

Nutrition Services Guide

NY Connects Niagara County

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www.niagaracounty.com/nyconnects.asp

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NY Connects Niagara County offers information and assistance, education and screening to individuals, their families and/or caregivers, as well as people employed in the helping service professions. It assists Niagara County residents in making informed choices regarding their long term care needs by letting residents know who provides those services nearest to them and how to get in touch with service providers.

The goal of NY Connects Niagara County is to assist Niagara County residents in identifying available long term care options for them or their loved ones by providing accessible, coordinated, unbiased and person-centered information and assistance services. By providing information and assistance about available services, it is also our goal to enable a person to remain in their home as long as possible.

Every effort has been made to ensure the information contained in this guide is accurate and current. For the most current version of this guide, please visit the NY Connects Niagara County website at www.niagaracounty.com. Please select NY Connects under the departments listing.

You can contact NY Connects Niagara County at (716) 438-3030, Monday through Friday, from 9:00 am to 4:00 pm with any questions you have regarding long term care services in Niagara County.

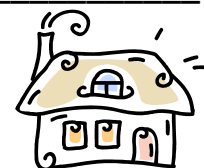


What is Long Term Care?

Traditionally, long term care only meant care provided in a nursing home. Today, long term care includes medical and non-medical services that are provided in a variety of settings. Long term care services include:

Activities of Daily Living Assessment	Insurance/Benefit Information & Counseling
Adult Care Homes	Interpreter Registries
Adult Day Care—Medical and Social	Legal Services
Advocacy	Mental Health Services
Assisted Living Facilities	Nutrition Assessment Services
Assistive Technology Equipment	Nutrition Education
Caregiver Training	Outreach Programs
Case/Care Management	Personal Care Services
Centers for Independent Living	Personal Emergency Response Systems
Child Care Provider Referrals	Personal Finances/Budget Counseling
Companionship	Private Duty Nursing
Condition Specific Rehabilitation Services	Property Tax Exemption Information
Congregate Meals/Nutrition Sites	Protective Services
Early Intervention Services for Children with Disabilities or Delays	Respite Care
Food Pantries	Senior Centers
Food Stamps	Services for People Living with Developmental Disabilities
Friendly Visiting	Skilled Nursing Facilities/Nursing Homes
Health Care Referrals	Soup Kitchens
Home Barrier Evaluation/Removal	Special Education Assessments
Home Delivered Meals	Substance Abuse Services
Home Health Care	Support Groups/Counseling
Home Maintenance & Minor Repair Services	Telephone Reassurance
Home Rehabilitation	Transportation
Hospice	Utility Bill Payment Assistance
Household Safety Education	Vocational Rehabilitation
Housing—Low Income, Subsidized and Non-Subsidized Rentals	Weatherization Programs
In-Home Attendants for People with Disabilities	Wellness Programs
	WIC
	Yard Work

Where are Long Term Care services provided?



Long Term Care services are provided in a variety of settings:

- In your home, such as home delivered meals or home health services;
- In the community where you live, such as a senior center or congregate dining site; or
- In a residential setting, such as an adult care home or skilled nursing facility.

Some agencies only perform services in one of the above settings while others may offer services in multiple settings. NY Connects Niagara County can provide you information about where various services are provided, based on your needs.

How do I determine my needs?

The type of care you need is determined by the amount of help you need with daily activities, such as:

- Bathing
- Dressing
- Eating
- Grooming
- Toileting
- Mobility/Transferring
- Housework
- Cleaning
- Preparing Meals
- Laundry
- Shopping/Errands
- Transportation



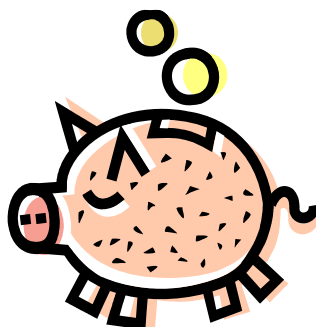
If you need help with one or more of these activities, you may need long term care services. Although it may be hard to decide what care and services you want, NY Connects Niagara County can connect you with the resources that can assist you.

How do I pay for Long Term Care services?

The following are common means of paying for long term care services:

- Long Term Care Insurance
- Medicare
- Medicaid
- Private resources, such as savings, pensions, or trust funds
- Veterans Benefits
- Health Insurance
- SSI/SSD

When your insurance does not cover the care you need, you may need to find a way to pay for your expenses.



What are Nutrition Services?

Nutrition services include congregate meals and nutrition sites, food pantries, food stamp programs, nutrition assessment services, nutrition education and WIC programs.

Congregate Meals and Nutrition Sites provide hot meals on a regular basis for older adults or adults with disabilities who may be at risk for nutritional deficits without assistance and can benefit from an opportunity to socialize with others. Congregate meals are often combined with recreational, educational and social activities.

Food Pantries are programs that acquire food products through donations, canned food drives, food bank programs or direct purchase. They distribute food to people who are in need or in emergency situations. Some pantries deliver food to people whose disabilities or illnesses make it difficult for them to leave home.

The **Food Stamp Program** is a federally-funded program that is administered locally by the Niagara County Department of Social Services. The program enables low-income households to obtain food stamp coupons that can be exchanged in nearly all grocery stores for food or electronic benefits transfer (EBT) debit cards which can be used to purchase food. Approved households are entitled to receive a monthly allotment of food stamps based on net income and household size.

Home Delivered Meals are programs that prepare and deliver regular meals to older adults and people with disabilities who are unable to shop and/or prepare the food themselves or travel to a site where a meal is being served.

Nutrition Assessment Services evaluate an individual's nutritional history and dietary intake and develop a plan which ensures that the person's nutritional needs are met.

Nutrition Education Programs provide information concerning the basic principles of healthy eating, food handling, food preparation and shopping skills. Information may be provided about the basic food groups, vitamin and mineral requirements and the relationship of nutrition to the preservation of good health and the prevention of illness.

Soup Kitchens are programs offered by churches and other organizations that provide meals in a central location for people who lack the resources needed to buy and prepare food. The food may be distributed to people who line up for the meal or may be served to people seated in a dining hall setting. Participants rarely need to establish eligibility for the service.

The **WIC Program** is a federally-funded program that provides nutrition education and food vouchers to pregnant women, new mothers, infants and children younger than age five who cannot afford an adequate diet. Vouchers are picked up at a WIC site on a monthly basis and may be exchanged for milk, cheese, eggs, cereal, juice, vegetables, peanut butter, beans and formula in most grocery stores.

**American Red Cross
Niagara County Chapter**

637 Davison Road
Lockport, NY 14094
Phone: (716) 434-8876
Fax: (716) 434-2324

2079 Sawyer Drive
Niagara Falls, NY 14304
Phone: (716) 731-4030
Fax: (716) 731-4040

<i>Also Known As:</i>	Red Cross
<i>Formerly Known As:</i>	
<i>Mailing Address:</i>	
<i>Other Site Addresses:</i>	
<i>TDD/TYY Number:</i>	
<i>Website Address:</i>	www.niagarareddcross.org
<i>Email Address:</i>	Lockport@redcrossenc.org
<i>Hours of Operation:</i>	8:30 am to 4:00 pm, Monday through Friday.
<i>Services Provided:</i>	Basic human needs (food, shelter, clothing) following a fire or other disaster-related event. Fuel assistance if client has shut-off notice and meets requirements.
<i>Eligibility Requirements:</i>	All disaster victims are eligible. Heating assistance requires age 60 or above or handicap or disability.
<i>Documentation Required:</i>	Picture ID or if destroyed in fire, a piece of mail or anything matching the name with the disaster-affected address.
<i>Geographic Area Served:</i>	Niagara County.
<i>Public Transportation:</i>	Metro-Link across the street from both offices.
<i>Application Process:</i>	Please contact the American Red Cross for more information.
<i>Languages:</i>	English.
<i>Cost of Services:</i>	Free service.
<i>Payment Methods:</i>	

Brother's Keeper Outreach

175 Locust Street
Lockport, NY 14094
Phone: (716) 439-9638

Also Known As:	BKO
Formerly Known As:	
Mailing Address:	PO Box 729, Lockport, NY 14094
Other Site Addresses:	
TDD/TYY Number:	
Website Address:	
Email Address:	
Hours of Operation:	10:00 am to 1:00 pm, Thursdays. 10:00 am to 1:00 pm, 1st and 3rd Saturday of the month. Closed Saturdays during July and August.
Services Provided:	Food pantry offering non-perishable food items and personal care items such as shampoo, soap, toothpaste, detergent and other items.
Eligibility Requirements:	Low income and/or unemployed.
Documentation Required:	Completed Client Application.
Geographic Area Served:	Niagara County.
Public Transportation:	
Application Process:	Please contact Brother's Keeper Outreach for more information.
Languages:	English.
Cost of Services:	Free service.
Payment Methods:	

Catholic Charities of Western New York

256 Third Street, Suite 15
Niagara Falls, NY 14303
Phone: (716) 282-2351
Fax: (716) 282-0146

Also Known As:	CCWNY or Catholic Charities
Formerly Known As:	
Mailing Address:	256 Third Street, Niagara Falls, NY 14303
Other Site Addresses:	450 Bewley Building, Lockport, NY 14094 1465 Payne Avenue, North Tonawanda, NY 14120
TDD/TYY Number:	Available upon request.
Website Address:	www.ccwny.org
Email Address:	info@ccwny.org
Hours of Operation:	8:45 am to 4:45 pm, Monday through Friday.
Services Provided:	Family therapy and counseling services for adults, children, couples, and families, emergency food and prescription assistance. Offers FEMA rental assistance and Neighbor 4 Neighbor assistance, when available. Also offers: Kinship Caregiver program, which provides support to relative caregivers for children (grandparents, aunts and uncles); Our Kids, which provides parent education and awareness for parents and significant others who are dealing with custody or visitation issues; Child Permanency Mediation Program; and Domestic Violence Offenders Program.
Eligibility Requirements:	Determined on an individual basis. Please contact Catholic Charities of Western New York for more information.
Documentation Required:	Determined at time of screening.
Geographic Area Served:	Niagara County.
Public Transportation:	Located 1/2 block from bus route.
Application Process:	Please contact Catholic Charities to make an appointment and schedule a screening.
Languages:	English.
Cost of Services:	Varies based on service provided. Please contact Catholic Charities of Western New York for more information.
Payment Methods:	Insurances, private pay (cash, check).

**Catholic Charities of Western New York
WIC Program**

237 Fourth Street
Niagara Falls, NY 14303
Phone: (716) 285-0975
Fax: (716) 282-7015

Also Known As:

Formerly Known As:

Mailing Address:

Other Site Addresses:

Bewley Building, Market at Main, Lockport, NY 14094
Philip Sheridan school, 3200 Kenmore Avenue, Kenmore, NY 14217
North Tonawanda site and Tuscarora site — please call for information.

TDD/TYY Number:

Website Address:

www.ccwny.org

Email Address:

info@ccwny.org

Hours of Operation:

8:45 to 4:45, Monday through Friday.

Please call for limited evening appointments.

Services Provided:

Nutrition education and food checks for specific healthy food items.

Eligibility Requirements:

Must meet federal income guidelines, pregnant, post-partum women, infants, and children to 5 years old.

Documentation Required:

Personal ID, proof of New York State residency.

Geographic Area Served:

Niagara County, northern Erie County.

Public Transportation:

On bus route.

Application Process:

Request application, phone review for fulfilling requirements. If qualified, orientation appointment to receive nutrition education and food checks.

Languages:

English. Some written materials in Spanish, Russian, and Chinese.

Cost of Services:

Free service if qualified.

Payment Methods:

Public funds.

Community Missions of Niagara Frontier, Inc.

Food Pantry

1570 Buffalo Avenue
Niagara Falls, NY 14303
Phone: (716) 285-3403
Fax: (716) 285-0616

Also Known As:	Community Missions, CMI
Formerly Known As:	
Mailing Address:	1570 Buffalo Avenue, Niagara Falls, NY 14303
Other Site Addresses:	
TDD/TYY Number:	
Website Address:	www.communitymissions.org
Email Address:	
Hours of Operation:	Community Missions: 24 hours a day, 7 days a week. Food Pantry: 1:30 pm to 3:00 pm, last two Thursdays of each month.
Services Provided:	Emergency food, clothing and shelter. Also offers furniture when available.
Eligibility Requirements:	Must meet income guidelines for food pantry services.
Documentation Required:	Proof of income and identification for each person in household.
Geographic Area Served:	Niagara County. Some services are physically located in Niagara Falls.
Public Transportation:	Bus route stop in front of building.
Application Process:	
Languages:	English. As needed, able to access translators.
Cost of Services:	Free service.
Payment Methods:	

**Cornell Cooperative Extension
Eat Smart New York,
Expanded Food and Nutrition Education Program**

1001 11th Street, Room A255
Niagara Falls, NY 14303
Phone: (716) 278-8131
Fax: (716) 278-8174

<i>Also Known As:</i>	ESNY, EFNEP
<i>Formerly Known As:</i>	Family Life Program
<i>Mailing Address:</i>	1001 11th Street, Room A255, Niagara Falls, NY 14303
<i>Other Site Addresses:</i>	
<i>TDD/TYY Number:</i>	
<i>Website Address:</i>	www.cce.cornell.edu/niagara
<i>Email Address:</i>	Niagara@cornell.edu
<i>Hours of Operation:</i>	8:30 am to 4:30 pm, Monday through Friday or depending on need.
<i>Services Provided:</i>	In home or group nutrition education program with a minimum of 6 visits or sessions. Topics include saving money on food, budgeting, importance of physical activity and healthy choices.
<i>Eligibility Requirements:</i>	Income and other criteria apply. Please contact the Eat Smart New York Program for more information.
<i>Documentation Required:</i>	Completed enrollment form.
<i>Geographic Area Served:</i>	Niagara County.
<i>Public Transportation:</i>	Located on bus route (across street from building).
<i>Application Process:</i>	Please contact Cornell Cooperative Extension for more information.
<i>Languages:</i>	English.
<i>Cost of Services:</i>	Free service for eligible participants.
<i>Payment Methods:</i>	

Country Rds. Caring Neighbors, Inc.

608 Lake Street
Wilson, NY 14172

Phone: (716) 751-9717 or (716) 751-6864

Also Known As:	CRCN Inc.
Formerly Known As:	
Mailing Address:	PO Box 281, Wilson, NY 14172
Other Site Addresses:	
TDD/TYY Number:	
Website Address:	
Email Address:	daliena5oct@yahoo.com
Hours of Operation:	2nd Tuesday of each month from 6:00 pm to 8:00 pm. 2nd Wednesday of each month from 10:00 am to 2:00 pm. Pantry is always open for emergency and off-site service. Please call for more information.
Services Provided:	Bags of food for needy and unemployed families. Also provides fresh meat with the non-perishable goods. Also clothes and gifts at Christmas time, Valentine's Day and Easter.
Eligibility Requirements:	Disabled and/or unemployed temporarily or permanently. Must meet income guidelines.
Documentation Required:	Proof of income, residency, and copy of birth certificate for all family members and/or Medicaid or Food Stamp card.
Geographic Area Served:	Wilson, Ransomville, Burt, Youngstown, Sanborn and Cambria.
Public Transportation:	
Application Process:	Complete intake form, sign-in form and sometimes referrals from other sources.
Languages:	English. Arrangements can be made for Spanish.
Cost of Services:	Free service.
Payment Methods:	

Faith Community Food Pantry

3520 Saunders Settlement Road

Sanborn, NY 14132

Phone: (716) 990-2018

Also Known As:

Formerly Known As:

St. Paul's Food Pantry

Mailing Address:

Other Site Addresses:

TDD/TYY Number:

Website Address:

Email Address:

Hours of Operation:

11:00 am to 1:00 pm, every other Saturday.

Emergency food by appointment.

Services Provided:

Offers food and clothes.

Eligibility Requirements:

Must meet income guidelines.

Documentation Required:

Picture identification, new piece of mail for address and financial information.

Geographic Area Served:

Please contact Faith Community Food Pantry for service area.

Public Transportation:

Located on or near bus route, Metro-link and Para-Transit.

Application Process:

Please call Faith Community Food Pantry for more information.

Languages:

English.

Cost of Services:

Free service.

Payment Methods:

**Faith United Methodist Church
Food and Clothing Pantry**

1449 Quaker Road
Barker, NY 14012
Phone: (716) 795-9945
Fax: (716) 795-9945

<i>Also Known As:</i>	FUMCF & CP
<i>Formerly Known As:</i>	
<i>Mailing Address:</i>	1449 Quaker Road, Barker, NY 14012
<i>Other Site Addresses:</i>	
<i>TDD/TYY Number:</i>	
<i>Website Address:</i>	
<i>Email Address:</i>	
<i>Hours of Operation:</i>	8:30 am to 12:00 pm, Monday. 1:00 pm to 3:00 pm, Tuesday.
<i>Services Provided:</i>	Free food and used clothing.
<i>Eligibility Requirements:</i>	Must qualify by low income federal guidelines.
<i>Documentation Required:</i>	Driver's license, phone bill, electric bill, pay stubs, proof of residence, and name and ages of all dependents.
<i>Geographic Area Served:</i>	Rural areas of Niagara County.
<i>Public Transportation:</i>	
<i>Application Process:</i>	Please call Faith United Methodist Church for more information.
<i>Languages:</i>	English.
<i>Cost of Services:</i>	Free service.
<i>Payment Methods:</i>	

**Heart, Love & Soul, Inc.
Food Pantry & Kitchen**

939 Ontario Avenue
Niagara Falls, NY 14305
Phone: (716) 282-5681
Fax: (716) 285-3966

Also Known As:	Heart & Soul
Formerly Known As:	
Mailing Address:	
Other Site Addresses:	
TDD/TYY Number:	
Website Address:	
Email Address:	heart.soul1@juno.com
Hours of Operation:	Food Pantry: 10:00 am to 1:00 pm, Monday through Friday. Soup Kitchen: 11:30 am to 12:30 pm, Monday through Friday. Also last Saturday and last two Sundays of the month. Nurse and Social Worker: 11:00 am to 1:00 pm, Monday through Friday.
Services Provided:	Emergency food pantry and soup kitchen offering hot lunches. Also provides nurse and social worker for the people from the city of Niagara Falls area.
Eligibility Requirements:	For Food Pantry, person must reside in the area and provide proof of income, proof of address and proof of number in family. Exceptions are made. For Dining Room (soup kitchen), there are no eligibility requirements.
Documentation Required:	For Food Pantry, person must provide proof of income, address and number in family. One of the following are required: budget report, benefit card or social security award letter. Also an envelope verifying address, child's benefit card or recent report card or birth certificate.
Geographic Area Served:	Central city and north end of Niagara Falls.
Public Transportation:	Located 1/2 block from bus route.
Application Process:	Please contact Heart, Love & Soul or stop in to make appointment. Clients are serviced the next day unless it is an emergency.
Languages:	English, Spanish.
Cost of Services:	Free service.
Payment Methods:	

Lockport Meals on Wheels

327 High Street
Lockport, NY 14094
Phone: (716) 433-6811

Also Known As:

Formerly Known As:

Mailing Address:

Other Site Addresses:

TDD/TYY Number:

Website Address:

Email Address: lockportmow@localnet.com

Hours of Operation: 8:00 am to 12:30 pm, Monday through Friday.

Services Provided: Delivery of 1 or 2 meals daily, Monday through Friday, to those who are homebound or otherwise have need for services.

Eligibility Requirements: Client must perceive need.

Documentation Required:

Geographic Area Served: City of Lockport

Public Transportation:

Application Process: Not formal, request only.

Languages:

Cost of Services: Daily: 1 meal - \$4.25; 2 meals (1 hot, 1 cold) - \$6.00

Payment Methods: Private pay (check, cash, money order).

Meals on Wheels of Niagara Falls

1920 18th Street
Niagara Falls, NY 14305
Phone: (716) 282-3468

Also Known As:	Meals on Wheels
Formerly Known As:	
Mailing Address:	
Other Site Addresses:	
TDD/TYY Number:	
Website Address:	
Email Address:	
Hours of Operation:	9:00 am to 12:00 pm, Monday through Friday.
Services Provided:	Home delivered meals to the elderly, ill, and the handicapped.
Eligibility Requirements:	No age requirements. Meals provided to anyone not able to do for themselves.
Documentation Required:	None needed.
Geographic Area Served:	Niagara Falls and the center of Lewiston.
Public Transportation:	
Application Process:	Contact the office at (716) 282-3468.
Languages:	English.
Cost of Services:	Daily rate: 1 meal (hot only) - \$5.50, 2 meals (1 hot, 1 cold) - \$6.00 Diabetic: 1 meal (hot only) - \$6.00, 2 meals (1 hot, 1 cold) - \$6.50
Payment Methods:	Private pay (checks, cash if brought to office).

**Migrant Ministry Food Pantry
Housed at First Baptist Church of Newfane**

6047 East Avenue
Newfane, NY 14108
Phone: (716) 778-9216
Fax: (716) 778-9216

Also Known As:

Formerly Known As:

Mailing Address: PO Box 66, Newfane, NY 14108

Other Site Addresses:

TDD/TYY Number:

Website Address:

Email Address:

Hours of Operation: 1:00 pm to 3:00 pm, Tuesday.
6:00 pm to 7:00 pm, 2nd Tuesday of the month.

Services Provided: Food and clothes.

Eligibility Requirements: None, just a need.

Documentation Required: Identification, driver's license.

Geographic Area Served: Newfane school district.

Public Transportation:

Application Process:

Languages: English, Spanish on call when Director can be there.

Cost of Services: Free service.

Payment Methods:

Newfane Community Food Pantry

3455 Ewings Road
Newfane, NY 14108
Phone: (716) 778-9822
Fax: (716) 778-8786

Also Known As:

Formerly Known As:

Mailing Address: PO Box 87, Newfane, NY, 14108

Other Site Addresses:

TDD/TYY Number:

Website Address:

Email Address:

Hours of Operation: Please call for an appointment on Tuesday between 10:00 am and 12:00 pm.

Services Provided: Food pantry. Hours of pickup are every Tuesday from 10:00 am to 4:00 pm. Emergency situations handled as they arise.

Eligibility Requirements: Apply in person. Must reside in Newfane school district and have financial need.

Documentation Required: Must provide identification for all persons in household, supply proof of residence such as current utility bill and proof of total family income.

Geographic Area Served: Newfane School District.

Public Transportation:

Application Process: Complete Client Intake Form and supply required information.

Languages: English.

Cost of Services: Free service.

Payment Methods:

**Niagara Community Action Program, Inc.
Neighborhood Centers Program**

1521 Main Street
Niagara Falls, NY 14305
Phone: (716) 285-9681
Fax: (716) 285-9693

Also Known As:	NIACAP
Formerly Known As:	
Mailing Address:	
Other Site Addresses:	316 Thompson Street, North Tonawanda, NY 14120, (716) 691-9727 564 19th Street, Niagara Falls, NY 14301, (716) 282-4375 160 Washburn Street, Lockport, NY 14094, (716) 433-6632
TDD/TYY Number:	
Website Address:	www.niagaracap.org
Email Address:	niagaracap@prodigy.net
Hours of Operation:	8:00 am to 4:00 pm, Monday through Friday.
Services Provided:	Clothing, food pantries, fair housing advocacy, back rent, mortgage, and utility assistance, housing location services, tenant/landlord resolution, budget counseling and information and referral services.
Eligibility Requirements:	Must meet income guidelines. Please contact Niagara Community Action Program for more information.
Documentation Required:	Please contact Niagara Community Action Program for more information.
Geographic Area Served:	Niagara County.
Public Transportation:	All offices are on or near a bus route.
Application Process:	Please contact Niagara Community Action Program for more information.
Languages:	English, Spanish, German, Polish.
Cost of Services:	If applicant qualifies, there is no fee.
Payment Methods:	

**Niagara Community Action Program, Inc.
Nutrition Outreach and Education Program**

160 Washburn Street
Lockport, NY 14094
Phone: (716) 439-1322

Also Known As:	NIACAP, Nutrition Outreach & Education Program
Formerly Known As:	
Mailing Address:	
Other Site Addresses:	
TDD/TYY Number:	
Website Address:	www.niagaracap.org
Email Address:	niagaracap@prodigy.net
Hours of Operation:	8:00 am to 4:00 pm, Monday through Friday.
Services Provided:	Assists individuals and families with obtaining food stamps.
Eligibility Requirements:	Must meet income guidelines. Please contact Niagara Community Action Program for more information.
Documentation Required:	Please contact Niagara Community Action Program for more information.
Geographic Area Served:	Niagara County.
Public Transportation:	Office is on or near a bus route.
Application Process:	Please contact Niagara Community Action Program for more information.
Languages:	English, Spanish, German, Polish.
Cost of Services:	If applicant qualifies, there is no fee.
Payment Methods:	

Niagara County Department of Social Services

20 East Avenue
Lockport, NY 14094
Phone: (716) 439-7600
Fax: (716) 439-7609

301 Tenth Street
Niagara Falls, NY 14302
Phone: (716) 278-8400
Fax: (716) 278-8633

Also Known As:	DSS
Formerly Known As:	
Mailing Address:	Lockport: PO Box 506, Lockport, NY 14095 Niagara Falls: PO Box 865, Niagara Falls, NY 14302-0865
Other Site Addresses:	
TDD/TYY Number:	
Website Address:	www.niagaracounty.com
Email Address:	
Hours of Operation:	8:00 am to 4:00 pm, Monday through Friday.
Services Provided:	Medicaid, food stamps, cash assistance, employment, child support, medical transportation, Medicaid managed care, protective services for adults, chronic care, home care, child welfare, child protective, foster care, adoption, and preventative services.
Eligibility Requirements:	Varies according to program. Please contact the Niagara County Department of Social Services for more information.
Documentation Required:	Varies according to program. Please contact the Niagara County Department of Social Services for more information.
Geographic Area Served:	Niagara County.
Public Transportation:	
Application Process:	Walk-in or appointment. Please contact the Niagara County Department of Social Services to schedule an appointment.
Languages:	English, others available upon request.
Cost of Services:	
Payment Methods:	

Niagara County Office for the Aging Eat Well...Stay Well Dining Program

111 Main Street
Suite 101
Lockport, NY 14094
Phone: (716) 438-4020 or (716) 438-4030
Fax: (716) 438-4029

Also Known As:	Niagara Nutrition
Formerly Known As:	
Mailing Address:	
Other Site Addresses:	Please contact the office for site addresses and information.
TDD/TYY Number:	
Website Address:	www.niagaracounty.com/ofa
Email Address:	ofa@niagaracounty.com
Hours of Operation:	Office: 8:00 am to 4:00 pm, Monday through Friday. Sites: 10:00 am to 1:00 pm, Monday through Friday.
Services Provided:	Health and wellness programs, nutrition education programs, individual nutrition counseling, information and assistance services, transportation grocery shopping, legal counseling, and recreation programs.
Eligibility Requirements:	Niagara County residents, age 60 and older, as well as their spouse or disabled, dependent child of any age, may participate. Disabled persons living in supportive housing with a nutrition site in, or attached to, the building may participate.
Documentation Required:	New participants are asked to complete a basic registration form and update it yearly.
Geographic Area Served:	Niagara County.
Public Transportation:	Transportation is provided to sites except for apartment buildings in Niagara Falls. Wheatfield and Lewiston have own transportation to sites.
Application Process:	Contact the nutrition site between 10:00 am and 1:00 pm, Monday through Friday, and make a reservation at least 24 hours in advance to order a meal.
Languages:	English.
Cost of Services:	Contributions are recommended. The suggested contribution is \$3.00 per meal for ages 60 and older, and spouses and disabled dependents, no matter what age. The suggested contribution for those under age 60 is \$4.00 per meal.
Payment Methods:	Private pay (check, money order, cash). All payments are a contribution to the Office for the Aging.

Niagara County Office for the Aging Home Delivered Meals Program

111 Main Street, Suite 101
Lockport, NY 14094
Phone: (716) 438-4031
Fax: (716) 438-4029

Also Known As:

Formerly Known As:

Mailing Address:

Other Site Addresses:

TDD/TYY Number:

Website Address:

www.niagaracounty.com/ofa

Email Address:

ofa@niagaracounty.com

Hours of Operation:

6:00 am to 2:00 pm, Monday through Friday.

Services Provided:

Home delivered meals to home-bound individuals who are not able to provide meals for themselves.

Eligibility Requirements:

Niagara County residents, 60 years of age and older.

Documentation Required:

Assessment.

Geographic Area Served:

Niagara County.

Public Transportation:

Application Process:

Phone screening, full assessment.

Languages:

English.

Cost of Services:

Contributions are recommended. The suggested contribution is \$2.50 per meal.

Payment Methods:

Check, money order.

**Niagara County Office for the Aging
Nutrition Assessment, Education and Counseling Program**

111 Main Street
Suite 101
Lockport, NY 14094
Phone: (716) 438-4030
Fax: (716) 438-4029

Also Known As:

Formerly Known As:

Mailing Address:

Other Site Addresses:

TDD/TYY Number:

Website Address:

www.niagaracounty.com/ofa

Email Address:

ofa@niagaracounty.com

Hours of Operation:

8:00 am to 4:00 pm, Monday through Friday.

Services Provided:

Individual nutrition assessment and counseling on any topic and for individuals with chronic diseases such as diabetes, heart disease, hypertension, chronic obstructive pulmonary disease, renal disease, malnutrition, weight reduction or weight gain, cholesterol and others. Group educational programs are also available. Counseling can be in-home, at the Office for the Aging or at any nutrition site location.

Eligibility Requirements:

Niagara County residents age 60 or older that needs nutrition information.

Documentation Required:

Date of birth.

Geographic Area Served:

Niagara County.

Public Transportation:

Transportation may be available to some site locations. Please contact Glenda Reardon for more information.

Application Process:

Please contact Glenda Reardon, Registered and Certified Dietician, for more information.

Languages:

English. Other languages can be accommodated.

Cost of Services:

Free service.

Payment Methods:

Voluntary donations from clients are gladly accepted.

**Niagara County Office for the Aging
Stay Well! A Health Promotion Program for Older Adults**

111 Main Street, Suite 101
Lockport, NY 14094
Phone: (716) 438-4030
Fax: (716) 438-4029

Also Known As:	Stay Well!
Formerly Known As:	
Mailing Address:	
Other Site Addresses:	Program takes place at Eat Well...Stay Well dining sites. May also take place at other Niagara County locations.
TDD/TYY Number:	
Website Address:	www.niagaracounty.com
Email Address:	glenda.reardon@niagaracounty.com
Hours of Operation:	Varies depending on program location.
Services Provided:	Six week wellness program where participants set goals to develop a healthier lifestyle. Program is 1 1/2 hours in length. Participants must commit to all six weeks. Free snacks and give-a-ways. Presentations are interactive and topics include: Growing Old Gracefully; You Are What You Eat; Less Talk, Let's Eat; Exercise For The Health Of It; Stress Less, Live Longer; and Stay Well, Now You Are In Charge.
Eligibility Requirements:	Geared to age 60 or older.
Documentation Required:	Weight is taken each week in addition to blood pressure. Participants are encouraged to exercise more than they normally do and adopt a healthier diet. Outcomes and evaluations are completed.
Geographic Area Served:	Niagara County.
Public Transportation:	
Application Process:	Please contact Nancy Smegelsky at (716) 438-4033 to register for program.
Languages:	English.
Cost of Services:	Free service.
Payment Methods:	

Niagara Falls Housing Authority Senior Services Program

720 10th Street
Niagara Falls, NY 14301
Phone: (716) 285-7812
Fax: (716) 285-7812

Also Known As:	NFHA
Formerly Known As:	
Mailing Address:	720 10th Street, Niagara Falls, NY 14301
Other Site Addresses:	
TDD/TYY Number:	1-800-545-1833, ext. 405
Website Address:	www.nfha.org
Email Address:	
Hours of Operation:	8:00 am to 4:00 pm, Monday through Friday.
Services Provided:	Assistance in linkage to services, filling out forms or securing aides. Meals, transportation, healthcare, exercise, home safety and cooking programs, picnics, socialization opportunities, Bingo, community organization presentations, field trips and volunteer opportunities.
Eligibility Requirements:	Must be resident of Spallino Towers or Wrobel Towers.
Documentation Required:	None.
Geographic Area Served:	Spallino and Wrobel Towers and elderly or disabled residents of Center Court, Packard Court and Jordan Gardens.
Public Transportation:	Available.
Application Process:	Please contact office for appointment or stop in.
Languages:	English.
Cost of Services:	None.
Payment Methods:	

The North Tonawanda Food Pantry

100 Ridge Street
North Tonawanda, NY 14120
Phone: (716) 692-8552
Fax: (716) 692-8552

Also Known As:	NT Food Pantry
Formerly Known As:	
Mailing Address:	
Other Site Addresses:	
TDD/TYY Number:	
Website Address:	
Email Address:	ntfoodpantry@verizon.net
Hours of Operation:	10:00 am to 12:30 pm, Monday through Friday.
Services Provided:	Provides four (4) day supplement of food to income eligible families.
Eligibility Requirements:	Must meet income guidelines.
Documentation Required:	Identification, proof of income and expenses.
Geographic Area Served:	North Tonawanda.
Public Transportation:	
Application Process:	Please contact the North Tonawanda Food Pantry.
Languages:	English.
Cost of Services:	Free service. Donations are always accepted.
Payment Methods:	

North Tonawanda Meals on Wheels, Inc.

100 Ridge Road
North Tonawanda, NY 14120
Phone: (716) 693-1663
Fax: (716) 693-1663

Also Known As:	Meals on Wheels, MOW
Formerly Known As:	
Mailing Address:	100 Ridge Road, North Tonawanda, NY 14120
Other Site Addresses:	
TDD/TYY Number:	
Website Address:	www.ntmow.com
Email Address:	ntmeals@verizon.net
Hours of Operation:	Office: 9:30 am to 1:30 pm, Monday through Friday. Kitchen: 7:00 am to 12:00 pm, Monday through Friday.
Services Provided:	Home delivery of hot and cold meals to aged, infirm, and/or disabled, check on client's well-being, emergency help when needed, diabetic meals for those diagnosed and case manager to assess progress.
Eligibility Requirements:	Meals are delivered to adults that are unable to cook or shop, unable to leave their residence, or cannot stand long enough to prepare a meal.
Documentation Required:	Name, address, phone number, emergency contact information, physician information and reasons for need.
Geographic Area Served:	The cities of North Tonawanda and Tonawanda.
Public Transportation:	Bus at corner of Payne and Ridge.
Application Process:	Please contact North Tonawanda Meals on Wheels, Inc. Telephone interview will be conducted with client or other who is speaking for client. Case manager will visit one or two weeks after service begins.
Languages:	English.
Cost of Services:	Daily rate: 1 meal (hot only) - \$4.50, 2 meals (1 hot, 1 cold) - \$5.50. Diabetic: 2 meals (1 hot, 1 cold) - \$6.00.
Payment Methods:	Private pay (cash, check, money order), food stamps.

Pendleton Food Pantry

Good Shepherd Church
5442 Tonawanda Creek Road
North Tonawanda, NY 14120
Phone: (716) 625-8594 or (716) 625-8306

Also Known As:

Formerly Known As:

Mailing Address:

Other Site Addresses:

TDD/TYY Number:

Website Address:

Email Address:

Hours of Operation:

10:00 am to 12:00 pm, Thursdays.

Services Provided:

On site food pantry providing weekly, bi-weekly and monthly meals.

Eligibility Requirements:

Residents of Pendleton, patrons of Pendleton churches or those within Starpoint school district.

Documentation Required:

Proof of residency, proof of income, identification for household members.

Geographic Area Served:

Pendleton area, patrons of Pendleton churches, Starpoint School District.

Public Transportation:

Application Process:

First time walk-ins with ID are serviced. If client does not meet eligibility requirements, they are referred to other agencies.

Languages:

English.

Cost of Services:

Free service.

Payment Methods:

Raymond Community Church

6597 Rapids Road
Lockport, NY 14094
Phone: (716) 434-3175

Also Known As:

Formerly Known As:

Mailing Address:

Other Site Addresses:

TDD/TYY Number:

Website Address:

Email Address:

Hours of Operation:

12:30 pm to 3:00 pm, Thursdays.

Services Provided:

Food bank open to all eligible persons within service area.

Eligibility Requirements:

Must meet income guidelines and reside within the service area.

Documentation Required:

Pay stub, social security allotment, driver's license and utility bill with address.

Geographic Area Served:

Dysinger Road to Tonawanda Creek Road in Lockport.

Public Transportation:

Application Process:

Complete application with required documentation.

Languages:

English.

Cost of Services:

Free service.

Payment Methods:

The Salvation Army

50 Cottage Street
Lockport, NY 14094
Phone: (716) 434-1276
Fax: (716) 434-5925

Also Known As:

Formerly Known As:

Mailing Address: 50 Cottage Street, Lockport, NY 14094

Other Site Addresses:

TDD/TYY Number:

Website Address: www.salvationarmy.org

Email Address: john.wheeler@USE.SalvationArmy.org

Hours of Operation: **Soup Kitchen:** 11:00 am to 1:00 pm, Monday through Friday.
12:00 noon to 1:00 pm, Sunday.

Community Center: Based on schedule of programs.

Comprehensive Emergency Assistance: By appointment, generally 10:00 am to 2:00 pm, Monday through Friday.

Services Provided: Community Center offering educational and recreational programs, soup kitchen and comprehensive emergency assistance, such as sheltering, food and clothing.

Eligibility Requirements: Verification of need for assistance requested. May simply be verbal request.

Documentation Required: Dependent upon program or service. Please contact The Salvation Army for more information.

Geographic Area Served: Eastern Niagara County and transitionally needy.

Public Transportation: Located on bus route.

Application Process: One form, dependent upon program or service.

Languages: English (translation provided in emergencies only).

Cost of Services: Some community center programs have charges associated with them but they may be waived in many cases. Please contact the Salvation Army for more information.

Payment Methods: Private pay.

The Salvation Army Food Pantry

7018 Buffalo Avenue
Niagara Falls, NY 14304
Phone: (716) 283-7697
Fax: (716) 283-7281

Also Known As:	The Salvation Army
Formerly Known As:	
Mailing Address:	PO Box 86, Niagara Falls NY 14304
Other Site Addresses:	
TDD/TYY Number:	
Website Address:	www.salvationarmy.org
Email Address:	
Hours of Operation:	9:00 am to 4:00 pm, Monday through Friday.
Services Provided:	Food pantry serving Niagara Falls zip code area 14304.
Eligibility Requirements:	Must meet income guidelines.
Documentation Required:	Please contact The Salvation Army for more information.
Geographic Area Served:	Niagara Fall zip code area 14304.
Public Transportation:	Located on or near a bus route.
Application Process:	
Languages:	English.
Cost of Services:	Free service. Donations are always welcome.
Payment Methods:	

**St. John's Outreach Center
Sr. Helen's Food Pantry**

160 Chestnut Street
Lockport, NY 14094
Phone: (716) 433-5252
Fax: (716) 433-3562

Also Known As:

Formerly Known As:

Mailing Address:

Other Site Addresses:

TDD/TYY Number:

Website Address:

www.stjohnslockport.org

Email Address:

jhaid@stjohnslockport.org

Hours of Operation:

12:00 pm to 3:00 pm, Monday, Wednesday and Friday.

6:00 pm to 8:00 pm, Monday.

Services Provided:

Food pantry which distributes food three days a week in addition to special distributions of food at Thanksgiving and Christmas. Food is obtained through donations from parishioners, people in the community, local churches, farmers, merchants, civic organizations and the WNY food bank.

Eligibility Requirements:

Must meet income eligibility.

Documentation Required:

Two forms of identification (i.e. driver's license, social security card or Medicaid card), proof of number of people in household (i.e. tax return) proof of residence (i.e. current utility bill) and completed food pantry intake form.

Geographic Area Served:

Northern Lockport, Gasport and Middleport area.

Public Transportation:

Application Process:

Stop in to pantry and complete client intake form.

Languages:

English.

Cost of Services:

Free service.

Payment Methods:

St. Joseph's Outreach

1402 Pine Avenue
Niagara Falls, NY 14301
Phone: (716) 282-1379
Fax: (716) 285-3704

Also Known As:

Formerly Known As:

Mailing Address:

1413 Pine Avenue, Niagara Falls, NY 14301

Other Site Addresses:

TDD/TYY Number:

Website Address:

www.holyfamilyrcchurch.org

Email Address:

jpastwik@holyfamilyrcchurch.org

Hours of Operation:

9:30 am to 11:30 am, Monday, Tuesday, Wednesday and Friday.

Services Provided:

Food pantry.

Eligibility Requirements:

Must meet income guidelines. Generally services individuals on social services programs

Documentation Required:

Social services card and current utility bill to verify address.

Geographic Area Served:

Niagara Falls area.

Public Transportation:

Located on or near a bus route.

Application Process:

Completed intake form.

Languages:

English.

Cost of Services:

Free service.

Payment Methods:

St. Mary's St. Vincent de Paul Society

5 Saxton Street
Lockport, NY 14094
Phone: (716) 434-6316

Also Known As:	St. Mary's Food Pantry
Formerly Known As:	
Mailing Address:	
Other Site Addresses:	
TDD/TYY Number:	
Website Address:	http://stmaryslockport.org
Email Address:	stmarylk@localnet.com
Hours of Operation:	1:00 pm to 3:00 pm, Tuesday and Thursday.
Services Provided:	Weekly food distribution. Also provides utility assistance and rent assistance.
Eligibility Requirements:	New York State Pantry Guidelines.
Documentation Required:	Disability card, drivers license, proof of address.
Geographic Area Served:	North of the canal. Please contact St. Mary's Food Pantry for more information.
Public Transportation:	
Application Process:	For more information, please contact St. Mary's rectory or stop in during pantry hours.
Languages:	English.
Cost of Services:	Free service.
Payment Methods:	

**Tops Market Home Delivery Service
Dimino's Lewiston Tops Market**

906 Center Street
Lewiston, NY 14092
Phone: (716) 215-1350
Fax: (716) 215-1360

Also Known As:

Formerly Known As:

Mailing Address:

Other Site Addresses:

TDD/TYY Number:

Website Address:

Email Address:

Hours of Operation:

Orders are taken between 8:00 am and 2:00 pm, Monday through Friday. Delivery hours are 8:00 am to 4:00 pm, Monday through Friday.

Services Provided:

Shop and deliver groceries.

Eligibility Requirements:

Must reside in the Village or Town of Lewiston, Youngstown, Ransomville, Porter and Deveaux.

Documentation Required:

Geographic Area Served:

Village and Town of Lewiston, Youngstown, Ransomville, Porter and Deveaux.

Public Transportation:

Application Process:

Please contact Tops Market Home Delivery Service for more information and to set up delivery service.

Languages:

English.

Cost of Services:

Shopping service fee is 10% of total bill. Delivery fee is based on delivery area and range from \$3.00 to \$8.00. Please contact Tops Market Home Delivery Service for more information.

Payment Methods:

Private pay (cash, check, credit card).

**Tops Market Home Delivery Service
Perna Family Lockport Tops**

5827 South Transit Road
Lockport, NY 14094
Phone: (716) 439-4366 or (716) 799-5377
Fax: (716) 439-8464

Also Known As:

Formerly Known As:

Mailing Address:

Other Site Addresses:

TDD/TYY Number:

Website Address:

Email Address:

Hours of Operation:

Orders are taken between 8:00 am and 12:00 pm, Monday through Friday. Delivery hours are 11:00 am to 4:00 pm, Monday through Friday (deliveries may occasionally be made after 4:00 pm based on store schedule). There is no delivery on New Year's Day, Memorial Day, 4th of July, Labor Day, Thanksgiving, Christmas Eve or Christmas Day. Schedules is subject to change during Christmas and New Year's holidays.

Services Provided:

Shop and deliver groceries. Call in the morning for delivery in the afternoon.

Eligibility Requirements:

Must reside in the City or Town of Lockport, Wrights Corners or Pendleton.

Documentation Required:

Geographic Area Served:

City of Lockport, Town of Lockport, Wrights Corners or Pendleton.

Public Transportation:

Application Process:

Please contact Tops Market Home Delivery Service for more information and to set up delivery service.

Languages:

English.

Cost of Services:

Delivery fee is based on distance from store. Shopping service fee is 10% of order. Delivery fee is waived if order totals more than \$50 before service fee is added. Please contact Tops Home Delivery Service for more information.

Payment Methods:

Private pay (cash, check (must be approved), credit card), benefit card.

Word of Life Ministries Food Pantry

1941 Hyde Park Boulevard
Niagara Falls, NY 14305
Phone: (716) 297-2951
Fax: (716) 297-2961

Also Known As:

Formerly Known As:

Mailing Address: 1941 Hyde Park Boulevard, Niagara Falls, NY 14305

Other Site Addresses:

TDD/TYY Number:

Website Address:

Email Address:

Hours of Operation: 10:00 am to 2:00 pm, Tuesday and Thursday.

Services Provided: Free food giveaway, used clothing offered at no cost, spiritual counseling available upon request and various job postings.

Eligibility Requirements: Low or no income. Must live within stated area of food pantry.

Documentation Required: Proper identification, proof of income, number in household and address.

Geographic Area Served: Niagara County.

Public Transportation:

Application Process: Client intake form, proper identification, proof of income, number in household and address.

Languages: English.

Cost of Services: Free service.

Payment Methods:

