



# State Resources for Seniors in West Virginia

At Caring, 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

The aging process can make it harder to follow a healthy diet. Some seniors may have health issues that keep them from grocery shopping and preparing meals, while others may struggle to pay for groceries on a fixed income. Seniors who need help eating a nutritious, balanced diet can turn to Meals on Wheels, food pantries and government assistance programs.

## Meals on Wheels

Meals on Wheels delivers nutritious meals to homebound seniors who aren't able to prepare their own meals. Local Meals on Wheels chapters in West Virginia deliver daily hot or cold meals to seniors in their service areas.

	Area Served	Address	Phone Number
<b>Meals on Wheels of Charleston</b>	Charleston area	259 Meeting Street, Charleston, SC 29401	(843) 722-4127
<b>Morgantown Area Meals on Wheels</b>	Morgantown area, within a 10-mile radius of a delivery center	3375 University Avenue, Morgantown, WV 26505	(304) 599-1954
<b>Berkeley County Meals on Wheels</b>	Berkeley County	116 East King Street, Martinsburg, WV 25401	(304) 263-6622
<b>Wood County Senior Citizens Nutrition Program</b>	Wood County	914 Market Street, Suite 106, Parkersburg, WV 26101	(304) 485-6748
<b>Meals on Wheels of Jefferson County</b>	Jefferson County	100 North Mildred Street, Charles Town, WV 25414	(304) 725-1601
<b>Lincoln County Opportunity Company Meals on Wheels</b>	Lincoln and Wayne counties	360 Main Street, Hamlin, WV 25523	(304) 824-3448

## Food Pantries

Food pantries provide non-perishable groceries to West Virginians in need. Seniors can visit their nearest food pantry to pick up canned fruit, canned vegetables, dried pasta and other shelf-stable items. Some of West Virginia's food pantries also distribute personal care and hygiene items.

	Area Served	Address	Phone Number
<b>Mountaineer Food Bank Mobile Food Pantries</b>	Most counties	484 Enterprise Drive, Gassaway, WV 26624	(304) 364-5518
<b>Facing Hunger Foodbank</b>	Mason, Jackson, Cabell, Putnam, Wayne, Lincoln, Kanawha, Mingo, Logan, Boone, Wyoming and McDowell Counties	1327 7th Avenue, Huntington, WV 25701	(304) 523-6029
<b>Mountain Mission Food Bank</b>	Kanawha Valley	1620 Seventh Avenue, Charleston, WV 25387	(304) 344-3407
<b>Catholic Charities West Virginia Mobile Food Pantries</b>	Calhoun, Doddridge, Ritchie, Roane and Wirt counties	2000 Main Street, Wheeling, WV 26003	(888) 900-2989

## Government Assistance Programs

In addition to Meals on Wheels programs and food pantries, West Virginia offers a variety of government food assistance programs. These programs may provide food benefits or supplemental grocery items.

	Area Served	Address	Phone Number
<b>Supplemental Nutrition Assistance Program</b>	Statewide	Contact your county field office.	(304) 558-0628
<b>Seniors Farmer Market Nutrition Program</b>	Statewide	Sign up at your local senior center.	(304) 558-2210
<b>West Virginia Department of Agriculture's Commodity Supplemental Food Program</b>	Statewide	4496 Cedar Lakes Drive, Ripley, WV 25271	(304) 558-0573