



# State Resources for Seniors in New Hampshire

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

Seniors with limited mobility may find it difficult to shop or cook for themselves. In addition, those on a low income may find it difficult to cover the cost of traveling to stores and buying groceries. The following supportive services help seniors by either providing food to stock their pantries, offering financial aid, or supplying freshly cooked meals so they can maintain a healthy and balanced diet.

## Meals on Wheels

Meals on Wheels is a national initiative to supply seniors with freshly prepared, nutritious meals while also combating loneliness and isolation. Delivery drivers offer seniors regular social contact and perform wellness checks as a part of their visits. This helps give seniors the confidence and peace of mind they need to remain in their own homes and live independently.

	Area Served	Address	Phone Number
<b>Meals on Wheels Hillsborough County</b>	Hillsborough County	PO Box 910/ 395 Daniel Webster Hwy, Merrimack, NH 03054	(603) 424-9967
<b>Meals on Wheels - Rockingham</b>	Rockingham, Derry, Epping, Exeter, Hampton, Londonderry, Newmarket, Plaistow, Portsmouth, Raymond, Salem, Seabrook and Windham.	106 North Road, Brentwood, NH 03833	(603) 679-2201
<b>Meals on Wheels Strafford</b>	Strafford County	25 Bartlett Avenue, Suite A, Somersworth, NH 03878	(603) 692.2411
<b>Meals on Wheels Community Action Program</b>	Belknap and Merrimack Counties	P.O. Box 1016, Concord, NH 03302	(800) 856-5525
<b>Meals on Wheels Fremont</b>	Fremont	PO Box 252, Raymond, NH 03077	(603) 895-3258

## Food Pantries

Food pantries in New Hampshire provide low-income individuals with tinned or dried foods and other emergency supplies in times of need. Seniors can contact these organizations if they are having difficulties affording groceries.

	Area Served	Address	Phone Number
<b>New Hampshire Food Bank</b>	Several locations statewide	700 East Industrial Park Drive, Manchester, NH 03109	(603) 669-9725
<b>Community Services Program Food Pantry</b>	Alton	70 Main Street, Alton, NH 03809	(603) 875-2273
<b>Tower Hill Food Pantry</b>	Auburn	45 Myles Drive, Auburn, NH 03032	(603) 483-2272
<b>Gilmanton Community Church and Food Pantry</b>	Gilmanton	1817 New Hampshire 140, Gilmanton, NH 03837	(603) 364-0114
<b>Bedford Presbyterian Church Food Pantry</b>	Bedford	4 Church Road, Bedford, NH 03110	(603) 472-5841

## Government Assistance Programs

Seniors who are in serious financial difficulty or who require more assistance than is offered by the organizations above may qualify for the following programs. These programs offer ongoing financial assistance or help with food and other bills, and are usually income-assessed programs.

	Area Served	Address	Phone Number
<b>SNAP</b>	Statewide	Contact your nearest DHSS Office.	(800) 877-8339
<b>Old Age Assistance</b>	Statewide	Contact your nearest DHSS Office.	(800) 942-4321