



# State Resources for Seniors in North Dakota

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

Food assistance programs can help ensure seniors get the daily nutrition they need to stay healthy. Meals on Wheels, food pantries and government assistance programs make nutritious food more affordable, allowing seniors to take in adequate vitamins, minerals and calories.

## Meals on Wheels

Meals on Wheels is a global organization that delivers meals to homebound seniors. This combats both hunger and social isolation. In North Dakota, local organizations decide when meals are delivered each week. Most senior centers in the state also have meal delivery services for older residents.

	Area Served	Address	Phone Number
<b>Bismarck Meals on Wheels</b>	Bismarck	515 E Broadway Bismarck, ND 58501	(701) 222-4181
<b>Valley Senior Services</b>	Cass, Steele, Traill, Ransom, Sargent and Richland Counties	2801 32nd Ave S Fargo, ND 58108	(701) 293-1440
<b>Williston Council for the Aging</b>	Williston	18 Main Street Williston, ND 58801	(701) 557-6751
<b>Kenmare Meals &amp; Wheels</b>	Burke, Renville and Ward Counties	221 North Central Avenue Kenmare, ND 58746	(701) 385-4364
<b>Nutrition United, Inc</b>	Rolla and the surrounding region	PO Box 274 Rolla, ND 58367	(701) 477-6421
<b>Grand Forks Senior Center</b>	Grand Forks Region	620 4th Ave S Grand Forks, ND 58201	(701) 757-2006
<b>South Central Adult Services</b>	Barnes, Foster, Griggs, Lamoure, Logan and McIntosh Counties	139 2nd Ave SE Valley City, ND 58072	1-800-472-0031



## Food Pantries

Throughout North Dakota, food pantries provide shelf-stable and perishable food products to people who are unable to afford food. Local pantries have their own eligibility criteria, and the amount of food available and how often you can get assistance can vary. Community Action Agencies can help you find local resources.

	Area Served	Address	Phone Number
<b>Great Plains Food Bank</b>	Statewide	1720 3rd Avenue N Fargo, ND 58102	(701) 232-6219
<b>Community Action Partnership</b>	Williston and Dickinson regions	120 Washington Avenue Williston, ND 58801	1-800-359-2243
<b>Community Action Partnership</b>	Minot Region	2020 8th Avenue SE Minot, ND 58701-5035	1-800-726-8645
<b>Dakota Prairie Community Action Agency</b>	Devils Lake Region	223 4th Street NE Devils Lake, ND 58301	(701) 662-6500
<b>Southeastern North Dakota Community Action Agency</b>	Fargo Region	3233 S University Drive Fargo, ND 58104	(701) 232-2452
<b>Red River Valley Community Action</b>	Grand Forks Region	1013 N 5th Street Grand Forks, ND 58203	1-800-450-1823
<b>Community Action Region VI</b>	Jamestown Region	PO Box 507 Jamestown, ND 58401	(800) 726-8170
<b>Community Action Program - Bismarck Region</b>	Bismarck Region	2105 Lee Avenue Bismarck, ND 58504	(701) 258-2240

## Government Assistance Programs

The North Dakota government has a number of programs that help seniors and low-income people access healthy food. These programs are administered at the local level through human service zone offices or community action partnerships. Many seniors can also access congregate meals through local senior centers.

	Area Served	Address	Phone Number
<b>Commodity Supplemental Food Program</b>	Statewide	Contact local agencies	Contact local agencies
<b>The Emergency Food Assistance Program</b>	Statewide	Contact local agencies	Contact local agencies
<b>Supplemental Nutrition Assistance Program</b>	Statewide	Contact local human service zone offices	Contact local human service zone offices
<b>Aging and Adult Services</b>	Statewide	1237 W. Divide Avenue, Suite 6 Bismarck, ND 58501	1-855-462-5465