

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.

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 AVAILABLE

2-1-1 Maine can offer free help navigating programs. Dial 2-1-1 or visit www.211maine.org.

STAY HEALTHY AT HOME

Healthy cooking, exercise, and mental health tips: 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. through Oct. Winter Market: Saturday's 9-noon 27 Commercial Street, Bath **MHB: 100% SNAP match; MHB incentives open 8:30-10 a.m.** Some vendors are participating in an online market. For more information: www.bathfarmersmarket.com/online-store-info/

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 **DONE FOR THE SEASON**

Brunswick Farmers' Market

Brunswick Mall; Tuesdays and Fridays through November 23, 8 a.m.-1 p.m. WIC and SNAP accepted by some vendors. To learn more, visit www.brunswickfarmersmarket.com.

Brunswick Winter Market

Fort Andross Mill Complex, 14 Maine St. Saturdays 9am-12:30pm. For more info: www.brunswickwintermarket.net/

BTLT Farmers Market

11 Atlantic Ave; Saturdays through October 30th, 8:30am-12:30 p.m. (207) 729-1871. SNAP and WIC accepted; MHB available. **DONE FOR SEASON**

Wiscasset Waterfront Farmers' Market

The Maine Tasting Center, 506 Old Bath Road.; Wednesdays through October, 3-6 p.m. WIC accepted. **DONE FOR THE SEASON**

FREE MEALS FOR KIDS

National School Lunch & School Breakfast Programs

Daily while school is in session. Apply any time; return application to school office. Contact school to learn more. **FREE FOR EVERY KID THROUGH 2022.**

Bath Area Backpack Program: P.O. Box 1155 Bath, ME 04530; (207) 386-1358. Take home meals on weekends and holidays. To learn more, visit: <https://bathareabackpack.org/>

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

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. currently a drive through pantry model.

MCHPP Soup Kitchen: (To-go Meals) Weekdays, 11 a.m.-12:30 p.m.; Saturdays 12-1:30 p.m.

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SHARING TABLES & DELIVERY

Sharing Tables

Free fresh local produce from Summer through the fall. For more information: merrymeetinggleaners@gmail.com. www.kennebecestuary.org/good-food-for-bath

- **Bath Area Family YMCA:**
Tuesdays 9 a.m.-12:00 p.m.
- **Brunswick Curtis Memorial Library:**
Tuesdays 11:30-1:30 p.m.
- **Topsham Library:**
Wednesdays 12:30-2:30 p.m.
- **The Gathering Place:**
Thursdays 11 a.m.-2 p.m.

FREE MEALS, PANTRIES: RESOURCES BY TOWN

Bath/West Bath

Bath Area Food Bank: 807 Middle Street; (207) 737-9289. Pantry: Tuesdays, 4-6 p.m., Thursdays, 12-2 p.m.; proof of residency required. Soup kitchen, Tuesday and Thursdays, 12-1:30 p.m.

Bath Area Family YMCA: 303 Center Street; (207) 443-4112. *For current Veggie Van Route and times visit:* www.bathymca.org/meals

The Salvation Army Bath-Brunswick Food Pantry: 25 Congress Street; (207) 443-3611. Free Table, take what you need, no questions asked; Restocked every Monday- Thursday 9-2.

Neighborhood Café: 798 Washington Street; (207) 443-2187. Café Meals on Tuesdays starting at 4:30 p.m. Meal delivery Sunday evenings.

Bowdoin/Bowdoinham

Bowdoinham Food Pantry: 9 Main Street; (207) 751-7779. Wednesdays, 4-6 p.m.; for Bowdoin and Bowdoinham residents. bowdoinhamfoodpantry@gmail.com

Friends Helping Community Food Pantry: 1201 Main Street; (207) 449-6326 for appointments.

Bowdoin Mobile Pantry: Bowdoin Central School. *Every 2nd Thursday (except when holidays conflict), 3-4:30 p.m. Run by MCHPP.*

Brunswick

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

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. **PANTRY IS OUT BACK LIKE LAST SUMMER.** Soup kitchen to go meals, weekdays 11 a.m.-12:30 p.m.; and Saturdays 12-1:30 p.m.

Georgetown

Gleaned Produce: Georgetown Town Office; (207) 387-0440. Wednesdays during growing season, 3-5 p.m. For more information: gtagefriendly@gmail.com **DONE FOR THE SEASON**

Harpwell

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

MCHPP Mobile Pantry: Harpswell Town Office, Thursdays, 10-11:30 a.m. *Run by MCHPP.*

Lisbon/Lisbon Falls

Lisbon Area Christian Outreach Pantry: 18 School Street; (207) 407-2959. Wednesdays, 1:30-6:00 p.m.; Saturdays, 7-10:00 a.m. For residents of Bowdoin, Lisbon, and Durham.

Lisbon Mobile Pantry: Lisbon High School; (207) 725-2716. *Every 1st and 3rd Thursday (except when holidays conflict), 3-4:30 p.m. Run by MCHPP.*

Richmond

Richmond Area Food Pantry: 15 Spruce Street; (207) 607-2777. First Wednesday of each month, 4-6:00 p.m.; third Saturday of each month, 9-11am. Prepacked boxes and produce available.

Westport Island

Helping Hands Westport Island Cottage Pantry: 638 Main Road; (207) 380-5885 or (207) 882-5464 for delivery or questions.

Wiscasset

Wiscasset Nazarene Outreach Pantry: 255 Gardiner Road, Wiscasset; (207) 882-9088. Sundays, 12:30-1:30 p.m., Wednesdays 4:30-5:30p.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 at 5 p.m.

SUPPORTING PARTNERS



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