



State Resources for Seniors in Utah

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

Maintaining proper nutrition ensures the body and mind can perform at their best. For seniors, missed meals can result in a loss of strength that increases the chances of trips and falls. Additionally, many types of medications are ineffective on an empty stomach.

Across the state, seniors have access to food pantries, government food assistance (food stamps) and home-delivered meals.

Meals on Wheels

On a mission to eradicate hunger in America's aging population, Meals on Wheels is a national nutrition program whose volunteers deliver hot and frozen prepared meals to seniors' residences. Generally, you'll need to be at least 60 years of age and homebound to qualify.

	Area Served	Address	Phone Number
Meals on Wheels - Bear River AAA	Box Elder, Cache and Rich Counties	170 N. Main Street Logan, UT	(435) 752-7242
Meals on Wheels - Davis AAA	Davis County	22 S. State Street, 3rd Floor Clearfield, Utah 84015	(801) 525-5058
Meals on Wheels - Five County AAA	Beaver, Garfield, Iron, Kane and Washington Counties	1070 W. 1600 S., Building B St. George, UT 84770	(435) 673-3548
Meals on Wheels - Mountainland AAA	Summit, Utah and Wasatch Counties	586 E. 800 N. Orem, UT 84097	(801) 229-3802
Meals on Wheels - Salt Lake AAA	Salt Lake County	2001 S. State Street, Suite S1-600 P.O. Box 144575 Salt Lake City, UT 84114	(385) 468-3200
Meals on Wheels - San Juan AAA	San Juan County	117 S. Main Street Monticello, UT 84535	(435) 587-3225
Meals on Wheels - Six-County AAA	Juab, Millard, Piute, Sanpete, Sevier and Wayne Counties	250 N. Main St Richfield, UT	(435) 893-0725
Meals on Wheels - Southeastern AAA	Carbon, Emery and Grand Counties	375 S. Carbon Avenue Price, UT 84501	(435) 613-0036
Meals on Wheels - Tooele AAA	Tooele County	151 N. Main Street Tooele, Utah 84074	435-277-2420
Meals on Wheels - Uintah Basin AAA	Daggett and Duchesne Counties	330 E. 100 S. Roosevelt, UT 84066	(435) 722-4518

Meals on Wheels - Uintah AAA	Uintah County	330 S. Aggie Boulevard Vernal, Utah 84078	(435) 789-2169
Meals on Wheels - Weber AAA	Morgan and Weber Counties	237 26th Street Ogden, UT 84401	(801) 625-3770

Food Pantries

Food pantries distribute mainly canned goods and dry food products to help families stave off hunger. Some pantries work with local grocers to provide fresh food before it expires, and mobile pantries are available for residents who live in hard-to-reach rural areas.

	Area Served	Address	Phone Number
Utah Food Bank	Statewide	3150 S. 900 W. South Salt Lake, UT 84119	(801) 978-2452
Hildegard's Food Pantry	Salt Lake City	231 E. 100 S. Salt Lake City, UT 84111	(801) 328-2303
Community Action Services and Food Bank	Provo, Coalville, Heber and Springville	815 S. Freedom Boulevard, Suite 100 Provo, Utah 84601	(801) 373-8200
Carbon County Food Bank	Carbon County	75 E. 400 S. Price, UT 84501	(435) 637-9232
Emery County Food Bank	Emery County	40 S. Center Street Castle Dale, Utah 84513	(435) 381-5410
Grand County Food Bank	Grand County	56 N. 200 E. Moab, Utah 84532	(435) 259-6456
Crossroads Westside Food Pantry	Salt Lake City	1358 W. Indiana Avenue Salt Lake City, UT 84104	(801) 935-4079
Mobile Pantries	Statewide	Check for the nearest pantry	(801) 978-2452

Government Assistance Programs

The government also runs several assistance programs. You can contact the organizations below to find out if you qualify.

	Area Served	Address	Phone Number
SNAP	Statewide	Find a location near you	(866) 435-7414
General Assistance	Statewide	Visit the nearest office	(801) 538-4171