



# State Resources for Seniors in Oklahoma

At PayingforSeniorCare, 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

Food assistance programs are often vital to seniors, especially those who live alone or have mobility issues. Low-income seniors may have further difficulties because they can't afford the ever-increasing grocery store prices. Community food programs help improve seniors' overall nutrition and food security while decreasing unintended weight loss or malnutrition risk. In Oklahoma, programs such as Meals on Wheels, food pantries and various government assistance programs ensure seniors have ample nutritious food resources.

## Meals on Wheels

Meals on Wheels is a community-based program that delivers in-home meals to vulnerable seniors throughout Oklahoma. The program has a sliding-fee scale to make it cost-effective for all income levels and strives to meet older adults' nutritional and social needs through meal deliveries made by local branches statewide.

	Area Served	Address	Phone Number
<b>Meals on Wheels Association of Oklahoma</b>	Statewide	P.O. Box 691246 Tulsa, OK 74169	(918) 921-5388
<b>Meals on Wheels of Metro Tulsa</b>	Tulsa and surrounding areas	12620 East 31st Street Tulsa, OK 74146	(918) 627-4105
<b>Meals on Wheels Oklahoma City</b>	Oklahoma County	222 Northwest 15th Street Oklahoma City, OK 73103	(405) 609-1035
<b>Meals on Wheels of Norman</b>	Norman	528 East Main Street Norman, OK 73070	(405) 321-7272
<b>DOC Services Meals on Wheels</b>	Ottawa, Craig and Delaware Counties	P.O. Box 848 Miami, OK 74355	(918) 919-2857
<b>Meals on Wheels for Shawnee</b>	Shawnee	401 North Bell Shawnee, OK 74801	(405) 275-7910

## Food Pantries

Nonprofit organizations typically operate food pantries and play a significant role in distributing food directly to low-income individuals, including seniors. Food pantries collect all types of foods for disbursement and may have various eligibility requirements. Their hours of operation also may vary, so call first to confirm product availability and when they're open.

	Area Served	Address	Phone Number
<b>Southeast Oklahoma City Community Center</b>	Oklahoma City	6315 South Camille Avenue, Oklahoma City, OK 73149	(405) 672-7311
<b>Community Food Bank of Eastern Oklahoma</b>	Tulsa and McAlester	1304 North Kenosha Avenue Tulsa, OK, 74106	(918) 585-2800
<b>Catholic Charities Eastern Oklahoma Outreach</b>	Bartlesville, Broken Arrow, McAlester, Muskogee, Poteau, Sallisaw and Wilburton	P.O. Box 580460 Tulsa, OK 74158	(918) 949-4673
<b>Our Daily Bread Food &amp; Resource Center</b>	Payne County	701 East 12th Avenue Stillwater, OK 74074	(405) 533-2555
<b>Mission Norman</b>	Central Oklahoma	2525 East Lindsey Norman OK, 73071	(405) 321-8880
<b>New Emergency Resource Agency</b>	Ponca City and from the Kansas state line, south to Red Rock, east of I-35 to Shidler	112 South 1st Street Ponca City, OK 74601	(580) 765-5372
<b>Chickasha Emergency Food Pantry</b>	Grady County	428 South 6th Street Chickasha, OK 73023	(405) 320-0248

## Government Assistance Programs

Besides local food assistance programs, government agencies also have programs that help meet the nutritional needs of low-income seniors in Oklahoma. These programs allow seniors to purchase food from local grocery stores and farmers' markets. Each program has specific eligibility requirements, including income limits, and provides services at regional offices across the state.

	Area Served	Address	Phone Number
<b>Supplemental Nutrition Assistance Program (SNAP)</b>	Statewide	Contact your local DHS office	(866) 411-1877
<b>United States Department of Agriculture, Food and Nutrition Service (USDA/FNS), Commodity Supplemental Food Program</b>	Statewide	P.O. Box 25352 Oklahoma City, OK 73125	(800) 848-4019
<b>Senior Farmers' Market Nutrition Program</b>	Statewide	2400 North Lincoln Boulevard Oklahoma City, OK 73105	(877) 751-2972