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About this Guide

Northern Light Inland Hospital is dedicated to helping our patients who face food insecurity. Our goal is to help people improve their overall health and wellness, and if access to food is a problem, it is more difficult to recover from illness or live a healthy life.

Inland's medical providers and staff routinely screen patients for food insecurity, and when there is an immediate need, we offer emergency food bags and this *Food & Resource Guide* on the spot. Food bags provide a few days of nutritious food, and the guide provides community resources, so people know where to reach out for ongoing support.

No one should go hungry, and thanks to the many resources in this guide developed by Inland Hospital, there is community support available for families and individuals in need.

For more information, please contact:

Bridgette Gemelli, community health navigator

Northern Light Inland Hospital

bgemelli@northernlight.org

207.861.6091

Food Banks & Pantries

Waterville/Winslow		
Waterville Food Bank	United Methodist Church- 61 Pleasant Street, Waterville	Monday - Thursday 8:30 am - 11 am Mondays 5:30 pm-7 pm
Mid-Maine Homeless Shelter	19 Colby Street, Waterville 207.872.8082	Monday - Sunday for meals Friday 1 pm - 3 pm for food bank
Winslow Food Pantry	St John's Food Pantry- 26 Monument Street, Winslow	3 rd Wednesday of each month 10:30 am - 12:30 pm
Oakland		
Oakland/Sidney Food Bank	United Methodist Church- 20 W. School Street, Oakland	Thursdays 4 pm - 6 pm
Fairfield		
Fairfield Food Bank	First Baptist Church- 12 Newhall Street, Fairfield	207.453.0170 call for details
Fairfield Interfaith Food Pantry	23 Lawrence Ave. Fairfield	1 st & 3 rd Thursday 9 am - Noon
Clinton Community Food Bank	36 Church Street, Clinton	2 nd & 4 th Tuesday 4:30 pm-5:30 pm
Unity		
Unity Regional Food Pantry	180 Depot St, Unity	3 rd Saturday 6 am - 7:30 am & 6 pm - 7:30 pm
Loaves & Fishes Food Pantry	123 Benton Rd. Albion, 207.622.5225	1 st & 3 rd Thursday 9:30 am – 11:30 am

Food Banks & Pantries

Skowhegan/Madison/Anson		
Skowhegan Community Food Pantry	13 Cariansi Street, Skowhegan	Monday & Friday 10 am – 11 am Wednesdays 4:30 pm – 6 pm
People Who Care Food Cupboard	108 Old Point Ave, Madison, 207.696.7203	Every Wednesday 9 am - Noon 1 st & 3 rd Wednesday 4 pm - 6 pm Every Saturday 9 am - 10 am
Tri-Town Food Cupboard	9A Hubbard Ave. Hartland	Wednesdays 9:30 am - 11:30 am
Solon Food Cupboard Pantry	31 Pleasant Street, Solon	2 nd & 4 th Thursday & Friday 9 am - 11 am & 12:30 pm - 2:30 pm
Center Point Community Church Pantry	16 Church Street, Anson	Tuesdays 10 am - Noon
Augusta/Belgrade/China/Sidney		
Augusta Food Bank	161 Mount Vernon Ave, Augusta	Monday-Thursday 12:30 pm - 2:30 pm 2 nd Weds of the month 5 pm – 7 pm
Belgrade Food Pantry	6 Manchester Road, Belgrade	Tuesdays 9 am – 11 am
China Community Food Pantry	1320 Lakeview Drive, China	Friday & Saturday Noon – 1 pm
Sidney Food Pantry	3022 West River Road, Sidney (across from fire station)	2 nd & 4 th Weds 9 am – Noon & 4:30 pm – 6 pm

Food Banks & Pantries

Other communities		
Bingham Area Food Pantry	St Peter's Rectory- Owens St., Bingham	3 rd Tuesday 8 am - Noon
Canaan Community Food Pantry	272 Main Street, Canaan	1 st & 3 rd Monday 1 pm - 3 pm
Cornville/Athens Food Cupboard	493 West Ridge Road, Cornville	2 nd Saturday 9 am – 11 am
Jackman Food Cupboard	396 Main Street, Jackman	3 rd Wednesday 1 pm – 2 pm
Norridgewock Community Pantry	227 Waterville Rd., Norridgewock	1 st & 3 rd Tuesday 9 am – 11 am
Smithfield Food Pantry	926 Village Road, Smithfield	Call ahead. Monday - Friday 8 am - 11:30 am & Noon - 4 pm
Vassalboro Food Station Pantry	679 Main Street, Vassalboro	Thursdays 11 am - Noon
Starks Food Cupboard Pantry	Chicken Street, Starks	1 st & 3 rd Wednesday 10 am - Noon

Soup Kitchens & Sandwich Programs

Waterville		
Evening Sandwich Program	Universalist-Unitarian Church- 69 Silver Street, Waterville	Sunday - Friday 4 pm – 5 pm
Sacred Heart Soup Kitchen	Sacred Heart Church- 70 Pleasant Street, Waterville	Monday - Friday 11:30 am – 12:30 pm
Sandwich Program	First Baptist Church- 1 st Park Street, Waterville	Saturdays 3 pm – 4 pm
St. Francis Soup Kitchen	Sacred Heart Church- 70 Pleasant Street, Waterville	Saturdays 11 am - Noon
Spectrum Generations Muskie Center daily meal on site	Muskie Center- 38 Gold Street, Waterville	Monday-Friday 11:30 am - 1 pm Friday 8 am – 10 am
Meals on Wheels Home meal delivery	Muskie Center- 38 Gold Street, Waterville, 207.873.4745	Tuesday and Thursday Deliveries
Oakland		
Oakland Soup Kitchen	United Baptist Church- 47 Church Street, Oakland	Thursday 4 pm - 5:30 pm

Soup Kitchens & Sandwich Programs

Skowhegan		
Trinity Evangelical Soup Kitchen	Trinity Evangelical Church- 12 McLellan Street, Skowhegan	Monday - Friday 11:45 am – 12 pm & 4:45 pm - 5:15 pm Saturday 11:45 am - 12:15pm & 7 pm – 8 pm Sunday Noon - 1 pm & 4:45 pm - 5:15 pm
St. Anthony's Soup Kitchen	St Anthony's Church- 287 Water Street, Skowhegan	Monday, Tuesday & Thursday 4:30 pm – 5 pm
Unity		
Unity Community Soup Kitchen	School Street, Unity	Thursdays 11:30 am -12:30pm

Shelters

Waterville		
Mid-Maine Homeless Shelter Day warming center for residents only	19 Colby Street, Waterville, 207.872.8082	7 days a week
Augusta		
Emmanuel Lutheran Episcopal Church- Warming Center	209 Eastern Ave. Augusta, 207.248.1782	Monday - Friday 9 am – 4 pm

Shelters

Bread of Life Ministries	155 Hospital Street, Augusta, 207.626.3479	7 days a week
Other locations		
Trinity Men's Shelter	12 McClellan Street, Skowhegan, 207.474.8833	7 days a week
New Hope Women & Children's Shelter	111 South Maine Street, Solon, 207.643.6015	7 days a week

Special Food Programs around Maine

Participating Farmers' Markets across the state offer Maine Harvest Bucks. For every \$1 spent on local items with an EBT card, you earn \$1 in bonus Maine Harvest Bucks to be spent on local fresh fruits and veggies at select Farmers' Markets. These can be redeemed the same day, or at your next visit.

The Farm Fresh Rewards program rewards double dollars for anyone shopping with SNAP/EBT. For every \$5 spent on local food with SNAP/EBT, customers receive a \$5 voucher to be spent on local fruits and vegetables. Farm Fresh Rewards is at participating grocery stores throughout the state.

For more information on State of Maine SNAP/EBT benefits, located at 35 Anthony Ave in Augusta, please contact: 207.624.8090 or visit www.maine farmersmarkets.org/maine-harvest-bucks/.

Farmers' Markets

Waterville Downtown Farmers' Market

April - December: Thursdays, 2 pm - 6 pm at Head of Falls

January - March at Colby Building, downtown Waterville

www.watervillefarmersmarket.org

Fairfield Farmers' Market

Wednesdays, 2 pm - 6 pm

Saturdays, 9:30 am - 1:30 pm May - October

Nazarene Church parking lot

www.fairfieldme.com

Unity Farmers' Market

May - November: Saturdays, 9 am - 1 pm

32 School St., Unity

www.unitymarketday.org

Skowhegan Farmers' Market

May - October: every Saturday, 9 am - 1 pm at Grist Mill

November - April: 1st & 3rd Saturday, 10 am - 1 pm at

Boynton's Greenhouse

www.skowheganfarmersmarket.com

Vassalboro Food Station

Thursdays, 11 am - Noon

179 Bog Road

www.vassalboro.net/food_station.html

Belgrade Lakes Farmers' Market

Memorial Day: September on Sundays, 8 am - 1 pm

137 Main Street, Belgrade

BelgradeLakesMarket@gmail.com

Augusta Farmers' Market

Summer: Tuesdays, 2 pm - 6 pm at 1 Water Street, Augusta

Winter: Tuesdays, 2 pm - 5 pm at 70 State Street, Augusta

www.millparkmarket.com

Essential Resources

Essentials Pantry (personal items)

First Congregational Church - 7 Eustis Parkway, Waterville

Open last two weeks of the month on

Mondays, 5 pm - 7 pm and Wednesdays & Fridays, 9 am - 11 am

Emmanuel Lutheran Episcopal Church - 209 Eastern Ave., Augusta

Tuesdays & Thursdays, 10 am - 2 pm

1st & 3rd Saturday, 10 am - Noon

Clothing

United Methodist Church Clothing Closet

113 Dr. Mann Road, Skowhegan

Wednesdays, 9 am - Noon and 2nd & 4th Tuesday, 6 pm - 7 pm

Bridging the Gap-Lutheran Episcopal Church

209 Eastern Ave., Augusta

Tuesday & Thursday, 10 am - 2 pm and 1st & 3rd Saturday, 10 am - Noon

Lamb's Clothing Closet-Fairfield Baptist Church

12 Newhall Street, Fairfield

Tuesday, 9 am - 11 am and Wednesday, 4:30 pm - 6 pm

WIC Office (Women, Infants & Children)

207.872.1593

KVCAP Enrichment Council - Parenting classes, trainings, diapers

800.542.8227

Essential Resources

Habitat for Humanity - Resale Store

Waterville - 207.616.0166

Augusta - 207.242.7872

Pet Food

Generations Muskie Center - 207.660.9263

Amy Buxton Pet Pantry - 207.622.0552

Humane Society of Waterville - 207.873.2430

Waterville Pet Food Pantry - 207.409.5904

AniMeals (Seniors with pets who receive Meals on Wheels) - 207.626.7777

State & Local Resources

Department of Health & Human Services

www.maine.gov - 207.287.3707

City of Waterville

www.waterville-me.gov - 207.680.4227

Community Action Programs

www.kvcap.org - 800.542.8227

United Way

www.unitedmidmaine.org - 207.873.0686

Family Violence Project

www.familyviolenceproject.org - 877.890.7788

American Red Cross

www.maineredcross.org - 207.941.2903

State & Local Resources

Salvation Army

www.salvationarmy.org - 207.623.3752

National Alliance on Mental Illness

www.namimaine.org - 800.464.5767

211 of Maine

Dial 211

Boys & Girls Club, Waterville

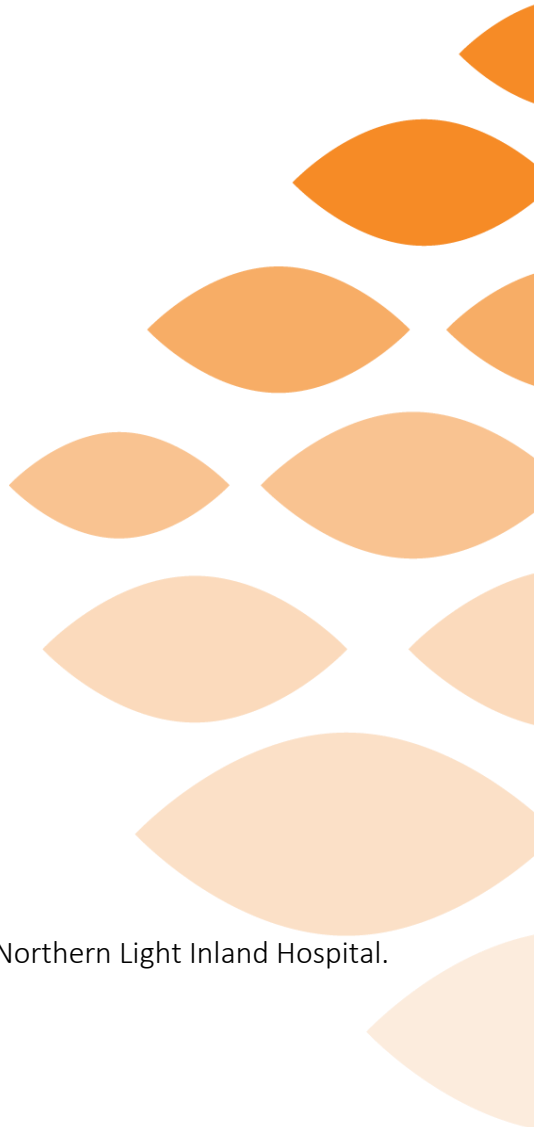
www.clubayc.org - 207.873.0684

Summer Food Service Program

www.maine.gov/doe/schools/nutrition/programs/sfsp-



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