



Senior Care Plus
10315 Professional Circle
Reno, NV 89521

Dear Senior Care Plus Member,

We understand that recent changes to SNAP (Supplemental Nutrition Assistance Program) benefits may be creating uncertainty or financial strain for some of our members. At Senior Care Plus, your well-being and peace of mind are our top priorities.

To support you during this time, we have gathered information about local resources that can help with food assistance, guidance, and community support in Washoe County, Storey County, and Carson City. These organizations are available to help you access nutritious food and connect with other services that can ease this transition.

Below, you will find a list of community resources that can provide assistance. If you need help connecting with any of these services or have questions about your benefits, please contact our Senior Care Plus team at 775-982-3112. We are here to assist you and ensure you have the resources you need to stay healthy and supported.

Thank you for being a valued member of Senior Care Plus. Together, we can navigate these challenges and continue promoting your health, independence, and well-being.

With care and support,

Senior Care Plus

Community Resources

Washoe County:

LOCATION	CONTACT INFO
Catholic Charities of Northern Nevada	(775) 322-7074
Food Bank of Northern Nevada	(775) 331-3663
Meals on Wheels	(775) 328-2575
Mom's Meals	(877) 508-6667
Lasagna Love	Email: info@lasagnalove.com
Building One Community	(775) 328-2786
Food Delivery	(775) 391-0525
Unity Angels Network	(775) 772-9159
Medical Nutrition	(866) 206-5242
Home Delivered Meals	Email: customerservice@nutritionforlongevity.com

Lunch Program

- Age 60 or older
- Spouse of an individual aged 60 or older
- Person with a disability living with an eligible senior
- Volunteer providing services during meal hours

Individuals under 60 with disabilities who live in senior-focused housing with a meal site may also be eligible.

Meal Options and Contributions

Participants may choose between a hot meal or a fresh salad. To request a salad, sign up in person or by phone at your desired location by 8:30 AM.

- Suggested voluntary contribution for eligible participants: \$2 per meal
- Meal cost for non-eligible individuals under 60: \$4 per meal

Reservations

Meal reservations are required for all sites, except for the Washoe County Senior Center (9th Street location), and must be made by 8:30 AM on the day you wish to attend. To reserve your meal, call (775) 328-2786.

Lunch Program Sites:

LOCATION	HOURS	ADDRESS	PHONE NUMBER
Cold Springs Community Center	Mon. - Fri., 10:00 AM – 2:00 PM	3355 White Lake Pkwy, Reno, 89506	(775) 328-2786
Gerlach Senior Center	Mon. - Fri., 9:00 AM – 1:00 PM	385 Sunset Blvd., Gerlach, 89412	(775) 557-2206

Metropolitan Gardens	Mon. - Fri., 9:00 AM – 1:00 PM	325 E. 7th Street, Reno	Sign up at site
Neil Road Recreation Center	Mon. - Fri., 11:00 AM – 1:00 PM	3925 Neil Road, Reno	(775) 328-2786
Spanish Springs Center	Tues. - Fri., 10:00 AM – 2:00 PM	Lazy 5 Regional Park, Cottonwood Room 7100 Pyramid Highway, Spanish Springs	(775) 328-2786
Sparks Center	Mon.-Fri., 11:15 AM – 12:00 PM	97 Richards Way, Sparks	(775) 353-3113
Sun Valley Center	Mon. - Fri., 9:00 AM – 1:00 PM	115 W. 6th Avenue, Sun Valley	(775) 328-2786
Washoe County Senior Center	Mon. - Fri., 8:00 AM – 5:00 PM (Lunch served 11:15 AM – 12:30 PM)	1155 E. 9th Street, Reno	(775) 328-2575
Westbrook Community Center	Mon. - Fri., 11:00 AM – 1:00 PM	Martin Luther King Jr. Memorial Park, 315 Westbrook Ln., Reno	(775) 328-2575

Carson City:

FISH (Friends in Service Helping)

LOCATION	HOURS	ADDRESS	PHONE NUMBER
Carson City	Monday - Friday from 9:00 AM - Noon / 1:00 - 5:00 PM	138 E. Long Street, Carson City	(775) 882-FISH (3474)
Ranchos Family Service Center	Mon., Tues., Wed., Fri. from 10:00 AM - 5:00 PM Thursday from 10:00 AM - 6:00 PM	921 Mitch Drive, Gardnerville, NV 89460	(775) 265-FISH (3474)
Carson City Family Dining Room	(Closed Nevada Day, Parade day, and Thanksgiving) Monday - Saturday from 3:00 - 5:30 PM Sunday from 3:00 - 5:00 PM	138 E. Long Street, Carson City	N/A

Ron Wood

Services: When available, the center stocks perishable and non-perishable food, as well as hygiene items, and distributes them to the community free of charge. **There are no eligibility requirements. Please be sure to bring picture ID and proof of residency.**

Location:

Ron Wood Family Resource Center

2621 Northgate Ln. (Ste. 50), Carson City
Monday - Tuesday from 10:00 AM - 2:00 PM
Wednesday from 11:00 AM - 3:00 PM
Thursday - Friday from 10:00 AM - 2:00 PM

Salvation Army- Carson City Corps , (775) 887-9120
Carson City 911 E. 2nd Street, Carson City

Carson City Senior Center

The Carson City Senior Center serves lunch daily in its dining room. At this time, we do not serve special dietary meals.

Services: Reservations are not required for lunch. The first time you dine at the Carson City Senior Center, we ask some basic information so we can receive reimbursement for your meal. If you desire to eat there more than once, we issue you a scan card which helps us account for all of our meals.

Location:

Carson City 911 Beverly Dr., Carson City
Monday - Friday from 11:00 AM - 12:30 PM
(775) 883-0703

Cost: For individuals age 60 and over or married to an individual 60 or over, the suggested donation for lunch is \$2.25. Lunch for individuals under age 60 and not married to someone age 60 or over, must pay \$6.00 for lunch.

The Northern Nevada Dream Center

The Food Pantry is just one way the Dream Center is reaching the hungry in Northern Nevada.

Services: In some cases, delivery is available to those who are homebound or without transportation. Please call us at (775) 443-4090 for more information.

Food Truck Schedule:

LOCATION	WHEN
University Heights Apartments	Every 2nd Saturday at 11:00 AM
Southgate Apartment	Every 2nd Saturday at 10:00 AM
Foothill Gardens Apartments	Every 4th Saturday at 11:00 AM
Parkway Plaza Apartments	Every 4th Saturday at 10:00 AM

Northern NV Dream Center
3579 Hwy 50 East #211, Carson City
Every 1st and 3rd Friday from Noon - 4:30 PM
4th Saturday of each month from 1:00 - 3:00 PM
(775) 443-4090
