



# State Resources for Seniors in Alabama

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

Good nutrition is important for all ages but is especially crucial for seniors to prevent some diseases and provide energy. In Alabama, older adults can take advantage of meal delivery services through Meals on Wheels, food banks and a few government programs created to help fight hunger throughout the state.

## Meals on Wheels

Meals on Wheels operates in multiple communities throughout Alabama to address isolation and hunger in older adults. The program delivers meals five days a week to individuals incapable of preparing their own food, accessing food sites that offer food or those unable to afford meals.

	Area Served	Address	Phone Number
<b>Meals on Wheels</b>	Central Alabama	3620 8th Avenue South Birmingham, AL 35222	(205) 592-0413
<b>Meals on Wheels - Montgomery Area Council</b>	Montgomery, Autauga, Elmore, Coosa and Tallapoosa Counties	115 East Jefferson Street Montgomery, Alabama 36104	(334) 263-0532
<b>Meals on Wheels and More</b>	Morgan County	1909 Central Parkway SW Decatur, AL 35601	(256) 344-7843
<b>Meals on Wheels Volunteer Center of Madison County</b>	Huntsville and Madison Counties	2200 Drake Avenue Huntsville, AL 35805	(256) 772-6242
<b>SARCOA Home- Delivered Meals</b>	Covington County	1075 South Brannon Stand Road Dothan, AL 36305	(800) 239-3507
<b>Meals on Wheels Interfaith Ministries</b>	Anniston, Oxford and Weaver area	1431 Gurnee Avenue Anniston, AL 36201	(256) 237-1472



## Food Pantries

Food pantries distribute free food to hungry families and adults. Each site provides bags or boxes of donated items to needy individuals who live within a specified area.

	Area Served	Address	Phone Number
<b>Community Food Bank of Central Alabama</b>	Central Alabama	107 Walter Davis Drive Birmingham, AL 35209	(205) 942-8911
<b>Blessings from the Well Free Pantry</b>	Blountsville	29 Blake Road Blountsville, AL 35031	(256) 550-0206
<b>Salvation Army Shelby County Corps</b>	Shelby County	108 Plaza Circle Alabaster, AL 35007	(205) 663-7105
<b>Food Bank Wiregrass Area United Way</b>	Dothan	382 Twitchell Road Dothan, AL 36303	(334) 794-9775
<b>Catholic Social Services Food Pantry</b>	Dothan	557 West Main Street Dothan, AL 36301	(334) 793-3601
<b>UPC Food Pantry</b>	Tuscaloosa	1127 8th Street Tuscaloosa, AL 35401	(205) 758-5422
<b>Temporary Emergency Services</b>	Tuscaloosa	1705 15th Street Tuscaloosa, AL 35401	(205) 758-5535
<b>FMC Food Bank</b>	Clayton	3102 Highway 131 Clayton, AL 36016	(334) 775-0031
<b>Huntsville Assistance Program</b>	Huntsville	1001 Monroe Street SW Huntsville, AL 35801	(256) 539-2320

## Government Assistance Programs

Seniors without access to food banks or meal delivery or those who require additional assistance have several government options for nutritional help.

	Area Served	Address	Phone Number
<b>Elderly Nutrition Program</b>	Statewide	201 Monroe Street, Suite 350 Montgomery, AL 36104	(334) 242-5743
<b>Alabama Food Assistance</b>	Statewide	50 N. Ripley Street, P.O. Box 304000 Montgomery, AL 36130-4000	(833) 822-2202