

Southern Midcoast Food Resource Guide

This guide is maintained on a regular basis. The most recent updates are noted in **orange**. For the latest version, visit www.midcoasthealth.com/smfood

For questions or to request updates, please email **Ally Messier**, Mid Coast Hospital's SNAP-Ed Educator: amessier1@midcoasthealth.com

NUTRITION ASSISTANCE

Supplemental Nutrition Assistance Program (SNAP)

Helps families buy healthy food. Application required. Call (800) 442-6003 or visit www.maine.gov/mymaineconnection

Maine SNAP-Ed

Teaches how to shop, cook, and eat on a budget. Call (207) 373-6958 or visit www.mainesnap-ed.org to find a class.

Maine Harvest Bucks (MHB)

Use SNAP at farmers' markets. Receive MHB to save on fruits and vegetables. Visit www.maineharvestbucks.org

Woman, Infant and Children (WIC)

May qualify if you are pregnant or have children under 5. Fathers may apply for children. Income limits may apply. Visit www.wicprograms.org/li/bath-wic-program

Maine Senior Farm Share

Provides low-income seniors with produce during growing seasons. For Maine residents 60+. Check eligibility; call 1-877-353-3771 or visit www.maine.gov/dacf/ard/senior_farm_share.shtml#seniors

FREE HELP IS AVAILABLE

Food and nutrition programs can be hard to navigate. **2-1-1 Maine** can offer free help. Dial 2-1-1 or visit www.211maine.org.

STAY HEALTHY AT HOME

For healthy cooking, exercise, and mental health tips and ideas, visit www.midcoasthealth.com/wellness/healthy-at-home

FARMERS' MARKETS

Note: Market locations, days, and times subject to change. Check website or social media for up-to-date information.

Bath Farmers' Market

Linwood E. Temple Waterfront Park; Saturdays, 8:30 a.m.-12 p.m. **MHB: 100% SNAP match; MHB incentives open 8:30-10 a.m.**

Bowdoinham Farmers' Market

1 Main Street; Saturdays through October, 8:30 a.m.-12 p.m. (207) 666-5531, daveamussen@gmail.com. SNAP accepted; up to \$10 match.

Brunswick Farmers' Market

Brunswick Mall; Tuesdays and Fridays through November, 8 a.m.-1 p.m. Visit www.brunswickfarmersmarket.com. WIC and SNAP accepted by some vendors.

Brunswick Landing Farmers' Market

11 Atlantic Ave; Wednesdays through September, 4-7 p.m. (207) 729-1871. SNAP and WIC accepted; MHB available.

BTLT Farmers' Market: Crystal Spring Farm

Brunswick High School; Saturdays through November, 8:30 a.m.-12:30 p.m. 8:30-9 a.m. reserved for high-risk populations. SNAP accepted; MHB up to \$20 match.

Wiscasset Waterfront Farmers' Market

Recreation Pier; Thursdays through September, 3-6 p.m.

FREE MEALS FOR KIDS

National School Lunch Program

Daily while school is in session. Apply any time; return application to school office. Contact school to learn more.

Midcoast Community Alliance

Summer program. Dinners at 5:30 p.m. on Monday, Wednesday, and Friday. Visit www.mcmaine.org

MMCA Summer Food Service Program

Summer program. Learn more: www.midcoastmainecommunityaction.org/mmca-provides-meals-for-kids

SUMMER FOOD SERVICE

Free meals for kids and teens when school is not in session. No application or qualification required. Children do not need to be present to receive a grab-and-go lunch from a Summer Food Program site. List of locations: www.fns.usda.gov/summerfoodrocks

Bath Area Family YMCA Grab & Go: Weekend bags for qualifying individuals. Visit

www.bathymca.org/summermeals

Bowdoinham: Through August 28;

Tuesdays and Fridays, 12-1 p.m.;

Bowdoinham Estates.

Baybridge Estates: Through August 28;

Mondays, Tuesdays, and Fridays,

11:30 a.m.-12:30 p.m.; grab and go.

Curtis Memorial Library: Through

August 28; weekdays, 12-1 p.m.; grab and go.

Perryman Village: Through August 28; weekdays, 12-1 p.m.; grab and go.

Maplewood Manor: Through August 28; Tuesdays and Thursdays, 12-1 p.m.; grab and go.

Elijah Kellogg Church: Through August 7; weekdays, 11:30 a.m.-12:30 p.m.; grab and go.

Lisbon Community School & MTM

Community Center: Through August 7;

Mondays, Tuesdays, Thursdays, and

Fridays, 11:30 a.m.-12:30 p.m.

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REGIONAL HUNGER PREVENTION PROGRAMS

Mid Coast Hunger Prevention Program

Residents of Bowdoin, Brunswick, Bowdoinham, Durham, Harpswell, Lisbon, Lisbon Falls, or Topsham. Located at 12 Tenney Way, Brunswick. Call (207) 725-2716.

MCHPP Pantry: Open Tuesdays, Wednesdays, and Fridays, 11 a.m.-2 p.m.; Tuesday evenings 4-6 p.m.; and Saturdays 12-3 p.m.

MCHPP Soup Kitchen: Weekdays, 11 a.m.-12:30 p.m.; Saturdays 12-1:30 p.m.

FREE MEALS, PANTRIES & SHARING TABLES: RESOURCES BY TOWN

Arrowsic

Sharing Table: Arrowsic Town Office; Wednesdays through mid-October, 3-5:30 p.m. Fresh produce from local farms. For more information, email: merrymeetinggleaners@gmail.com

Bath/West Bath

Sharing Table: Outside Patten Free Library; Mondays through October 5th, 2-5 p.m. Fresh produce from local farms. For more information, please email

merrymeetinggleaners@gmail.com

Bath Area Food Pantry: 807 Middle Street; (207) 737-9289. Pantry: Tuesdays and Thursdays, 5-7 p.m.; proof of residency required. Soup kitchen: Tuesdays, 12-1

The Salvation Army Bath-Brunswick Food Pantry: 25 Congress Street; (207) 443-3611. Mondays, Wednesdays, and Thursdays, 10 a.m.-1 p.m. **Now open inside; wear a mask. Curbside pick-up and delivery available.**

Neighborhood Café: 798 Washington Street; (857) 523-2401 to request delivery. **Mondays, 11:30 a.m.-12:30 p.m.**

Bath United Methodist Church: 340 Oak Grove Ave; (207) 443-4707 to request delivery. Wednesdays, 4-5:30 p.m. for to-go meals.

Bowdoin/Bowdoinham

Bowdoinham Food Pantry: 9 Main Street; (207) 837-4569. Wednesdays, 4-6 p.m.; for Bowdoin and Bowdoinham residents.

bowdoinhamfoodpantry@gmail.com
Bowdoin Sharing Table: FHC Building through August; (207) 449-6326.

Friends Helping Community Food Pantry: 1201 Main Street; (207) 751-0538 for appointments.

Brunswick.

Pathway Vineyard Church: 2 Columbus Drive; (207) 784-9500. Tuesdays, 5-5:30 p.m. for drive-through meals.

Mid Coast Hunger Prevention Program: 12 Tenney Way; (207) 725-2716. Pantry open Tuesdays, Wednesdays, and Fridays, 11 a.m.-2 p.m.; Tuesday evenings 4-6 p.m.; and Saturdays 12-3 p.m. Soup kitchen open weekdays 11 a.m.-12 p.m.; and Saturdays 12-1:30 p.m.

Brunswick Sharing Table: Curtis Memorial Library; Fridays 11 a.m.-2 p.m.

Georgetown

Gleaned Produce: Georgetown Town Office; (207) 387-0440. Wednesdays during growing season, 3-5 p.m.

Harpwell

Meals in a Pinch: Deliveries to Harpswell seniors every other Tuesday through mid-September. To enroll, call (207) 330-5416 or email juliemoulton28@gmail.com.

MCHPP Mobile Pantry: Harpswell Recycle Center, Thursdays, 10-11:30 a.m.

Harpwell Sharing Table: Nazarene Church, Orr's Island Library, & Kellogg Church. Mondays 11-4pm, Aug.-Oct.

Lisbon/Lisbon Falls

Lisbon Area Christian Outreach Pantry: 18 School Street; (207) 358-8544. Wednesdays, 4:30-7 p.m.; Saturdays, 7:30-10 a.m. For residents of Bowdoin, Lisbon, and Durham.

Lisbon Mobile Pantry: Lisbon High School; (207) 725-2716. Every third Thursday, 3-4:30 p.m. Run by MCHPP.

Richmond

Richmond Area Food Pantry: 15 Spruce Street; (207) 607-2777. First Wednesday of each month, 4-6 p.m.; third Saturday of each month, 2-4 p.m. Prepacked boxes and produce available.

Topsham

Topsham Sharing Table: 25 Foreside Road; Wednesdays 1:30-4:30 p.m.

Westport Island

Helping Hands Westport Island Cottage Pantry: 638 Main Road; (207) 380-5885 or (207) 882-8477 for delivery.

Wiscasset

Wiscasset Nazarene Outreach Pantry: 255 Gardiner Road, Wiscasset; (207) 882-9088. Sundays, 12-12:30 p.m. or by appointment; drive-through or delivery.

St. Philips Episcopal Church: 12 Hodge Street, Wiscasset; (207) 882-7184. Delivery available. Help Yourself Shelf open Thursdays, 4:30-5:30 p.m.

SUPPORTING PARTNERS



MID COAST HOSPITAL