



State Resources for Seniors in Tennessee

At AssistedLiving, 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

Getting the right nutrition is a critical part of staying healthy, especially when you have chronic medical conditions you have to manage. Unfortunately, many seniors struggle to keep up with their dietary needs. For some, it's a simple cost issue, while for others, it can be a problem physically leaving the house to go shopping. Some seniors have both problems, and their nutrition suffers as a result.

Fortunately, many resources can help support seniors in Tennessee with free or discounted food supplies, meal deliveries and direct food subsidies. The tables below list several of these, separated into delivery, grocery and government resources.

Meals on Wheels

Meals on Wheels operates through a nationwide network of providers to combat hunger and isolation, particularly among seniors with a low income. Program volunteers visit their clients with prepared meals and sometimes food supplies they can prepare for themselves. Volunteers may also perform daily check-ins and some other support services for the public they serve.

Program	Area Served	Address	Phone
Southwest Tennessee AAAD	Southwest Tennessee	102 East College St., Jackson	(731) 668-7112
Northwest Tennessee AAAD	Northwest Tennessee	124 Weldon Dr., Martin	(731) 587-4213
Greater Nashville AAAD	Nashville	220 Athens Way Suite 200, Nashville	(615) 862-8828
Upper Cumberland AAAD	Cookeville	1104 England Dr., Cookeville	(931) 432-4111

Food Pantries

Food pantries usually open once or twice a week to serve local seniors and families with bags or boxes of groceries. Food is available for free, though many food pantries suggest a nominal donation amount from those who can afford to pay. Food pantries typically allot their packages according to need, prioritizing emergency cases and people with young children. You may have to make a reservation or be prepared to wait in line during a food pantry's limited hours of operation.

Program	Area Served	Address	Phone
Fentress County Food Bank	Allardt	P.O. Box 508 Allardt	(931) 879-1934
Chattanooga Area Food Bank	Chattanooga	2009 Curtain Pole Road Chattanooga	(423) 622-1800
Emergency Services Food Pantry Church Hill	Church Hill	Church Hill Shopping Center Church Hill	(423) 357-7228
Your Daily Bread Food Bank	Clarksville	131 Dean Dr Clarksville	(931) 551-9200
Warren County Emergency Food Bank	Coalmont	314 W Morford St McMinnville	(931) 212-7936
One Generation Away	Franklin	320 Premier Court, Suite 218 Franklin	(615) 538-7413
Second Harvest Food Bank of Northeast Tennessee	Gray	127 Dillon Ct. Gray	(423) 477-4053
Shepherd's Center Food Pantry & Thrift Store	Greeneville	306 East Main Street Rogersville	(423) 272-4626
Bayside Care Center	Harrison	6100 Hwy 58 Harrison	(423) 344-8327
FISH Hospitality	Knoxville	122 West Scott Avenue Knoxville	(865) 971-4000
The Little Free Pantry	Martin	116 Clearwater St Martin	(731) 819-4326
River Oaks Community Church	Maryville	1220 Brown School Rd Maryville	(865) 980-9088
Cannon County Emergency Food Bank	McMinnville	P.O. Box 298 Woodbury	(615) 563-1328
Mid-South Food Bank	Memphis	239 S. Dudley Street Memphis	(901) 527-0841

Jesus Provisions Ministries and Care Center	Mt Juliet	505 Sunset Ct Mt Juliet	(615) 424-9422
Rutherford County Emergency Food Bank	Murfreesboro	211 Bridge Ave Murfreesboro	(615) 624-7297
Visitation Hospital Foundation	Nashville	2500 21st Ave South Nashville	(615) 673-3501
Grace Episcopal Church - Patriots' Community Kitchen	Paris	103 South Poplar Street Paris	(731) 642-1721
Bledsoe County Community Food Bank	Pikeville	384 Cumberland St Pikeville	(423) 447-3325
Shepherd's Center Food Pantry & Thrift Store	Rogersville	306 East Main Street Rogersville	(423) 272-4626
Smyrna-Lavergne Food Bank	Smyrna	130 Richardson St Smyrna	(615) 355-0697
Shepherd's Corner Food Pantry & Thrift Store	Sneedville	155 Main Street Sneedville	(423) 733-1505
Springfield Robertson County Emergency Food Bank	Springfield	P.O. Box 422 Springfield	(615) 384-9759

Government Assistance Programs

Government assistance programs are a very effective way to deliver nutritional support on a large scale. Seniors throughout Tennessee can sign up for these programs to receive either cash aid or food vouchers that give them as much control as possible over what they buy and where they shop.

Program	Area Served	Address	Phone
SNAP	Statewide	Contact your local human services office or Area Agency on Aging.	(615) 313-4700
Families First	Statewide	Contact your local human services office or Area Agency on Aging.	(866) 311-4287