

# Southern Midcoast Food Resource Guide

## Nutrition Assistance Programs

### Supplemental Nutrition Assistance Program (SNAP)

Helps families buy food for good health. Application & financial verification. Call 1-800-442-6003 or apply online [www.maine.gov/mymaineconnection](http://www.maine.gov/mymaineconnection).

### Maine SNAP-Ed

Teaches people how to shop, cook and eat on a budget. Visit [mainesnap-ed.org](http://mainesnap-ed.org) or call (207) 373-6958 to find a class near you.

### Maine Harvest Bucks (MHB)

When you use SNAP at farmers' markets, you receive Maine Harvest Bucks to save on fruits and vegetables. Visit [www.maineharvestbucks.org](http://www.maineharvestbucks.org) for more info.

### Woman Infant and Children (WIC)

May qualify if you're pregnant or have children under 5; fathers may apply for children. *Household income limits may apply.* Visit [www.wicprograms.org/li/bath-wic-program](http://www.wicprograms.org/li/bath-wic-program)

### Maine Senior Farm Share

Provides low-income seniors with produce during growing seasons. For ME residents 60+.

*Check eligibility:* 1-877-353-3771 or [www.maine.gov/dacf/ard/senior\\_farm\\_share.shtml#seniors](http://www.maine.gov/dacf/ard/senior_farm_share.shtml#seniors)

## Meals for Kids

### National School Lunch Program

Every day while school is in session. Apply anytime. Return application to schools main office. Contact school for more information.

### Summer Food Service Program (18 & under)

Provides free meals for kids and teens during the summer when school is not in session. Visit [www.fns.usda.gov/summerfoodrocks](http://www.fns.usda.gov/summerfoodrocks) for more information.

## Additional Resources

### Need Help?

Sometimes assistance programs can be hard to navigate. If you need help or have questions, call **2-1-1 Maine** by dialing **2-1-1** or visiting [www.211maine.org](http://www.211maine.org) \*some pantries serve multiple towns. <https://www.mainesnap-ed.org/>



## Local Food Pantries & Soup Kitchens

### Mid Coast Hunger Prevention Program

Residents of Bowdoin, Brunswick, Bowdoinham, Durham, Harpswell, Lisbon, Lisbon Falls or Topsham

12 Tenney Way, Brunswick, 207-725-2716

**Pantry:** Tues/Wed/Fri: 11-2, Tues Eve: 4-6; Sat: 12-3;  
CLOSED Mon/Thurs/Sun

**Soup Kitchen:** Mon-Fri: 11-12:30; Sat: 12-1:30 to go lunch.

### BY TOWN

#### Arrowsic

**Sharing Table - fresh produce from local farms**

Arrowsic Town Office, 340 Arrowsic Rd.

[merrymeetinggleaners@gmail.com](mailto:merrymeetinggleaners@gmail.com)

Wednesday 3:00-5:30PM (July to mid-Oct.)

#### Bath/ West Bath

**Sharing Table - fresh produce from local farms**

Outside Patten Free Library, 33 Summer St, Bath

[merrymeetinggleaners@gmail.com](mailto:merrymeetinggleaners@gmail.com)

Thursdays 3:00-6:00PM (July to mid-October)

**Bath Area Food Pantry - 807 Middle St., Bath**

207-737-9289

**Pantry:** Tuesday/Thursday 5-7PM. Proof of residency.

**Soup Kitchen:** Tuesday 12-2PM all are welcome

**Bath Salvation Army Food Pantry-25 Congress Ave, Bath**

207-443-3611, Mon/Wed/Thurs 10AM-1PM call for appointment

**Neighborhood Café-798 Washington St., Bath**

857-523-2401, request delivery (preferred)

Meals Sunday from 4:30-5:30, Mon. and Tues. 11:30-12:30

#### Bowdoin/Bowdoinham

**Bowdoinham Farmers' Market, 1 Main St.\***

207-666-5531, [daveamussen@gmail.com](mailto:daveamussen@gmail.com)

Saturdays, June-October 8:30AM-12:30PM

SNAP accepted, SNAP matching up to \$10 per person

**Bowdoinham Food Pantry, 9 Main Street**

207-837-4569, [bowdoinhamfoodpantry@gmail.com](mailto:bowdoinhamfoodpantry@gmail.com)

Wednesdays 4:00-6:00PM

Open to Bowdoin and Bowdoinham residents

**Bowdoin/Bowdoinham****Bowdoin Sharing Table**

207-449-6326 for day and time

Sept. to mid-June: Bowdoin Central School,  
1460 Main St.

Mid-June to August: FHC Building  
1201 Main St.

**Bowdoinham Summer Lunch Program**

Any child under 18 is eligible.

June 25-Aug 28 Tues. and Wed.

12:00-1:00PM

Bowdoinham Estates Dining Room  
29 Preble Rd.

**Friends Helping Community Food Pantry**

1201 Main St., Bowdoin

Call for Appointment: 207-751-0538

Open to Bowdoin/Bowdoinham Residents

**Brunswick****Brunswick Farmers' Market\***

[www.brunswickfarmersmarket.com](http://www.brunswickfarmersmarket.com)

May-Nov: Tuesday & Friday

8:00AM-12:00PM, 39 Pleasant St.

St. John's Catholic Church WIC accepted

**Brunswick Landing Farmers' Market\***

207-729-1871

May-Sept: Wednesdays 4:00-7:00PM

11 Atlantic Ave.

Nov-April: Fridays 11:00AM-3:00PM

39 Burbank Ave.

**SNAP & WIC accepted MHB available for  
SNAP purchases**

**BTLT Farmers' Market Crystal Spring Farm\***

Brunswick High School, 116 Maquoit Rd.

207-729-7694

[www.btl.org/farmers-market](http://www.btl.org/farmers-market)

May-Nov. Saturdays 8:30-12:30 (8:30-9

reserved for high risk populations)

*SNAP accepted. Maine Harvest Bucks, pay  
\$20, get \$20 for fruits and veggies*

**Brunswick Sharing Table**

Curtis Memorial Library, 23 Pleasant St.

207-725-5242

July to October, 9:30AM-12:30PM

**Pathway Vineyard Church**

2 Columbus Drive, 207-748-9500

Community Drive through Meals-  
Tuesdays 5-6PM

**Mid Coast Hunger Prevention Program**

12 Tenney Way, Brunswick, 207-725-2716

**Pantry:** Tues/Wed/Fri: 11-2, Tues Eve: 4-6;

Sat: 12-3; CLOSED Mon/Thurs/Sun

Residency in: Bowdoin, Brunswick,  
Bowdoinham, Durham, Harpswell, Lisbon,  
Lisbon Falls or Topsham

**Soup Kitchen:** Mon-Fri: 11-12:30; Sat: 12-  
1:30 pre-packaged to go lunch.

**Dresden****Gardner Farmers Market\***

Gardiner Common

207-582-6920 [www.gardinermarket.org](http://www.gardinermarket.org)

May 29- October 30, Wed. 3-6PM

SNAP/EBT/WIC accepted

**Georgetown****Gleaned Produce-Fresh from local farms**

207-387-0440

Town Office -50 Bay Point Rd.

Wed. 3-5PM during growing season

**Harpswell****Harpswell Aging at Home (HAH)**

207-504-6794 Free lunches for residents on

Tuesdays @ Orr's Island School House-See

HAH Facebook. Order by Sunday

**MCHPP Mobile Pantry**

Harpswell Recycle Center

Every Thurs. 10-11:30 no questions asked

**Harpswell Santa Fund Pantry**

Library Hall-Tuesday's 10-11:30AM

417-5102 or 607-2403 if need delivery

For Harpswell Residents ONLY

**Lisbon/Lisbon Falls****Lisbon Area Christian Outreach Pantry**

18 School Street, Lisbon Falls, 207-353-8544

Wed. 4:30-7, Sat. 7:30-10

For residents of Bowdoin, Lisbon and  
Durham only

**Richmond****Richmond Area Food Pantry**

15 Spruce St. Richmond

207-607-2777

1<sup>st</sup> Wed. 4-6 PM & 3<sup>rd</sup> Sat. 2-4 PM

**Topsham****Topsham Sharing Table**

25 Foreside Rd

Tuesdays 3-6PM July to October

**Westport Island****Helping Hands-Westport Island Cottage Pantry**

638 Main Rd. Westport Is.

207-380-5885/207-882-8477 delivery only

**Wiscasset Nazarene Outreach Pantry**

255 Gardiner Rd., Wiscasset

207-882-9088

Sundays, 12:30-1:30PM or call for apt.

**Woolwich****Wiscasset Waterfront Farmers' Market\***

Recreation Pier, Wiscasset

[On Facebook: Wiscasset Farmers Market](#)

June-Sept. Thursdays 3-6PM

**St. Philips Episcopal Church**

12 Hodge St. Wiscasset

207-882-7184

**Help Yourself Shelf:** Thurs. 4:30-5:30

\*Farmers Market location, day and time are subject to change due to Covid19. Check website or Facebook pages for up to date information.