



# State Resources for Seniors in Virginia

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

Virginia has very low rates of food insecurity and poverty among its senior population, which puts it ahead of the nation. However, it may still be a challenge for some seniors to pay for the cost of food and other essentials, in addition to medical services and long-term care. Fortunately, government agencies and nonprofits provide numerous resources to help seniors across the state.

## Meals on Wheels

Meals on Wheels is a federally funded program available to seniors and homebound residents across the state. Meals are typically provided on a sliding scale based on your ability to pay. In most cases, you must be homebound or unable to cook or shop to qualify for this program. Meals on Wheels chapters are located throughout the state.

	Area Served	Address	Phone Number
Feed More	Richmond and northern Virginia	1415 Rhoadmiller Street, Richmond VA 23220	(804) 521-2500
Fairfax Area Meals on Wheels Program	Fairfax County	12000 Government Center Parkway, Fairfax, VA 22035	(703) 324-5409
Meals on Wheels Virginia Beach	Virginia Beach	745 Little Neck Road, Virginia Beach, VA 23452	(757) 419-8810
Local Office on Aging	Roanoke/Alleghany Area	P.O. Box 14205, Roanoke, VA, 24038	(540) 345-0451
Senior Services of Southeastern Virginia	Southeast Virginia	2551 Eltham Avenue, Suite Q, Norfolk, VA 23513	(757) 461-9481
Valley Program for Aging Services	Waynesboro	325 Pine Avenue, P.O. Box 817, Waynesboro, VA 22980	(540) 949-7141
Meals on Wheels of Arlington	Arlington County	P.O. Box 40203, Arlington, VA 22204	(703) 522-0811
Williamsburg Area Meals on Wheels	Williamsburg	5700 Warhill Trail, Williamsburg, VA 23188	(757) 229-9250
Meals on Wheels of Greater Lynchburg	Lynchburg and surrounding counties	P.O. Box 1388, Lynchburg, VA 24505	(434) 847-0796
Meals on Wheels of Charlottesville/ Albemarle	Charlottesville/Albemarle	704 Rose Hill Drive, Charlottesville, VA 22903	(434) 293-4364

## Food Pantries

Food pantries are a vital resource for families who live below the poverty line or are facing short-term difficulties. The following organizations can provide pantry staples, toiletries and other items, including pet food.

	Area Served	Address	Phone Number
Feeding Southwest Virginia	Southwest Virginia	1025 Electric Road, Salem, VA 24153	(540) 342-3011
Blue Ridge Area Food Bank	Northwest Virginia	96 Laurel Hill Road, Verona, VA 24482	(540) 248-3663
Capital Area Food Bank	D.C. Suburb	4900 Puerto Rico Avenue NE, Washington, D.C. 20017	(202) 644-9800
Feed More	Richmond and Surrounding Areas	1415 Rhoadmiller Street, Richmond, VA 23220	(804) 521-2500
Fredericksburg Regional Food Bank	Fredericksburg, King George and surrounding areas	3631 Lee Hill Drive, Fredericksburg, VA 22408	(540) 371-7666
Virginia Peninsula Food Bank	Hampton, Jamestown and surrounding areas	2401 Aluminum Avenue, Hampton, VA 23661	(757) 596-7188
Foodbank of Southeastern Virginia and the Eastern Shore	Chesapeake/Virginia Beach	800 Tidewater Drive, Norfolk, VA 23504	(757) 627-6599

## Government Assistance Programs

Virginia offers several nutrition assistance programs that serve seniors and families in need. The following programs can provide direct assistance, such as commodity boxes, as well as vouchers that can be used to purchase items of your choice.

	Area Served	Address	Phone Number
Senior Farmers' Market Nutrition Program	Regional	Contact your AAA or Local Provider	(804) 662-9333
Virginia Older Americans Congregate Nutrition Program and the Home-Delivered Nutrition Program	Regional	Contact your AAA or Local Provider	(804) 662-9319
Commodity Supplemental Food Program	Statewide	102 Governor Street, Richmond, VA 23219	(804) 786-3520
Supplemental Nutrition Assistance Program	Statewide	Contact Your Local Department of Social Services	(800) 552-3431