

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. through Oct. **MHB: 100% SNAP match; MHB incentives open 8:30-10 a.m.**
Winter Market: Bath Freight Shed, 27 Commercial Street, Saturdays, November-April, 9 a.m.-12 p.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. **SEASON DONE.**

Brunswick Farmers' Market

Brunswick Mall; Tuesdays and Fridays through November, 8 a.m.-12 p.m.
www.brunswickfarmersmarket.com. WIC/SNAP accepted by some vendors.
Winter Market: Fort Andross; Saturdays November-April, 8:30 a.m.-12:30 p.m.

BTLT Farmers Market

11 Atlantic Ave; Saturdays through October 31st, 9 a.m.-12:30 p.m. (207) 729-1871. SNAP and WIC accepted; MHB available. 8:30-9 a.m. reserved for high-risk shoppers. **SEASON DONE.**

Wiscasset Waterfront Farmers' Market

Recreation Pier; Wednesdays through September, 3-6 p.m. **SEASON DONE.**

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.

FREE FOR EVERY KID THROUGH THE END OF THIS SCHOOLYEAR

Bath Area Family YMCA: 303 Center Street; (207) 443-4112. **Grab and Go Meals. Mon-Fri. 12-12:30 p.m.**
Y Veggie Van will travel a route through Woolwich and Phippsburg on Tuesdays and Fridays. To find the route, visit: bathymca.org/meals
Midcoast Youth Center: 4 Old Brunswick Road, Bath. **Free meals for kids.** For more information, please visit www.mcmaine.org/meals

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.

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

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FREE MEALS, PANTRIES &
SHARING TABLES:
RESOURCES BY TOWN

Arrowsic

Sharing Table: Arrowsic Town Office; Wednesdays through October 14th, 3-5:30 p.m. Fresh produce from local farms. **SEASON DONE.** 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. **SEASON DONE.** For more information, please email

merrymeetinggleaners@gmail.com

Bath Area Food Pantry: 807 Middle Street; (207) 737-9289. Pantry:

Tuesdays, 4-6pm, Thursdays, 12-2 p.m.; proof of residency required. Soup kitchen, Tuesday and Thursdays, 12-1:30 p.m.

The Salvation Army Bath-Brunswick

Food Pantry: 25 Congress Street; (207) 443-3611. Mondays, Wednesdays, and Thursdays, 10 a.m.-1 p.m. Free Table, take what you need, no questions asked; Restocked every Monday-Thursday 9-2. **Now open inside; wear a mask. Curbside pick-up and delivery available.**

Neighborhood Café: 798 Washington Street; (857) 523-2401 to request delivery. **Free meals to go:**

Mondays, 11:30 a.m.-12:30 p.m.;

Sundays, 4:30-5:30 p.m.

Bath United Methodist Church: 340 Oak Grove Ave; (207) 443-4707 to request delivery. Wednesdays, 3:30-5 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.

SEASON DONE.

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. **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. Soup kitchen open weekdays 11 a.m.-12:30 p.m.; and Saturdays 12-1:30 p.m.

Brunswick Sharing Table: Curtis Memorial Library; Fridays through October 28th 11 a.m.-2 p.m. **SEASON DONE.**

Georgetown

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

SEASON DONE.

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, every 4th Thursday, 10-11:30 a.m. (Harpwell residents have access to a weekly pantry every Thursday from 10-11:30)

Harpwell Sharing Table: Nazarene Church, Orr's Island Library, & Kellogg Church. Mondays 11-4pm, Aug.-Oct. 26. **SEASON DONE.**

Lisbon/Lisbon Falls

Lisbon Area Christian Outreach Pantry: 18 School Street; (207) 358-8544. Wednesdays, 3-6p.m.; Saturdays, 7-10 a.m. For residents of Bowdoin, Lisbon, and Durham.

Lisbon Mobile Pantry: Lisbon High School; (207) 725-2716. **Every 1st and 3rd 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, 9-11am. Prepacked boxes and produce available.

Topsham

Topsham Sharing Table: 25 Foreside Road; Wednesdays until Oct. 28th 1:30-4:30 p.m. **SEASON DONE.**

Westport Island

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

Wiscasset

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

SUPPORTING PARTNERS



MID COAST HOSPITAL