	200 East Street Plainville, CT 06062	(860) 747-5728
Meals on Wheels Derby	Ansonia, Derby, Seymour, Oxford and Shelton	30 Elizabeth Street, Derby, CT 06418	(203) 736-5420
Meals on Wheels Meriden	Meriden	142 East Main Street, Meriden, CT 06450	(203) 630-4000
Meals on Wheels East Windsor	Central Connecticut	125 Main Street Broad Brook, CT 06016	(860) 292-8279
Meals on Wheels of Ridgefield	Ridgefield	25 Gilbert Street Ballard Green Ridgefield, CT 06877	(203) 438-8788

Meals on Wheels Hartford County	Hartford and Middlesex Counties	555 Windsor Street, Hartford, CT 06120	(860) 560-5848
Meals on Wheels Torrington	Torrington	140 Main Street, Torrington, CT 06790	(203) 757-5449
Meals on Wheels Central Naugatuck Valley	Central Naugatuck Valley	84 Progress Lane, Waterbury, CT 06705	(203) 757-7738
Meals on Wheels Housatonic Valley	Housatonic Valley	84 Progress Lane, Waterbury, CT 06705	(203) 743-5418
Meals on Wheels Litchfield Hills/Northwest	Litchfield Hills/Northwest	84 Progress Lane, Waterbury, CT 06705	(860) 482-4151

Food Pantries

Food pantries are located throughout Connecticut to provide sustenance and support to seniors in need. You'll find non-expired, non-perishable goods such as:

- Canned pasta, fish and meat
- Potato and rice mix
- Cereal
- Canned vegetables and fruit
- Spaghetti and pasta sauce
- Cake mix
- Pancake mix
- Tea and coffee
- Jellies, jams and peanut butter
- Soup
- Toilet tissue and paper towels
- Laundry and dish soap

	Area Served	Address	Phone Number
Connecticut Foodshare	Statewide	2 Research Parkway, Wallingford, CT 06492	(203) 469-5000
Granby Food Bank	Granby	248 Salmon Brook Street, Granby, CT 06035	(860) 651-3539

Government Assistance Programs

In addition to the above resources, the government oversees programs at the state and federal levels to help Connecticut seniors afford adequate nutrition. If you require help paying for food, you may be eligible for the following initiatives.

Connecticut's Supplemental Nutrition Assistance Program provides eligible older adults with electronic benefits transfer cards they can use in participating local stores. Many farmer's markets and farms accept SNAP payments, giving seniors access to local fresh fruit and vegetables.

	Area Served	Address	Phone Number
Supplemental Nutrition Assistance Program	Statewide	Find your local office	(855) 626-6632
Elderly Nutrition Program	Statewide	Eastern, Middlesex and Shoreline CT AAA: 19 Ohio Avenue, Norwich, CT 06360	Eastern, Middlesex and Shoreline areas of CT Agency on Aging: (860) 887-3561
		North Central AAA: 151 New Park Avenue, Box 75, Hartford, CT 06106	North Central CT Area Agency on Aging: (860) 724-6443
		South Central AAA: 117 Washington Avenue, North Haven, CT 06473	South Central Area Agency on Aging: (203) 785-8533
		Southwestern CT AAA: 1000 Lafayette Boulevard, Bridgeport, CT 06604	Southwestern CT Agency on Aging: (203) 814-3698
		Western CT AAA: 84 Progress Lane, Waterbury, CT 06705	Western CT Area Agency on Aging: (203) 757-5449