

Resources for the Homebound

Nutrition: Home Delivered Meals

Meals on Wheels People

Cowlitz County: Lower Columbia CAP 360-425-3430 ext 259 or 800-383-2101 ext 259 or <https://www.lowercolumbiacap.org/get-help/food/>

Free and affordable home delivered meals. For Homebound Seniors 60+.

Schwan's Home Delivered Frozen Foods

Contact: 1-888-724-9267 or www.schwans.com.

Private Pay. Frozen items delivered to your door. Prices vary. Special diets available. Accepts SNAP.

Mom's Meals

Contact: 1-877-508-6667 or www.momsmeals.com.

Covered by some health insurance plans or private pay. Prices vary. Veteran's discounts available.

Nutrition: Grocery

Safeway

1227 15th Ave, Longview WA 98632 Open 6a-11p daily
Senior/Vulnerable/Pregnant Only ~ 7a-9a Tue & Thur

Call: 360-575-6600

2930 Ocean Beach Hwy, Longview WA 98632 Location offers a drive up pharmacy window from 9a-9p

Online at: <https://www.safeway.com/>

Walmart (all locations follow the same hours)

Open 7a-830p

540 7th Ave, Longview, WA 98632
3715 Ocean Beach Hwy 2, Longview, WA 98632
Pickup Hours 11a-7p

Senior/Vulnerable/Pregnant Only ~ 6a-7a Tue

Online at: www.Walmart.com.

Call: 360-218-6582 pickup

Call: 360-826-2496 pickup

Winco

120 Triangle Shopping Center, Longview, WA 98632
Reduced store hours: 8a-12a with no senior hours/days
Online at: www.winco.com

Call: 360-575-9886

Fred Meyer

3184 Ocean Beach Hwy, Longview WA 98632
Store hours 7a-10p with no senior hours/days
Pickup and Delivery Available
Online at: <https://www.fredmeyer.com/>

Call: 360-636-6723

Target

205 Three Rivers Dr, Kelso WA 98626
Store hours 7a-9p
Senior/Vulnerable/Pregnant Only ~ 7a-8a Wed
Pickup is available at this location
Online at: <https://www.target.com/si/kelso/628>

Call: 360-425-3926

Other on-line grocery delivery options:

- www.hellofresh.com
- www.amazon.com – search for Amazon Fresh, or Amazon Prime if you are a Prime Member.

*Lower Columbia CAP will still be handing out Hot Meals to go for Seniors (60+) & Guests

Kelso/Longview– Grounds for Opportunity Cafe, 413 S. Pacific Ave, Kelso (Mondays & Tuesdays)
Kalama – United Methodist Church, 111 North 2nd St (Mondays)
Ryderwood – Community Center, 303 Morse St (Tuesdays)
Castle Rock – Senior Center, 222 2nd Ave SW (Wednesdays)
Woodland – St. Philip Catholic Church, 430 Bozarth St (Fridays)
Rosburg – Community Center, off Altoona Rd (Thursdays)
Cathlamet – Congregational Church, 3rd and Maple (Thursdays)

Medications

Note: Many health insurance plans offer prescriptions by mail. Be sure to call the number on the back of your insurance card for more information.

Other Medication Options

- **Your Current Pharmacy:** Call your own pharmacy to see if they have delivery options.
- **Walmart:** To get prescriptions mailed through Walmart, call 1-800-2Refill.
- **Walgreens:** www.Walgreens.com offers delivery (as soon as next day) through FedEx. Use the Walgreens App if possible. Some Walgreens are now offering drive-thru windows.

Utilities

Cowlitz Public Utilities (PUD)

Customer service line 360-423-2210. Offers Senior Rate Credits, Operation Warm Heart, LIHEAP (low income home energy assistance program), and GOSP (guarantee of service program). Financial limitations apply.

Shelters

Community House

1105 Broadway, Longview, WA 98632

Call: 360-425-8679

Emergency Support Shelter

1330 11th Ave, Longview, WA 98632

<https://www.esshelter.com>

Call: Office ~360-353-5777

Crisis Line ~360-425-1176

Emergency Support Services

Emergency Services.....	911
Mental Health Suicide/Crisis Line 24 hr.....	360-425-6064
Adult Protective Services.....	866-636-4276
Crime Victim Advocacy Program 24 hr.....	888-425-1176
Charlotte House (DV Support Shelter).....	360-795-6400
Emergency Support Shelter.....	360-425-1176
Child Protective Services (M-F 8am-4:30pm).....	866-764-2233
Child Protective Services After Hours.....	800-562-5624
Drug/Alcohol Help/Referral 24 hr.....	800-996-3784
Alcoholics/Narcotics Anonymous.....	360-423-2520

DISCLAIMER: The Area Agency on Aging & Disabilities of Southwest Washington and the Aging & Disability Resource Center does not recommend, endorse or suggest that you should use any of these businesses or agencies nor have we screened them in any way; this is your responsibility. If you use a resource from this list, you are responsible for your relationship and their terms of service. We offer this information only as a resource to help you meet your needs.