

Food Pantries & Grocery Assistance

Community Outreach Services Pantry

19 Park Street, Kennebunk, ME 04043

- Monday: 12:00 PM–2:00 PM
- Tuesday: 3:00 PM–7:00 PM
- Thursday: 3:00 PM–5:00 PM
- Friday: 9:00 AM–12:00 PM

First County Food Pantry

5 Swetts Bridge Road, Alfred, ME 04002

(207) 289-9668

Tuesday & Friday: 11:00 AM–3:00 PM

Biddeford Food Pantry

162 Elm Street, Biddeford, ME 04005

(207) 282-4771

Tuesday: 9:00 AM–11:00 AM

St. Mary's Ecumenical Food Pantry

236 Eldridge Road, Wells, ME 04090

(207) 646-5605

Thursday: 2:00 PM–4:00 PM

St. Therese Food Closet (TEFAP Only)

66 North Avenue, Sanford, ME 04073

(207) 324-2420

Thursday: 12:00 PM–2:00 PM

Community Meals

Bon Appétit Community Meal Program

19 Crescent Street, Biddeford, ME 04005

(207) 569-4726

Monday-Friday: 5:00 PM (Dinner)

Youth Full Maine

Rotary Park, 550 Main Street,

Biddeford, ME 04005

(207) 391-0185

3rd Wednesday of Each Month:

10:00 AM–12:00 PM

Saco Meals Program

271 Main Street, Saco, ME 04072

(207) 298-5812

Monday & Thursday: 4:45 PM

State & Federal Food Assistance Programs

Supplemental Nutrition Assistance Program (SNAP)

Provides monthly benefits to help eligible individuals and families purchase food.

Apply through Maine DHHS.

1-855-797-4357

Women, Infants, and Children (WIC)

Provides healthy foods, nutrition education, breastfeeding support, and referrals

to health services for eligible pregnant

individuals, postpartum individuals, infants, and children under age five.

1-800-437-9300

Commodity Supplemental Food Program (CSFP)

Provides monthly food packages to incomeeligible adults age 60 years

and older. Administered through Good

Shepherd Food Bank and partner agencies.

(207) 782-3554

211 Maine

Free statewide information and referral service connecting individuals to food

assistance, housing, transportation,

healthcare, and financial resources.

Phone: 211

www.211Maine.org

Southern Maine Agency on Aging (SMAA)

Provides Meals on Wheels referrals, community dining programs, and

transportation assistance.

(207) 396-6500

Food Pantries & Grocery Assistance

Pathway Vineyard Church Food Pantry

2 Columbus Drove, Brunswick, ME 04011
(207) 784-9500
Friday 11:00 AM–12:00 PM

Mid Coast Hunger Prevention Program

12 Tenney Way, Brunswick, ME 04011
(207) 725-2716

- Tuesday: 12:00 PM–6:00 PM
- Wednesday & Friday: 12:00 PM–3:00 PM
- Saturday: 1:00 PM–4:00 PM
- Order-ahead groceries available

Mid Coast Hunger Prevention Program - Topsham Location

207 Augusta Road, Topsham, ME
Order-ahead grocery pickup:
Wednesday: 4:30 PM–6:30 PM

MaineHealth Food Pantry

329 Maine Street, Brunswick, ME
(207) 373-4513
Monday & Wednesday: 10:00 AM–2:00 PM
Additional appointments available

Bowdoinham Food Pantry

9 Main Street, Bowdoinham, ME 04008
(207) 751-7779
Wednesday: 4:00 PM–6:00 PM

Bath Area Food Bank

807 Middle Street, Bath, ME 04530
(207) 775-0026

- Tuesday: 12:00 PM–2:00 PM and
4:00 PM–6:00 PM
- Thursday: 12:00 PM–2:00 PM

Lisbon Area Christian Outreach

18 School Street, Lisbon Falls, ME 04252
(207) 407-2959

- Wednesday: 12:00 PM–6:00 PM
- Saturday: 7:30 AM–10:00 AM

Freeport Community Services Food Pantry

53 Depot Street, Freeport, ME 04032
(207) 865-3985

- Monday: 11:00 AM–3:00 PM
- Tuesday: 9:30 AM–11:30 AM
- Wednesday: 11:00 AM–1:30 PM

Salvation Army Bath Corps

25 Congress Avenue, Bath, ME 04530
(207) 443-3611

Community Meals

Neighborhood Café

798 Washington Street, Bath, ME 04530
(207) 504-0924
Tuesday: 4:30 PM–6:00 PM

First Baptist Church Community Meal

851 Washington Street, Bath, ME 04530
Friday: 11:00 AM–12:30 PM
Dine-in or take-out available.

Freeport Community Services Community Lunch

53 Depot Street, Freeport, ME 04032
Free lunch offered on the 1st and 3rd Friday
of each month.

Mid Coast Hunger Prevention Program Community Meals

12 Tenney Way, Brunswick, ME 04011

- Tuesday–Friday: 11:00 AM–12:30 PM
- Saturday: 12:00 PM–1:30 PM

State & Federal Food Assistance Programs

Supplemental Nutrition Assistance Program (SNAP)

Provides monthly benefits to help eligible individuals and families purchase food. Apply through Maine DHHS.
1-855-797-4357

Women, Infants, and Children (WIC)

Provides healthy foods, nutrition education, breastfeeding support, and referrals to health services for eligible pregnant individuals, postpartum individuals, infants, and children under age five.
1-800-437-9300

Commodity Supplemental Food Program (CSFP)

Provides monthly food packages to incomeeligible adults age 60 years and older. Administered through Good Shepherd Food Bank and partner agencies.
(207) 782-3554

211 Maine

Free statewide information and referral service connecting individuals to food assistance, housing, transportation, healthcare, and financial resources.
Phone: 211
www.211Maine.org

Southern Maine Agency on Aging (SMAA)

Provides Meals on Wheels referrals, community dining programs, and transportation assistance.
(207) 396-6500

Southern Midcoast Maine Community Action (SMMCA)

Provides assistance with SNAP applications and other support services.
(207) 442-7963

Food Pantries & Grocery Assistance

Westbrook Food Pantry

426 Bridge Street, Westbrook, ME 04092
(207) 591-8147
Tuesday: 11:00 AM–1:00 PM

Vineyard Church of Greater Portland Food Pantry

715 Bridgton Road, Westbrook, ME 04092
(207) 450-7309
Friday: 5:30 PM–6:20 PM

White Memorial Seventh-day Adventist Church Food Pantry

97 Allen Avenue, Portland, ME 04103
(207) 797-4414
Wednesday: 4:30 PM–6:00 PM

Stroudwater Christian Church Food Pantry

1520 Westbrook Street, Portland, ME 04102
(207) 200-5985
Sunday: 1:00 PM–3:00 PM

First Baptist Church Portland

360 Canco Road, Portland, ME 04103
(207) 773-3123
Wednesday: 10:30 AM–12:30 PM
Light brunch served during pantry hours.

Project FEED

640 Brighton Ave, Portland, ME 04102
(207) 761-3920
Tuesday–Thursday: 1:00 PM–3:00 PM

Salvation Army Food Pantry

297 Cumberland Avenue, Portland, ME 04101
(207) 774-4172
Monday, Wednesday & Friday:
10:00 AM–2:00 PM

MaineHealth Food Pantry

950 Congress Street, Portland, ME 04102
(207) 662-8842
Thursday: 10:00 AM–3:00 PM

Community Meals

St. Vincent de Paul Soup Kitchen

307 Congress Street, Portland, ME 04101
(207) 232-1010
Monday–Friday: 11:00 AM–12:30 PM

State & Federal Food Assistance Programs

Supplemental Nutrition Assistance Program (SNAP)

Provides monthly benefits to help eligible individuals and families purchase food. Apply through Maine DHHS.
1-855-797-4357

Women, Infants, and Children (WIC)

Provides healthy foods, nutrition education, breastfeeding support, and referrals to health services for eligible pregnant individuals, postpartum individuals, infants, and children under age five.
1-800-437-9300

Commodity Supplemental Food Program (CSFP)

Provides monthly food packages to incomeeligible adults age 60 years and older. Administered through Good Shepherd Food Bank and partner agencies.
(207) 782-3554

211 Maine

Free statewide information and referral service connecting individuals to food assistance, housing, transportation, healthcare, and financial resources.
Phone: 211
www.211Maine.org

Southern Maine Agency on Aging (SMAA)

Provides Meals on Wheels referrals, community dining programs, and transportation assistance.
(207) 396-6500

Food Pantries & Grocery Assistance

Gather Food Pantry

124 Heritage Avenue, Unit 3,
Portsmouth, NH 03801
(603) 436-0641

- Monday–Thursday:
10:00 AM–4:00 PM
- Friday: 10:00 AM–2:00 PM

Portsmouth Community Fridge

80 Manor Drive, Portsmouth, NH 03801

- Monday: 9:00 AM–11:00 AM
- Tuesday: 10:00 AM–1:00 PM and
5:00 PM–7:00 PM
- Wednesday: 2:00 PM–6:00 PM
- Thursday: 10:30 AM–1:30 PM
- Friday: 10:00 AM–1:00 PM

Neighbor's Food Pantry

912 Harold L. Dow Hwy, Eliot, ME 03903
(207) 748-1248

- Thursday: 9:30 AM–12:00 PM and
5:15 PM–6:30 PM

Community Meals

Common Table at St. John's Episcopal Church

100 Chapel Street, Portsmouth, NH
Thursday: 12:00 PM–1:00 PM

Seacoast Community Lunch

Middle Street Baptist Church
18 Court Street, Portsmouth, NH 03801
Wednesday: 12:00 PM–1:00 PM

Breakfast Café at Mainspring

Tuesdays & Thursdays: 7:00 AM–9:00 AM

Community Supper at Mainspring

Thursday: 4:00 PM–5:00 PM

State & Federal Food Assistance Programs

Supplemental Nutrition Assistance Program (SNAP)

Provides monthly benefits to help eligible
individuals and families purchase food.
Apply through New Hampshire DHHS.
1-844-275-3447

Women, Infants, and Children (WIC)

Provides healthy foods, nutrition education,
breastfeeding support, and referrals
to health services for eligible pregnant
individuals, postpartum individuals, infants,
and children under age five.
(603) 271-4546

Meals on Wheels

Provides home-delivered meals to eligible
older adults and individuals with disabilities
who have difficulty preparing meals.
Available through your local Area Agencies
on Aging.

Commodity Supplemental Food Program (CSFP)

Provides monthly food packages to income
eligible adults age 60 years and older.
Administered through Good Shepherd
Food Bank and partner agencies.
1-800-942-4321

ServiceLink Aging & Disability Resource Center

Provides Meals on Wheels referrals and
other resources.
1-866-634-9412