



## State Resources for Seniors in South Dakota

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

Feeding America estimates that 7.1% of seniors — 5.2 million people — faced food insecurity in 2019. Food insecure seniors may worry about running out of food or skipping meals due to a limited food budget. Other seniors may no longer be able to prepare their own healthy meals. Fortunately, South Dakota offers an array of Meals on Wheels programs, food pantries and government programs to help keep seniors well fed.

## Meals on Wheels

The Meals on Wheels program provides nutritious, home-delivered meals to seniors who aren't able to prepare meals. Each program sets its menu and services based on the needs of local seniors. Depending on your location, options could include breakfast meals, hot lunches and frozen meals. South Dakota's Meals on Wheels programs may also provide shelf-stable blizzard meals to ensure seniors eat well during inclement weather.

	Area Served	Address	Phone Number
<b>Meals on Wheels Western South Dakota</b>	49 communities in western South Dakota	1621 Sheridan Lake Road, Suite C, Rapid City, SD 57702	(605) 394-6002
<b>Meals on Wheels Sioux Empire</b>	Sioux Falls and Brandon city limits	2300 West 46th Street, Sioux Falls, SD 57105	(605) 336-6748
<b>Aberdeen Senior Center Meals on Wheels</b>	Aberdeen area	1303 7th Avenue Southeast, Aberdeen, SD 57401	(605) 626-3330
<b>Dakota Senior Meals</b>	North Sioux City	301 Military Road, North Sioux City, SD 57049	(605) 780-0400
<b>Interlakes Community Action Program's 60 Plus Dining</b>	10 counties in east-central South Dakota	111 North Van Eps Avenue, Madison, SD 57042	(605) 256-6518 ext. 112

## Food Pantries

South Dakota's food pantries provide emergency food assistance to seniors who need help meeting their nutritional needs. Local food pantries typically offer a variety of shelf-stable foods, such as dried pasta, canned meat and peanut butter, but some also offer fresh fruit and vegetables. Food pantries may place limits on how often a senior can visit.

	Area Served	Address	Phone Number
<b>Feeding South Dakota Mobile Food Pantries</b>	48 counties throughout South Dakota	4701 North Westport Avenue, Sioux Falls, SD 57107	(605) 335-0364
<b>Salvation Army Emergency Food Pantry</b>	Sioux Falls	900 North Cliff Avenue, Sioux Falls, SD 57103	(605) 332-2331
<b>Brookings County Food Pantry</b>	Brookings County	217 4th Street, Brookings, SD 57006	(605) 692-5007
<b>Vermillion Food Pantry</b>	Clay County	9 Court Street, Vermillion, SD 57069	(605) 658-0118

## Government Assistance Programs

South Dakota offers government assistance programs that can help low-income seniors access the healthy foods they need. These assistance programs may provide supplemental funds, shelf-stable foods, group dining opportunities and other services.

	Area Served	Address	Phone Number
<b>Supplemental Nutrition Assistance Program</b>	Statewide	Contact your local Social Services Office.	(605) 773-3165
<b>Commodity Supplemental Food Program</b>	Most counties	Administered by local organizations.	(605) 773-3413
<b>South Dakota Adult Nutrition Program</b>	Most counties	Administered by local organizations.	(833) 663-9673