



State Resources for Seniors in Missouri

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

Seniors need to make a special effort to get all the nutrition they need. If you aren't eating the right way, your existing health conditions can easily worsen. Unfortunately, many seniors have a hard time stretching their fixed incomes to cover an ever-increasing food budget. In Missouri, several programs can help you get the nutritional support you need, including Meals on Wheels, local food pantries and government assistance programs.

Meals on Wheels

Meals on Wheels delivers fresh, prepared meals to seniors' homes all over the state of Missouri. Each area has a different program that has its own delivery schedule and program rules, but all use volunteer drivers to deliver roughly one meal a day or seven a week. Some programs have income limitations, while others are open to all.

Program	Areas Served	Address	Phone Number
Village '76 Senior Center	Adair County	100 Valley Forge Dr Kirksville MO 63501	(660) 665-9163
Clark County Council on Aging	Clark County	222 N Lincoln Kahoka MO 63445	(660) 727-2400
Knox County Council on Aging	Knox County	109 N Main Edina MO 63537	(660) 397-2296
Canton Senior Center	Lewis County	509 Montgomery Street Canton MO 63435	(573) 288-3633
Troy Senior Center	Lincoln County	1380 Boone St. Troy MO 63379	(636) 528-7000
Senior Center of Macon	Macon County	1604 Maffrey, Bldg 200 Macon MO 63552	(660) 385-6411
Hannibal Senior Nutrition Center	Marion County	219 S 10th Street Hannibal MO 63401	(573) 221-4488

Senior Citizens Community Center	Monroe County	112 E Marion Street Paris MO 65275	(660) 327-5824
Montgomery County Senior Center	Montgomery County	138 S Allen Montgomery City MO 63361	(573) 564-3224
Pike County Council on Aging	Pike County	521 Georgia St Louisiana MO 63353	(573) 754-6511
Monroe City Senior Nutrition Center	Ralls County	314 S Main Street Monroe City MO 63456	(573) 735-2131
Senior Americans Multipurpose	Randolph County	205 Farror, Moberly Towers Moberly MO 65270	(660) 263-5468
Schuyler County Nutrition Center	Schuyler County	200 N Marion Lancaster MO 63548	(660) 457-3066
Scotland County Senior Center	Scotland County	301 W Monroe Memphis MO 63555	(660) 465-7011
Shelbina Senior Citizens Center	Shelby County	112 East Chestnut Shelbina MO 63468	(573) 588-7669
Warren County Senior Center	Warren County	501 Ashland Ave Warrenton MO 63383	(636) 456-3379

Food Pantries

Food pantries can be a valuable resource for quickly getting the groceries you need on short notice. Many seniors visit food pantries while waiting for their SNAP benefits to load or supplement their Meals on Wheels deliveries. Some pantries are open only on certain days, usually once a week, for drive-up service. Others may even deliver to seniors who have a hard time visiting in person.

Program	Areas Served	Address	Phone Number
Central Missouri Food Bank	Central Missouri	2101 Vandiver Dr, Columbia, MO 65202	(573) 474-1020
Harvesters Community	Western Missouri	3801 Topping Ave, Kansas City, MO 64129	(573) 474-1020
Ozarks Food Harvest	Southwest Missouri	2810 N Cedarbrook Ave, Springfield, MO 65803	(417) 865-3411

St. Louis Area Food Bank	St. Louis	70 Corporate Woods Dr, Bridgeton, MO 63044	(314) 292-6262
Second Harvest	Northwest Missouri	915 Douglas St, St Joseph, MO 64505	(816) 364-3663
Southeast Missouri Food Bank	Southeast Missouri	600 State Highway H PO Box 190, Sikeston, MO 63801	(573) 471-1818

Government Assistance Programs

State and federal government programs can help plug the gaps in your food budget with monthly allotments of funds that are useful for buying food from whatever local retailer can accept them. These programs have some enrollment limitations, but seniors in acute need can often get expedited processing.

Program	Areas Served	Address	Phone Number
SNAP	Statewide	Contact your local office	(855) 373-4636
Temporary Assistance	Statewide	Contact your local office	(855) 373-4636