

# Penobscot County Food Resource Guide

## Community Meals/Soup Kitchens

### Bangor Area Homeless Shelter

263 Main St. Bangor  
(207) 947-0092

Lunch: Daily must arrive before 12:00pm

### Calvary Baptist Church

61 State St. Brewer  
(207) 947-0092

Breakfast: 2<sup>nd</sup> Sun. 9:30am – 10am

### Columbia Street Baptist Church

63 Columbia St. Bangor  
(207) 945-6616

Lunch: Sun. 12pm-1pm

### First United Methodist Church

703 Essex St. Bangor  
(207) 945-9567

Supper: Thurs. 4-6pm

### Hammond St. Congregational Church

28 High St. Bangor  
(207) 942-4381

Lunch: 1<sup>st</sup> Sat. 12pm

### Manna Ministries

126 Union St. Bangor  
(207) 852-5652

Supper: Mon-Fri 4:15-5pm, Sat 2pm – 3pm

### Resurrection of the Lord Parish

33 Carrol St. Old Town  
(207) 827-4000

Supper: 3<sup>rd</sup> Friday 5pm

### St. John's Episcopal Church

225 French St. Bangor  
(207) 947-0156

Lunch: 2<sup>nd</sup> Sat. 12pm-1:30pm

### The Salvation Army

65 South Park St. Bangor  
(207) 941-2990

Lunch: Monday-Friday 11:45am-1pm

Breakfast: Sun. 8:30am -9:15am

### The Together Place & Maine Mental Health Connection

2 2<sup>nd</sup> St. Bangor  
(207) 941-2907

Lunch: Mon. & Fri. 12:00pm-1pm

## Food Pantries

### Bangor Area Homeless Shelter

263 Main St. Bangor  
(207) 947-0092  
Hours: Tuesday & Thursday 1-4pm

### Bread of Life

696 River Rd. Orrington  
(207) 478-0106  
Hours: 1st & 3rd Saturday 11am-1pm  
Must live in: Bucksport, Dedham, Holden, Orland, Orrington

### Brewer Area Food Pantry

222 North Main St. Brewer  
(207) 848-5804  
Hours: Wed & Fri 10am-12pm  
Must live in: Brewer, Eddington (1st time, please bring proof of residence i.e. piece of mail, etc. driver's license is not accepted)

### Chester Baptist Food Pantry

2 South Chester Rd. Chester  
(207) 746-3650  
Hours: Monday 9:30-10am

### CHEFS (run by Holbrook School)

202 Kidder Hill Rd. Holden  
(207) 843-7769  
Hours: Thurs 5-6pm, 2nd & 4th Sun 9-10am  
Must live in: Holden, Clifton, Eddington

### Clifton United Baptist Church

742 Airline Rd. Clifton  
(207) 843-5441  
Hours: 1st Monday 10am -11am, 3rd Monday 5pm – 6pm

### Corinna UMC Food Pantry

16 Dexter, Rd. Corinna  
(207) 278-4777 or (207) 659-1512  
Hours: Friday 12:30-2pm

### Crossroads Ministries Inc.

2 Wood St. Old Town  
(207) 817-6025  
Hours: Monday-Friday 10:30am-2:30pm

### Dedham Congregational church

209 Mill Rd, Dedham, ME 04429  
(207) 557-9426 Allison  
(207) 356-8807 Dede  
(207) 944-1613 Sue  
Hours: Call any of the numbers above for assistance

### Hammond St. Congregational Church

28 High St. Bangor

[\(207\) 942-4381](tel:(207)942-4381)

Lunch: Monday, Wednesday, Friday  
10:30 – 12:30pm

### Hampden Neighborhood Food Cupboard

101 Main Rd. North Hampden

[\(207\) 862-5248](tel:(207)862-5248)

Hours: Wed 9:30-11am & 5-6pm

### Holden Congregational Church

9 Rider Bluff Rd, Holden, ME 04429

[\(207\) 843-5286](tel:(207)843-5286) Eleanor

[\(207\) 989-8932](tel:(207)989-8932) Pat

Hours: Call either of the numbers  
above for assistance

### Health Equity Alliance

304 Hancock Street, Suite 3B Bangor

[\(207\) 990-3626](tel:(207)990-3626)

Hours: Monday-Friday 9am-4pm

### I Care Ministries Food Pantry

45 Spring St. Millinocket

[\(207\) 723-7977](tel:(207)723-7977)

Hours: Thursday 9am-2pm  
(Any day: call # if you need food)

### Lincoln Regional Food Cupboard

32 Park Ave. Lincoln

[\(207\) 794-3784](tel:(207)794-3784)

Hours: Wednesday 9-11am

Service Area: Greater Lincoln Area

### Manna Ministries

126 Union St. Bangor

[\(207\)852-5652](tel:(207)852-5652)

Hours: Monday, Wednesday,

Friday 3-4pm

### Newport Community Food Bank

26 High St. Newport

[\(207\) 368-4402](tel:(207)368-4402)

Hours: Saturday 8-10am

Must live in: Dixmont, Etna, Newport,  
Palmyra, Plymouth

(income-based, bring proof of income)

### Resurrection of the Lord Parish

33 Carrol St. Old Town

[\(207\) 827-4000](tel:(207)827-4000)

Hours: 4th Monday 9:30am – 10:30am

### Safe Place Food Pantry

328 Main St. Corinth

[\(207\) 299-7671](tel:(207)299-7671)

Hours: 1st & 3rd Wed, Thurs, Fri. 9am-  
12pm

### The Salvation Army

65 South Park St. Bangor

[\(207\) 941-2990](tel:(207)941-2990)

Hours: 9-11am and 1-3pm (once you  
access it once,

You cannot access it again for another  
3 months)

### The Together Place

2 2nd St. Bangor

[\(207\) 941-2907](tel:(207)941-2907)

Hours: 1st and 3rd Wednesday 9am –  
12pm

### Widows & Orphans Food Cupboard

13 Wolfboro Rd. Stetson

[\(207\) 296-2452](tel:(207)296-2452)

Hours: 1st & 3rd Sat 8:30-9:30am,  
every Friday 6-6:30pm

Must live in: Stetson

## Farmers' Markets

The markets listed below, generally, run summer/winter and accept EBT/SNAP and WIC.

For more information on markets near you visit - [www.maine farmers markets.org/](http://www.maine farmers markets.org/)

#### Ammadamast Grange Market

Grange #379 Lowell Rd. Enfield

<http://www.grange.org/ammadamastme379/grange-market/>

#### Bangor Farmers' Market

Abbot Square

Corner of Franklin and Harlow Streets, Bangor

<https://www.bangorfarmersmarket.org/>

#### Brewer Farmers' Market

Brewer Auditorium

318 Wilson St., Brewer

<http://brewermaine.gov/community/brewer-farmers-market/>

#### Corinth Farmers' Market

East Corinth

<https://www.facebook.com/CorinthFarmersMarket/>

#### Dexter Farmers' Market

Bwart's Plants

445 Corinna Road, Dexter

<http://www.maine farmers markets.org/market/dexter-farmers-market-2/>

#### European Farmers' Market

117 Buck St.

Sunnyside Greenhouse, Bangor

<http://www.maine farmers markets.org/market/bangor-european-farmers-market/>

#### Hampden Farmers' Market

Winter location – Kiwanis Hall

55 Main Rd. North Hampden

Summer location – Hampden town office parking lot

106 Western Ave, Hampden

<http://www.hampdenfarmersmarket.com/about-our-market>

#### Hermon Farmers' market

Danforth's Plaza, Hermon

<https://www.farmersmarketonline.com/fm/HermonFarmersMarket.html>

#### Newport Farmers' & Artisan Market

72 Main St. Newport

<http://www.maine farmers markets.org/market/newport-farmers-market-at-iron-house-supplements/>

#### Orono Farmers' Market

Winter location – [Asa Adams School](#)

Summer location – [Steam Plant Parking Lot](#)

<http://snakeroot.net/orono/>

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## Additional Resources

### Women, Infant & Children (WIC)

103 Texas Ave. Bangor  
(207) 992-4571

Service: Assisting pregnant women and children who are at nutritional risks

### American Academy of Family Physicians (AAFP)

<https://www.aafp.org/patient-care/social-determinants-of-health/everyone-project/neighborhood-navigator.html>

Service: USA directory for health and human resource available 24 hours a day

### SNAP

28 High St. Bangor  
1-800-442-6003  
<https://www1.maine.gov/benefits/account/login.html>

Service: Supplemental Nutrition Assistance Program for low income individuals and families

### Eastern Area Agency on Aging

450 Essex St. Bangor  
(207) 941-2865 or 1-800-432-7812

Service: Assisting seniors with Meals on Wheels and community meals

### 2-1-1

Call 2-1-1 or visit <https://211maine.org/>  
Service: Statewide directory for health and human resources, available 24 hours a day

Don't want  
this piece  
of paper?  
Simply scan  
this code  
with your  
smart  
phone  
camera and  
take these  
resources  
with you  
wherever  
you go!

