



State Resources for Seniors in New Hampshire

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

Seniors with limited mobility may find it difficult to shop or cook for themselves. In addition, those on a low income may find it difficult to cover the cost of traveling to stores and buying groceries. The following supportive services help seniors by either providing food to stock their pantries, offering financial aid, or supplying freshly cooked meals so they can maintain a healthy and balanced diet.

Meals on Wheels

Meals on Wheels is a national initiative to supply seniors with freshly prepared, nutritious meals while also combating loneliness and isolation. Delivery drivers offer seniors regular social contact and perform wellness checks as a part of their visits. This helps give seniors the confidence and peace of mind they need to remain in their own homes and live independently.

	Area Served	Address	Phone Number
Meals on Wheels Hillsborough County	Hillsborough County	PO Box 910/ 395 Daniel Webster Hwy, Merrimack, NH 03054	(603) 424-9967
Meals on Wheels - Rockingham	Rockingham, Derry, Epping, Exeter, Hampton, Londonderry, Newmarket, Plaistow, Portsmouth, Raymond, Salem, Seabrook and Windham.	106 North Road, Brentwood, NH 03833	(603) 679-2201
Meals on Wheels Strafford	Strafford County	25 Bartlett Avenue, Suite A, Somersworth, NH 03878	(603) 692.2411
Meals on Wheels Community Action Program	Belknap and Merrimack Counties	P.O. Box 1016, Concord, NH 03302	(800) 856-5525
Meals on Wheels Fremont	Fremont	PO Box 252, Raymond, NH 03077	(603) 895-3258

Food Pantries

Food pantries in New Hampshire provide low-income individuals with tinned or dried foods and other emergency supplies in times of need. Seniors can contact these organizations if they are having difficulties affording groceries.

	Area Served	Address	Phone Number
New Hampshire Food Bank	Several locations statewide	700 East Industrial Park Drive, Manchester, NH 03109	(603) 669-9725
Community Services Program Food Pantry	Alton	70 Main Street, Alton, NH 03809	(603) 875-2273
Tower Hill Food Pantry	Auburn	45 Myles Drive, Auburn, NH 03032	(603) 483-2272
Gilmanton Community Church and Food Pantry	Gilmanton	1817 New Hampshire 140, Gilmanton, NH 03837	(603) 364-0114
Bedford Presbyterian Church Food Pantry	Bedford	4 Church Road, Bedford, NH 03110	(603) 472-5841

Government Assistance Programs

Seniors who are in serious financial difficulty or who require more assistance than is offered by the organizations above may qualify for the following programs. These programs offer ongoing financial assistance or help with food and other bills, and are usually income-assessed programs.

	Area Served	Address	Phone Number
SNAP	Statewide	Contact your nearest DHSS Office.	(800) 877-8339
Old Age Assistance	Statewide	Contact your nearest DHSS Office.	(800) 942-4321