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Hope Suhr is not connected with the Federal Medicare program. An agent may contact you.

California Seniors Services BLOG

No better time to get some free or low-cost help

Prices are going up and food help for the seniors is going down.

There are several free food and other benefit programs for seniors available in the state of California that can help seniors access nutritious food and other services, regardless of their income level. Here are a few programs and their corresponding websites where seniors can find more information and apply:

1. The California Department of Aging (CDA) (<https://www.aging.ca.gov/>) offers a variety of programs to help seniors access nutritious food, including the California Nutrition Assistance Program (CalFresh) which provides benefits to purchase food for those who meet the income and resource qualifications.
2. The Meals on Wheels (<https://www.mealsonwheelsamerica.org/programs/find-meals>) program delivers nutritious meals to seniors who are unable to leave their homes. It's available in many communities in California
3. The Commodity Supplemental Food Program (CSFP) (<https://www.fns.usda.gov/csfp/>) is a federal program that provides a monthly box of nutritious food to eligible low-income seniors.
4. The California Department of Health Care Services (DHCS) (<https://www.dhcs.ca.gov/>) provides a variety of programs to help seniors access in-home services, such as the In-Home Supportive Services (IHSS) program.
5. The Senior Legal Hotline (<https://seniors.legalaid.org/>) provides legal assistance to seniors with issues related to healthcare, housing, income, and more.
6. The California Alternate Rates for Energy (CARE) (https://www.pge.com/en_US/residential/customer-service/financial-assistance/care-program.page) program provides a discounted rate on energy bills for eligible low-income households, including seniors.

7. Medi-Cal (<https://www.medi-cal.ca.gov/>) is California's Medicaid program that provides healthcare coverage for those with limited income, including seniors.

8. Community Action Partnership (<https://www.communityactionpartnership.com/>) is a network of agencies that provide a variety