State Resources for Seniors in North Carolina

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

Everyone needs adequate nutrition, but it’s especially important that seniors have sufficient food and proper nutrition to remain as healthy as possible. Some seniors may have medical issues that prevent them from absorbing vital vitamins and minerals, others may not be able to afford nutritious food and some might have difficulties shopping for groceries or preparing meals. Older adults in North Carolina can access programs that aim to make nutritious food affordable and accessible for the aging population, including Meals on Wheels, food banks, government programs and congregate meal sites.

Meals on Wheels

Meals on Wheels delivers meals to seniors across North Carolina, enhancing nutrition and reducing social isolation. Some groups can cater to varied dietary requirements, such as diabetic or low-sodium diets. Local offices decide how many meals to deliver each week and set delivery schedules for their area.

<table>
<thead>
<tr>
<th>Meals on Wheels</th>
<th>Area Served</th>
<th>Address</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Wake County</td>
<td>Wake County</td>
<td>1001 Blair Drive, Suite 100, Raleigh, NC 27603</td>
<td>(919) 833-1749</td>
</tr>
<tr>
<td>Moore County</td>
<td>Moore County</td>
<td>425 Dogwood Lane, Southern Pines, NC 28387</td>
<td>(910) 691-1517</td>
</tr>
<tr>
<td>Alamance County</td>
<td>Alamance County</td>
<td>411 West Fifth Street, Suite A, Burlington, NC 27215</td>
<td>(336) 228-8815</td>
</tr>
<tr>
<td>Cabarrus County</td>
<td>Cabarrus County</td>
<td>342 Penny Lane NE, Concord, NC 28025</td>
<td>(704) 932-3412</td>
</tr>
<tr>
<td>Orange County</td>
<td>Orange County</td>
<td>St. Thomas More South Campus, 632 Laurel Hill Road, Chapel Hill, NC 27514</td>
<td>(919) 942-2948</td>
</tr>
<tr>
<td>Buncombe County</td>
<td>Buncombe County</td>
<td>146 Victoria Road, Asheville, NC 28801</td>
<td>(828) 253-5286</td>
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## Congregate Nutrition Sites

Nutrition sites provide hot meals to seniors in a communal setting. Generally served at lunchtime, meals contain one-third of an adult’s daily recommended nutrition. Congregate dining often takes place within senior centers, where older adults can also join an array of enrichment and social activities.

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<tr>
<td>Durham Center for Senior Life</td>
<td>Durham</td>
<td>406 Rigsbee Avenue, Suite 202, Durham, NC 27701</td>
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<tr>
<td>Grace Senior Center</td>
<td>Anson County</td>
<td>199 HWY 742, South Wadesboro, NC 28170</td>
</tr>
<tr>
<td>Rufty-Holmes Senior Center</td>
<td>Rowan County</td>
<td>1120 South Martin Luther King Jr. Avenue, Salisbury, NC 28144</td>
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<tr>
<td>Neal Senior Center</td>
<td>Cleveland County</td>
<td>100 T.R. Harris Drive, Shelby, NC 28150</td>
</tr>
<tr>
<td>J. O. Harper Senior Center</td>
<td>Guilford County</td>
<td>400 Steele Street, Gibsonville, NC 27249</td>
</tr>
<tr>
<td>Jackson County Senior Center</td>
<td>Jackson County</td>
<td>100 County Services Park, Sylva, NC 28779</td>
</tr>
<tr>
<td>Warren County Senior Center</td>
<td>Warren County</td>
<td>435 W Franklin Street, Warrenton, NC 27589</td>
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Food Pantries

North Carolina is home to several food pantries where individuals in need can obtain free or low-cost foodstuffs. Eligibility criteria and opening hours are set by individual food pantries.

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<tr>
<td>Durham Community Food Pantry</td>
<td>2020 Chapel Hill Road, Suite 30, Durham, NC 27707</td>
<td>(984) 900-3426</td>
</tr>
<tr>
<td>The Blessed Table Food Pantry</td>
<td>3210 Summit Avenue, Greensboro, NC 27405</td>
<td>(336) 312-4172</td>
</tr>
<tr>
<td>Five N Two Food Pantry</td>
<td>17247 NC 27 West, Sanford, NC 27332</td>
<td>(919) 343-3000</td>
</tr>
<tr>
<td>MANNA FoodBank</td>
<td>627 Swannanoa River Road, Asheville, NC 28805-2445</td>
<td>(800) 820-1109</td>
</tr>
<tr>
<td>Food Bank of Central and Eastern North Carolina</td>
<td>1924 Capital Blvd, Raleigh, NC 27604</td>
<td>919-875-0707</td>
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</tbody>
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Government Assistance Programs

Anyone in North Carolina who needs assistance that isn't provided by any of the above organizations might be able to obtain help from government programs.

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<tr>
<th>Area Served</th>
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<tbody>
<tr>
<td>North Carolina Senior Farmers’ Market Nutrition Program</td>
<td>NC Department of Health and Human Services, 2001 Mail Service Center, Raleigh, NC 27699-2000</td>
<td>(919) 855-3400</td>
</tr>
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