



State Resources for Seniors in Massachusetts

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

Getting the right nutrients is important at any age but particularly so for seniors. Meals with balanced amounts of carbohydrates, fats, minerals, proteins and vitamins can help prevent some conditions, such as high blood pressure, certain cancers and heart disease. It can be difficult for seniors to find the right balance, especially if they live alone and struggle to prepare meals for themselves or have problems chewing or swallowing. Fortunately, Massachusetts has multiple Meals on Wheels agencies, local food pantries and government programs that can help.

Meals on Wheels

Meals on Wheels agencies deliver freshly prepared and nutritionally balanced meals to adults aged 60 and older throughout Massachusetts. There are subtle differences between each branch, such as their delivery schedules and recommended donation per meal, but they all deliver to seniors regardless of their incomes, and none will refuse a meal based on the senior's ability to pay.

	Area Served	Address	Phone Number
Ethos Meals on Wheels	Boston	555 Amory Street, Jamaica Plain, MA 02130	(617) 522-6700
Greater Springfield Senior Services, Inc.	Brimfield, Hampden, Holland, Palmer, Springfield, Wales and Wilbraham	66 Industry Avenue, Suite 9, Springfield, MA 01104	(413) 781-8800
South Shore Elder Services	South Shore	350 Granite Street, Suite 2303, Braintree, MA 02184	(781) 848-3910
Tri-Valley, Inc.	Parts of Worcester and Norfolk counties	10 Mill Street, Dudley, MA 01571	(800) 286-6640
Elder Services of Worcester Area	Worcester and surrounding areas	67 Millbrook Street, Worcester, MA 01606	(508) 756-1545
AgeSpan	Northeast Massachusetts	280 Merrimack Street, Suite 400, Lawrence, MA 01843	(800) 892-0890
Elder Services of Berkshire County, Inc.	Berkshire County	877 South Street, Suite 4E, Pittsfield, MA 01201	(413) 499-0524
Coastline Community Services	New Bedford, Acushnet, Dartmouth, Fairhaven, Gosnold, Marion, Mattapoisett and Rochester	863 Belleville Avenue, New Bedford, MA 02745	(508) 999-6400

Food Pantries

There are many food pantries throughout Massachusetts supplying residents on low incomes with the provisions they need to avoid hunger, and many equip visitors with information on good nutrition. All pantries listed here operate independently, so opening times and eligibility requirements are unique to each. Foodstuffs may also differ, but pasta, rice and canned goods are common while fresh food, such as meat, fruits and vegetables, is subject to recent donations.

	Area Served	Address	Phone Number
Haley House	Boston	23 Dartmouth Street, Boston, MA 02116	(617) 236-8132
Crossroads Family Shelter	East Boston	90 Cushing Avenue, Dorchester, MA 02125	(617) 567-5926
Hyannis Corps Community Center	Barnstable County	100 North Street, Hyannis, MA 02601	(508) 775-0364
Christian Assembly Church	Berkshire County	850 William Street, Pittsfield, MA, 01201	(413) 442-1495
Solanus Casey Food Pantry	Bristol County	238 Bonney Street, New Bedford, MA 02744	(508) 997-7337
Braintree Holidays/ Friends Pantry	Norfolk County	74 Pond Street, Braintree, MA 02184	(781) 848-2124
Open Pantry Community Services, Inc.	Hampden County	287 State Street, Springfield, MA 01101	(413) 737-5354
Catholic Charities Food Pantry	Worcester County	10 Hammond Street, Worcester, MA 01610	(508) 860-2237

Government Assistance Programs

The Commonwealth of Massachusetts provides nutritional support to its older residents that may address shortfalls in the services and supports previously listed here. The Nutrition Program for Seniors provides healthy meals at congregate sites throughout the state and delivers to homebound seniors, and SNAP is a benefit that allows eligible residents to purchase their own food using an EBT card. SNAP also delivers free classes to beneficiaries to educate them about nutrition and other useful resources.

	Area Served	Address	Phone Number
Nutrition Program for Seniors	Statewide	Multiple nutrition sites across the state	(617) 236-8132
SNAP Benefits	Statewide	Operated locally by multiple providers	Multiple outreach partners