



# State Resources for Seniors in Connecticut

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

Buying groceries, putting them away and preparing meals can be challenging for older adults with health or mobility issues. However, nutrition is one of the lifestyle factors that has the biggest impact on well-being. Not eating healthy, balanced meals makes it harder for your immune system to do its job.

Meals on Wheels, food pantries and government assistance programs can help low-income seniors in Connecticut afford a nutritious, healthy diet.

## Meals on Wheels

Meals on Wheels is a government subsidized nonprofit that aims to eliminate hunger and loneliness by delivering nutritious, home-cooked food to eligible recipients in Connecticut.

Eligibility might vary depending on location, but generally speaking, the service is available to seniors over age 60. In many districts, you need to be assessed as homebound by the AAA and be unable to eat a Senior Congregate Meal. Meals are either free or very low cost.

|                                     | Area Served                                    | Address                                    | Phone Number   |
|-------------------------------------|--|--|----------------|
| <b>Meals on Wheels Plainville</b>   | Plainville                                     | 200 East Street<br>Plainville, CT 06062    | (860) 747-5728 |
| <b>Meals on Wheels Derby</b>        | Ansonia, Derby, Seymour,<br>Oxford and Shelton | 30 Elizabeth Street,<br>Derby, CT 06418    | (203) 736-5420 |
| <b>Meals on Wheels Meriden</b>      | Meriden  | 142 East Main Street,<br>Meriden, CT 06450 | (203) 630-4000 |
| <b>Meals on Wheels East Windsor</b> | Central Connecticut                            | 125 Main Street<br>Broad Brook, CT 06016   | (860) 292-8279 |

|   |                                 |  |                |
|---|---------------------------------|--|----------------|
| <b>Meals on Wheels of Ridgefield</b>              | Ridgefield                      | 25 Gilbert Street<br>Ballard Green<br>Ridgefield, CT 06877 | (203) 438-8788 |
| <b>Meals on Wheels Hartford County</b>            | Hartford and Middlesex Counties | 555 Windsor Street,<br>Hartford, CT 06120                  | (860) 560-5848 |
| <b>Meals on Wheels Torrington</b>                 | Torrington                      | 140 Main Street,<br>Torrington, CT 06790                   | (203) 757-5449 |
| <b>Meals on Wheels Central Naugatuck Valley</b>   | Central Naugatuck Valley        | 84 Progress Lane,<br>Waterbury, CT 06705                   | (203) 757-7738 |
| <b>Meals on Wheels Housatonic Valley</b>          | Housatonic Valley               | 84 Progress Lane,<br>Waterbury, CT 06705                   | (203) 743-5418 |
| <b>Meals on Wheels Litchfield Hills/Northwest</b> | Litchfield Hills/Northwest      | 84 Progress Lane,<br>Waterbury, CT 06705                   | (860) 482-4151 |

## Food Pantries

Food pantries are located throughout Connecticut to provide sustenance and support to seniors in need. You'll find non-expired, non-perishable goods such as:

- Canned pasta, fish and meat
- Potato and rice mix
- Cereal
- Canned vegetables and fruit
- Spaghetti and pasta sauce
- Cake mix
- Pancake mix
- Tea and coffee
- Jellies, jams and peanut butter
- Soup
- Toilet tissue and paper towels
- Laundry and dish soap

|                              | Area Served | Address                                      | Phone Number   |
|------------------------------|-------------|--|----------------|
| <b>Connecticut Foodshare</b> | Statewide   | 2 Research Parkway,<br>Wallingford, CT 06492 | (203) 469-5000 |
| <b>Granby Food Bank</b>      | Granby      | 248 Salmon Brook Street,<br>Granby, CT 06035 | (860) 651-3539 |

## Government Assistance Programs

In addition to the above resources, the government oversees programs at the state and federal levels to help Connecticut seniors afford adequate nutrition. If you require help paying for food, you may be eligible for the following initiatives.

Connecticut’s Supplemental Nutrition Assistance Program provides eligible older adults with electronic benefits transfer cards they can use in participating local stores. Many farmer’s markets and farms accept SNAP payments, giving seniors access to local fresh fruit and vegetables.

|  | Area Served | Address   | Phone Number  |
|--|-------------|---|---|
| <b>Supplemental Nutrition Assistance Program</b> | Statewide   | Find your local office  | (855) 626-6632  |
| <b>Elderly Nutrition Program</b>                 | Statewide   | Eastern, Middlesex and Shoreline CT AAA:<br>19 Ohio Avenue, Norwich, CT 06360 | Eastern, Middlesex and Shoreline areas of CT Agency on Aging:<br>(860) 887-3561 |
|  |             | North Central AAA:<br>151 New Park Avenue, Box 75, Hartford, CT 06106         | North Central CT Area Agency on Aging:<br>(860) 724-6443                        |
|  |             | South Central AAA:<br>117 Washington Avenue, North Haven, CT 06473            | South Central Area Agency on Aging:<br>(203) 785-8533                           |
|  |             | Southwestern CT AAA:<br>1000 Lafayette Boulevard, Bridgeport, CT 06604        | Southwestern CT Agency on Aging:<br>(203) 814-3698                              |
|  |             | Western CT AAA:<br>84 Progress Lane, Waterbury, CT 06705                      | Western CT Area Agency on Aging:<br>(203) 757-5449                              |