



State Resources for Seniors in Arizona

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 insecurity and undernutrition are major issues among the nation's senior population. According to the United Health Foundation, about 9% of Arizona's seniors live at or below poverty. Even seniors who have moderate income may struggle to pay for food and other essentials, such as housing and health care. Fortunately, numerous programs are available from food stamps and pantry boxes to home-delivered meals.

Meals on Wheels

The Older Americans Act helps support Meals on Wheels and congregate dining programs that are operated at the local level. These programs typically provide home-delivered meals on a sliding scale. In most cases, applicants must be homebound or unable to cook or shop for themselves. You can find your local program by visiting Meals on Wheels of America or by contacting your Area Agency on Aging

	Area Served	Address	Phone Number
Phoenix Human Services Home Delivered Meals	Phoenix	200 W. Washington St., Phoenix, AZ 85003	(602) 264-4357
Mobile Meals of Southern Arizona	Tucson Area	4803 E. 5th St., Ste 209, Tucson, AZ 85711	(520) 622-1600
Pima Meals on Wheels	Pima County	8467 E. Broadway, Tucson, AZ 85710	(520) 790-7262
Prescott Meals On Wheels	Prescott	1280 E. Rosser St., Prescott, AZ 86301	(928) 445-7630
Sun City Meals on Wheels	Sun City and Youngtown	10404 W. Coggins Drive, Suite 106, Sun City, AZ 85351	(623) 974-9430
Meals on Wheels Show Low	White Mountain Area	301 E. McNeil, Show Low, AZ 85901	(928) 532-0656
Aster Meals on Wheels	Mesa	45 W. University Drive, Ste. A, Mesa, AZ 85201	(480) 964-9014
Pinal-Gila Council for Seniors	Central Arizona	8969 W. McCartney Road, Casa Grande, AZ 85194	(520) 836-2758

Food Pantries

Food pantries are another valuable resource for seniors who are struggling to pay for necessities. These programs are typically operated by nonprofits and faith-based charities, including local churches. The Arizona Food Bank Network supports five regional food pantries that cover most of the state.

	Area Served	Address	Phone Number
St. Mary's Food Bank Alliance	Phoenix and Northern Arizona	2831 N. 31st Ave., Phoenix, AZ 85009	(602) 242-3663
United Food Bank	Eastern Maricopa County and Surrounding Areas	245 S. Nina Drive, Mesa, AZ 85210	(480) 926-4897
Desert Mission Food Bank	Phoenix Area	9229 N. Fourth St., Phoenix, AZ 85020	(602) 870-6062
Yuma Community Food Bank	Southwest Arizona	2404 E. 24th St., Yuma, AZ 85365	(928) 343-1243
Community Food Bank of Southern Arizona	Pima and Four Surrounding Counties	3003 S. Country Club Road, Tucson, AZ 85713	(520) 622-0525

Government Assistance Programs

Thanks to state and federal funding, numerous nutrition support programs are available to seniors and other at-risk groups. Qualification is typically based on your household income. Your age may also be considered for some programs.

	Area Served	Address	Phone Number
Arizona Community Senior Food Program	Local Level	Varies by Location	Find a CSFP Location
Emergency Food Assistance Program	Local Level	Varies by Location	Find a TEFAP Site
Coordinated Hunger Relief Program	Regional	Contact Your Local Food Bank	(602) 528-3434
Senior Farmers Markets Nutrition Program	Multiple Locations	By Market	(833) 836-8253