



# State Resources for Seniors in Minnesota

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

## Meals on Wheels

For older adults, consistently eating warm, nutritious meals helps to boost the immune system and stave off health issues. This can reduce the likelihood of needing premature nursing or assisted living care. Meals on Wheels serves older adults by providing well-balanced meals to people over 60 for free or at a very low cost.

What's more, a friendly neighbor delivers your meal and pays a visit as well, stopping for a quick chat and wellness check. Hot meals are typically served Monday through Friday, and frozen meals might be available outside of working hours. Many outposts let you choose a delivery schedule to suit your needs.

In some areas, seniors might be able to visit a senior center or other community setting for a congregate meal.

	Area Served	Address	Phone Number
<b>Impact Services Meals on Wheels</b>	Anoka, Bethel, Blaine, Cedar, Centerville, Champlin, Circle Pines, Columbia Heights, Columbus, Coon Rapids, East Bethel, Fridley, Ham Lake, Hill Top, Lexington, Lino Lakes, Linwood Township, Nowthen, Oak Grove, Ramsey, Saint Francis, Spring Lake Park	7590 Lyric Lane, NE Fridley, MN 55432	(763) 236-8718
<b>SEMCAC Meals on Wheels</b>	Dodge, Fillmore, Freeborn, Houston, Mower, Winona and Steele   Limited services in Olmsted, Goodhue, Rice, Wabasha and Waseca counties	545 Dunnell Drive, Owatonna, MN 55060	(507) 864-7741
<b>LSS Meals on Wheels</b>	Statewide. Find your local LSS Meals Service on the program website.	2485 Como Avenue, Saint Paul, MN 55108	(800) 488-4146

<b>Ramsey County Meals on Wheels</b>	Ramsey County	160 East Kellogg Boulevard, Room 9100, St Paul, MN 55101	(651) 266-4107
<b>Meals on Wheels Duluth</b>	Duluth	PO Box 161561 Duluth, MN 55816	(218) 625-7100

## Food Pantries

Food pantries provide nonperishable food products such as canned fish, pasta and rice to older adults in Minnesota who require it most. Each organization has its own rules and criteria for eligibility and access, which you can find on its website.

	Area Served	Address	Phone Number
<b>The Senior Food Shelf of Minneapolis, Minnesota</b>	Hennepin County	1801 Central Avenue NE, Minneapolis, MN 55418	(612) 788-9521
<b>Channel One Regional Food Bank</b>	Faribault, Waseca, Rice, Goodhue, Wabasha, Steele, Dodge, Olmsted, Freeborn, Mower, Fillmore, Winona and Houston Counties	131 35th Street SE Rochester, MN 55904	(507) 287-2350
<b>CROSS Services Food Market</b>	Anyone who can get to the Rogers location	12915 Weinand Circle, Rogers, MN 55374	(763) 425-1050
<b>Prairie Five Community Action</b>	Chippewa, Big Stone, Lac qui Parle, Swift and Yellow Medicine Counties	719 North 7th Street, Suite 302, Montevideo, MN 56265	(320) 269-6578

## Government Assistance Programs

If you're struggling to afford food using the programs above, there are state and federal initiatives in place to ensure you can afford to eat. The two main government assistance programs in Minnesota are listed below.

	Area Served	Address	Phone Number
<b>The Minnesota Food Assistance Program</b>	Statewide	Find your local DHS	(651) 431-2000
<b>Supplemental Nutrition Assistance Program</b>	Statewide	Find your local DHS	(651) 431-2000