

COMMUNITY MEALS & SOUP KITCHENS

Bangor Area Homeless Shelter
263 Main St., Bangor | 947-0092
Lunch: Daily, must arrive before 12:00 pm

Calvary Baptist Church
61 State St., Brewer | 947-0092
Breakfast: 2nd Sunday 9:30 – 10am

Columbia Street Baptist Church
63 Columbia St., Bangor | 945-6616
Lunch: Sunday 12 – 1pm

First United Methodist Church
703 Essex St., Bangor | 945-9567
Supper: Thursday 4 – 6 pm

Hammond St. Congregational Church
28 High St., Bangor | 942-4381
Lunch: 1st Saturday at 12 pm

Manna Ministries
126 Union St., Bangor | 852-5652
Supper: Monday – Friday 4:15-5pm,
Saturday 2 – 3pm

Resurrection of the Lord Parish
33 Carrol St., Old Town | 827-4000
Supper: 3rd Friday at 5 pm

St. John's Episcopal Church
225 French St., Bangor | 947-0156
Lunch: 2nd Saturday 12 – 1:30 pm

The Salvation Army
65 South Park St., Bangor
941-2990
Lunch: Monday – Friday 11:45 am – 1 pm. Breakfast: Sunday from 8:30 – 9:15 am

The Together Place & Maine Mental Health Connection
2 2nd St., Bangor | 941-2907
Lunch: Monday & Friday
12:00 – 1pm

FOOD PANTRIES

Bangor Area Homeless Shelter
263 Main St. Bangor | 947-0092
Hours: Tuesday & Thursday 1-4pm

Bread of Life
696 River Rd., Orrington | 478-0106
Hours: 1st & 3rd Saturday
11 am – 1 pm.
Must live in Bucksport, Dedham, Holden, Orland, Orrington

Brewer Area Food Pantry
222 North Main St., Brewer
848-5804
Hours: Wed & Fri 10 am-12 pm.
Must live in Brewer, Eddington (First visit, bring proof of residence i.e. piece of mail, etc. Driver's license not accepted)

Chester Baptist Food Pantry
2 South Chester Rd., Chester
746-3650
Hours: Monday 9:30 – 10am

CHEFS (at the Holbrook School)
202 Kidder Hill Rd., Holden
843-7769
Hours: Thursday 5 – 6 pm, 2nd & 4th Sunday 9 – 10 am. Must live in Holden, Clifton, Eddington

Clifton United Baptist Church
742 Airline Rd., Clifton | 843-5441
Hours: 1st Monday 10 – 11am, 3rd Monday 5 – 6 pm

Corinna UMC Food Pantry
16 Dexter, Rd., Corinna
278-4777 or 659-1512
Hours: Friday 12:30 – 2 pm

Crossroads Ministries Inc.
2 Wood St., Old Town | 817-6025
Hours: Monday-Friday 10:30 am – 2:30 pm

Dedham Congregational Church
209 Mill Rd, Dedham
557-9426, 356-8807 or 944-1613
Hours: Call any of the numbers above for assistance

Hammond St. Congregational Church
28 High St., Bangor | (207) 942-4381
Lunch: Monday, Wednesday, Friday
10:30 am – 12:30 pm

Hampden Neighborhood Food Cupboard
101 Main Rd. North, Hampden
862-5248
Hours: Wednesday 9:30 – 11am & 5 – 6 pm

Holden Congregational Church
9 Rider Bluff Rd, Holden, ME
843-5286 or 989-8932

Health Equity Alliance
304 Hancock Street, Bangor
990-3626
Hours: Monday - Friday 9 am – 4 pm

I Care Ministries Food Pantry
45 Spring St., Millinocket | 723-7977
Hours: Thursday 9 am – 2 pm or as needed in an emergency

Lincoln Regional Food Cupboard
32 Park Ave., Lincoln | 794-3784
Hours: Wednesday 9 – 11am

Manna Ministries
126 Union St., Bangor | 852-5652
Hours: Monday, Wednesday, Friday
3 – 4 pm

Newport Community Food Bank
26 High St., Newport | 368-4402
Hours: Saturday 8 – 10 am. Must live in Dixmont, Etna, Newport, Palmyra, Plymouth (bring proof of income)

Resurrection of the Lord Parish

33 Carrol St., Old Town | 827-4000
Hours: 4th Monday 9:30 – 10:30am

Safe Place Food Pantry

328 Main St., Corinth | 299-7671
Hours: 1st & 3rd Wednesday,
Thursday, Friday 9 am – 12 pm

The Salvation Army

65 South Park St., Bangor
941-2990
Hours: 9 – 11 am and 1 – 3 pm
(available once per person or family
every 3 months)

The Together Place

2 2nd St., Bangor | 941-2907
Hours: 1st and 3rd Wednesday from
9 am – 12 pm

Widows & Orphans Food Cupboard

13 Wolfboro Rd., Stetson
296-2452
Hours: 1st & 3rd Saturday 8:30 - 9:30
am, every Friday 6 - 6:30 pm. Must
live in Stetson

FARMERS' MARKETS**Ammadamast Grange Market**

Grange #379 Lowell Rd., Enfield
www.grange.org/ammadamastme3
79/grange-market

**Bangor Farmers' Market at
Abbot Square**

Corner of Franklin and Harlow
Streets, Bangor
www.bangorfarmersmarket.org

Brewer Farmers' Market

Brewer Auditorium,
318 Wilson St., Brewer
brewermaine.gov/community/brew
er-farmers-market

Corinth Farmers' Market

East Corinth
www.facebook.com/Corinth
FarmersMarket

Dexter Farmers' Market

Bwart's Plants,
445 Corinna Rd, Dexter
www.maine farmersmarkets.org/ma
rket/dexter-farmers-market-2

European Farmers' Market

117 Buck St., Bangor
(at Sunnyside Greenhouse)
www.maine farmersmarkets.org/
market/bangor-european-farmers-
market

Hampden Farmers' Market

Winter: Kiwanis Hall, 55 Main Rd.
North, Hampden
Summer: Hampden Town Office
106 Western Ave, Hampden
www.hampdenfarmersmarket.com/
about-our-market

Hermon Farmers' Market

Danforth's Plaza, Hermon
www.farmersmarketonline.com/fm
/HermonFarmersMarket.html

**Newport Farmers' & Artisan
Market**

72 Main St. Newport
http://www.maine farmersmarkets.
org/market/newport-farmers-
market-at-iron-house-supplements/

Orono Farmers' Market

Winter: Asa Adams School
Summer: Steam Plant Parking Lot
snakeroot.net/orono/

The markets listed above are generally
open in both summer and winter and
accept EBT/SNAP and WIC. For more
information on markets near you visit
www.maine farmersmarkets.org

ADDITIONAL RESOURCES**Women, Infants & Children (WIC)**

103 Texas Ave. Bangor | 992-4571
Assisting children and pregnant
women who are at nutritional risk

**American Academy of Family
Physicians (AAFP)**

USA directory for health and human
resource available 24 hours a day.
www.aafp.org/patient-care/social-
determinants-of-health/everyone-
project/neighborhood-
navigator.html

**SNAP (Supplemental Nutrition
Assistance Program)**

28 High St., Bangor | 1-800-442-
6003
www1.maine.gov/benefits/
account/login.html
Assists low income individuals
and families

Eastern Area Agency on Aging

450 Essex St., Bangor
941-2865 or 1-800-432-7812
Assisting seniors with Meals on
Wheels and community meals

2-1-1 Maine

Call 2-1-1 or visit 211maine.org
Statewide directory for health and
human resources, available 24
hours a day.

To access this list on-the-go,
scan this code with your smart
phone camera and bookmark
it in your browser to always
have it handy!

