



# State Resources for Seniors in Maryland

At PayingforSeniorCare, 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

Many seniors who live at home have trouble accessing the food they need to stay healthy. Thankfully, there is an abundance of assistance programs in Maryland that can help isolated adults access the nutritional resources they require to continue living at home. Meals on Wheels programs provide low-cost meal delivery. Food pantries are a free or low-cost alternative to grocery stores, and government assistance programs empower you to get the nutrition you need in ways that work for you.

## Meals on Wheels

Meals on Wheels is a nationally run organization that feeds isolated seniors in communities across the country, including many in Maryland. Local chapters deliver fresh and frozen meals to those in need throughout the week. Local chapters may have unique food options, delivery schedules and eligibility requirements.

	Area Served	Address	Phone Number
<b>Meals on Wheels for Central Maryland</b>	Baltimore and Surrounding Areas	515 South Haven Street Baltimore, MD 21224	(410) 558-0827
<b>Meals on Wheels of Takoma Park/Silver Spring</b>	Southeast Montgomery County	6909 Laurel Avenue, #5348 Takoma Park, MD 20915	(301) 434-1922
<b>Meals on Wheels Washington County</b>	Hagerstown and the Surrounding Areas	535 East Franklin Street Hagerstown, MD 21740	(301) 790-0275
<b>Delmarva Community Services, Inc.</b>	Dorchester County	2450 Cambridge Beltway Cambridge, MD 21613	(410) 221-1900

## Food Pantries

Low-income seniors in Maryland who are able to leave their homes have many options for free and affordable food. Food pantries and banks throughout the state provide free produce, grains and other staples, and many have no eligibility requirements.

	Area Served	Address	Phone Number
<b>Maryland Food Bank - Baltimore Office</b>	Baltimore	2200 Halethorpe Farms Road Baltimore, MD 21227	(410) 737-8282
<b>Capital Area Food Bank</b>	Communities Surrounding Washington D.C	12301 Old Columbia Pike Silver Spring, MD 20904	(202) 644-9807
<b>Maryland Food Bank - Eastern Shore Branch</b>	Salisbury and Surrounding Areas	28500 Owens Branch Road Salisbury, MD 21801	(410) 742-0050
<b>Maryland Food Bank - Western Branch</b>	Western Virginia	220 McRand Court Hagerstown, MD 21740	(410) 737-8282

## Government Assistance Programs

Maryland residents have access to two food assistance programs that give them the ability to choose how they get the food they need. SNAP gives you a card that can be used at grocery stores, convenience stores, online food delivery services and even some restaurants. Maryland Access Point locations can help you find assistance programs available in your community.

	Area Served	Address	Phone Number
<b>Maryland Access Point (MAP)</b>	All Maryland Counties	Your Local MAP Office	(844) 627-5465
<b>Supplemental Nutrition Assistance Program (SNAP)</b>	Entire State	Local Department of Social Services	(800) 332-6347