



State Resources for Seniors in Texas

Many seniors face high costs for their medical care and prescription drug coverage, and finding the funds to pay for these health care expenses can be stressful. We created this guide covering all of the available health insurance and prescription drug coverage programs in your state so you can take care of your health without worrying about the cost. Included in the guide are the benefits details, eligibility requirements, and application processes for available health insurance and prescription drug coverage programs for seniors in your state.

Food Assistance Programs for Seniors

Meals on Wheels

For older adults, regular hot meals can be the difference between feeling healthy and vibrant or lethargic and tired. Proper food boosts the immune system and is essential for the elderly and those with health care needs.

Meals on Wheels is operated by a network of friendly volunteers, with the aim of providing nourishing, nutritious food for those in-need. In addition to meal services, recipients get a check-in from a kind individual. This can give peace of mind to relatives and caregivers who aren't able to stop by and visit their loved ones daily.

	Area Served	Address	Phone Number
Meals on Wheels - Wise County Committee on Aging	Wise County	300 North Trinity Street A, Decatur, TX 76234	(940) 627-5329
Meals On Wheels Waco	McLennan, Falls and Hill counties	501 West Waco Drive, Waco, TX 76707	(254) 752-0316
Meals on Wheels San Antonio	San Antonio	4306 Northwest Loop 410, San Antonio, TX 78229	(210) 735-5115
Meals on Wheels Central Texas	Central Texas	3227 East 5th Street, Austin, TX 78702	(512) 476-6325
Meals On Wheels of Amarillo	Amarillo	7550 Outlook Dr, Amarillo, TX 79106	(806) 374-1521

Food Pantries

There are food pantries and food banks all over Texas, providing non-perishable food such as pasta, canned meat and fish, rice, cereals, soup, lentils, beans and tinned vegetables.

Each food bank has its own eligibility criteria, which are usually outlined on each individual website. However, the main aim is to provide those in need with access to food when they cannot provide for themselves.

	Area Served	Address	Phone Number
North Texas Food Bank	Dallas, Denton, Collin, Fannin, Rockwall, Hunt, Grayson, Kaufman, Ellis, Navarro, Lamar, Delta and Hopkins counties	3677 Mapleshade Lane, Plano, TX 75075	(214) 330-1396
Central Texas Food Bank	Central Texas	6500 Metropolis Drive, Austin, TX 78744	(512) 282-2111
NTX Community Food Pantry	The Colony, SE Denton County and surrounding areas	5201 S Colony Blvd Suite 650, The Colony, TX 75056	(469) 514-9065
Southeast Texas Food Bank	Southeast Texas	3845 S M L King Jr Parkway, Beaumont, TX 77705	(409) 839-8777

Government Assistance Programs

If you're struggling to pay for food using the programs and initiatives above, you can still get help. Federal and state governments oversee several programs in Texas that can provide meals and financial support paying for food.

	Area Served	Address	Phone Number
Texas Supplemental Nutrition Assistance Program	Statewide	Apply for Texas SNAP online	(877) 541-7905
Senior Farmers Market Nutrition Program	Statewide	Find your state agency contact	(512) 463-7476