



# State Resources for Seniors in Maine

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

Access to nutritious food is important at any age to remain healthy and happy, but seniors with limited means may not be getting all the food they need. Food assistance programs help ensure older adults throughout Maine have food security. Services like Meals on Wheels, local food pantries and statewide government nutrition programs provide seniors with free food sources. These programs offer home delivery or convenient locations to pick up food in their communities.

## Meals on Wheels

Most Meals on Wheels programs provide five meals per week, usually at lunchtime. Some programs deliver hot meals daily, while others deliver frozen meals once per week. Meals on Wheels provides meals to vulnerable seniors and acts as a wellness check and social call. Some programs offer multiple meal options for program participants with special dietary needs. Maine has numerous Meals on Wheels branches to serve seniors throughout the state.

	Area Served	Address	Phone Number
<b>Meals on Wheels - Southern Maine Agency on Aging</b>	Cities in York and Cumberland counties, except Harpswell and Brunswick	30 Barra Road, Biddeford, ME 04005	(800) 427-7411
<b>SeniorsPlus Meals on Wheels</b>	Androscoggin, Franklin and Oxford counties	8 Falcon Road, Lewiston, ME 04240	(800) 427-1241
<b>Spectrum Generations Meals on Wheels</b>	Cities in Kennebec, Knox, Lincoln, Sagadahoc, Somerset and Waldo counties; and Harpswell and Brunswick in Cumberland County	One Weston Court, Augusta, ME 04330	(800) 639-1553
<b>Meals on Wheels - Eastern Agency on Aging</b>	Hancock, Penobscot, Piscataquis and Washington counties	240 State Street, Brewer, ME 04412	(800) 432-7812
<b>Meals on Wheels - Aroostook Area Agency on Aging</b>	Aroostook County	260 Main Street, Suite B, Presque Isle, ME 04769	(800) 439-1789
<b>MCH Meals on Wheels</b>	Knox County	46 Summer Street, Rockland, ME 04841	(207) 701-9641

## Food Pantries

Nonprofits across Maine operate food pantries to provide fresh and nonperishable foods to seniors and other community members in need. Food pantries often play a significant role in directly distributing food to low-income residents. Some also provide personal and household items and pet foods and may have special programs to supply holiday-specific food baskets at Thanksgiving and Christmas. Food pantries operate on varying days and hours, and eligibility requirements may differ.

	Area Served	Address	Phone Number
<b>Saco Food Pantry</b>	Saco	67 Ocean Park Road, Saco, ME 04072	(207) 468-1305
<b>Community Outreach Services Food Pantry</b>	Arundel, Kennebunk and Kennebunkport	19 Park Street, Kennebunk, ME 04043	(207) 985-3844
<b>Catholic Charities of Maine Food Pantries</b>	24 locations throughout Aroostook County	P.O. Box 10660, Portland, ME 04104	(207) 493-8909
<b>Piscataquis County Food Assistance</b>	Dover-Foxcroft Area, Greenville, Guilford and Milo	333 Cony Road, Augusta, ME 04330	(207) 287-7513
<b>Augusta Food Bank</b>	Augusta and Manchester	161 Mount Vernon Avenue, Augusta, ME 04330	(207) 622-5225

## Government Assistance Programs

Government agencies, such as the Maine Department of Health and Human Services and the United States Department of Agriculture, also have food assistance programs. Many programs help low-income seniors and other qualifying Maine residents purchase food directly from grocery stores or farmers markets. Some programs provide ready-made food boxes. Every program has specific eligibility guidelines and service areas across the state.

	Area Served	Address	Phone Number
<b>Supplemental Nutrition Assistance Program</b>	Statewide	Office for Family Independence, 114 Corn Shop Lane, Farmington, ME 04938	(800) 442-6003
<b>USDA Senior Food Box Program (Commodity Supplemental Food Program)</b>	Statewide	333 Cony Road, Augusta, ME 04330	(207) 287-7513
<b>Maine Department of Agriculture, Conservation and Forestry - Maine Senior FarmShare Program</b>	Statewide	18 Elkins Lane, Augusta, ME 04333	(207) 446-5550