



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.

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

Meals on Wheels Rowan	Rowan County	1307 S Salisbury Avenue, Spencer, NC 28159	(704) 633-0352
Senior Services Meals on Wheels	Forsyth County	2895 Shorefair Drive, Winston-Salem, NC 27105	(336) 724-2040
Meals on Wheels Durham	Durham County	2522 Ross Road, Durham, NC 27703	(919) 667-9424

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.

	Area Served	Address	Phone Number
Durham Center for Senior Life	Durham	406 Rigsbee Avenue, Suite 202, Durham, NC 27701	(919) 688-8247
Grace Senior Center	Anson County	199 HWY 742, South Wadesboro, NC 281708300	(704) 694-6217
Rufty-Holmes Senior Center	Rowan County	1120 South Martin Luther King Jr. Avenue, Salisbury, NC 28144	(704) 216-7714
Neal Senior Center	Cleveland County	100 T.R. Harris Drive, Shelby, NC 28150	(704) 482-3488
J. O. Harper Senior Center	Guilford County	400 Steele Street, Gibsonville, NC 27249	(336) 333-6981
Jackson County Senior Center	Jackson County	100 County Services Park, Sylva, NC 28779	(828) 586-5494
Warren County Senior Center	Warren County	435 W Franklin Street, Warrenton, NC 27589	(252) 257-3111

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.

	Area Served	Address	Phone Number
Durham Community Food Pantry	Durham and Orange Counties	2020 Chapel Hill Road, Suite 30, Durham, NC 27707	(984) 900-3426
The Blessed Table Food Pantry	Greater Greensboro Area	3210 Summit Avenue, Greensboro, NC 27405	(336) 312-4172
Five N Two Food Pantry	Harnett County	17247 NC 27 West, Sanford, NC 27332	(919) 343-3000
MANNA FoodBank	Avery, Buncombe, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Swain, Transylvania and Yancey Counties	627 Swannanoa River Road, Asheville, NC 28805-2445	(800) 820-1109
Food Bank of Central and Eastern North Carolina	34 counties in Central and Eastern North Carolina	1924 Capital Blvd, Raleigh, NC 27604	919-875-0707

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.

	Area Served	Address	Phone Number
North Carolina Senior Farmers' Market Nutrition Program	Statewide	NC Department of Health and Human Services, 2001 Mail Service Center, Raleigh, NC 27699-2000	(919) 855-3400