



State Resources for Seniors in Oklahoma

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

Food assistance programs are often vital to seniors, especially those who live alone or have mobility issues. Low-income seniors may have further difficulties because they can't afford the ever-increasing grocery store prices. Community food programs help improve seniors' overall nutrition and food security while decreasing unintended weight loss or malnutrition risk. In Oklahoma, programs such as Meals on Wheels, food pantries and various government assistance programs ensure seniors have ample nutritious food resources.

Meals on Wheels

Meals on Wheels is a community-based program that delivers in-home meals to vulnerable seniors throughout Oklahoma. The program has a sliding-fee scale to make it cost-effective for all income levels and strives to meet older adults' nutritional and social needs through meal deliveries made by local branches statewide.

	Area Served	Address	Phone Number
Meals on Wheels Association of Oklahoma	Statewide	P.O. Box 691246 Tulsa, OK 74169	(918) 921-5388
Meals on Wheels of Metro Tulsa	Tulsa and surrounding areas	12620 East 31st Street Tulsa, OK 74146	(918) 627-4105
Meals on Wheels Oklahoma City	Oklahoma County	222 Northwest 15th Street Oklahoma City, OK 73103	(405) 609-1035
Meals on Wheels of Norman	Norman	528 East Main Street Norman, OK 73070	(405) 321-7272
DOC Services Meals on Wheels	Ottawa, Craig and Delaware Counties	P.O. Box 848 Miami, OK 74355	(918) 919-2857
Meals on Wheels for Shawnee	Shawnee	401 North Bell Shawnee, OK 74801	(405) 275-7910

Food Pantries

Nonprofit organizations typically operate food pantries and play a significant role in distributing food directly to low-income individuals, including seniors. Food pantries collect all types of foods for disbursement and may have various eligibility requirements. Their hours of operation also may vary, so call first to confirm product availability and when they're open.

	Area Served	Address	Phone Number
Southeast Oklahoma City Community Center	Oklahoma City	6315 South Camille Avenue, Oklahoma City, OK 73149	(405) 672-7311
Community Food Bank of Eastern Oklahoma	Tulsa and McAlester	1304 North Kenosha Avenue Tulsa, OK, 74106	(918) 585-2800
Catholic Charities Eastern Oklahoma Outreach	Bartlesville, Broken Arrow, McAlester, Muskogee, Poteau, Sallisaw and Wilburton	P.O. Box 580460 Tulsa, OK 74158	(918) 949-4673
Our Daily Bread Food & Resource Center	Payne County	701 East 12th Avenue Stillwater, OK 74074	(405) 533-2555
Mission Norman	Central Oklahoma	2525 East Lindsey Norman OK, 73071	(405) 321-8880
New Emergency Resource Agency	Ponca City and from the Kansas state line, south to Red Rock, east of I-35 to Shidler	112 South 1st Street Ponca City, OK 74601	(580) 765-5372
Chickasha Emergency Food Pantry	Grady County	428 South 6th Street Chickasha, OK 73023	(405) 320-0248

Government Assistance Programs

Besides local food assistance programs, government agencies also have programs that help meet the nutritional needs of low-income seniors in Oklahoma. These programs allow seniors to purchase food from local grocery stores and farmers' markets. Each program has specific eligibility requirements, including income limits, and provides services at regional offices across the state.

	Area Served	Address	Phone Number
Supplemental Nutrition Assistance Program (SNAP)	Statewide	Contact your local DHS office	(866) 411-1877
United States Department of Agriculture, Food and Nutrition Service (USDA/FNS), Commodity Supplemental Food Program	Statewide	P.O. Box 25352 Oklahoma City, OK 73125	(800) 848-4019
Senior Farmers' Market Nutrition Program	Statewide	2400 North Lincoln Boulevard Oklahoma City, OK 73105	(877) 751-2972