

# Cumberland County Food Pantries

| Town             | Pantry Name                                   | Phone #  | Location              | Hours of Operation  | How often you can come   | Who can come  | What to bring  |
|------------------|---|----------|-----------------------|---|--------------------------|---|--|
| Bridgton         | Bridgton United Methodist Food Pantry         | 318-4467 | 214 Main Street       | Tuesday 11:00am-1:00pm  | Once a week              | Bridgton residents  | Proof of residence                                       |
|                  | St. Joseph's Food Pantry                      | 647-2334 | 225 So. High Street   | 4th Tuesday, 11:00am-1:00pm   | Once a month             | The Greater Bridgton Area   | Proof of residence                                       |
| Brunswick        | Mid-Coast Hunger Prevention Program           | 725-2716 | 12 Tenney Way         | M,W,F 1-4pm, Sat 12-3pm   | Once every 2 weeks       | Brunswick, Topsham, Harpswell, Bowdoin, Bowdoinham, Lisbon, Lisbon      | Proof of residence and proof of income after first visit |
| Cape Elizabeth   | Judy's Pantry                                 | 767-1031 | 280 Ocean House Rd.   | Tuesday 3:00-5:00pm -- Jan-June: 2nd and 4th Tues, Jul-Dec every week                       | Once a week              | Cape Elizabeth residents  | No documentation required                                |
| Casco            | Casco Alliance Church Food Pantry             | 344-5370 | 450 Roosevelt Trail   | 3rd Monday 6:00-7:00pm  | Once a month             | Casco residents   | Proof of residence                                       |
|                  | Casco Village Church Food Pantry              | 627-4282 | 941 Meadow Road       | 4th Thursday of the month, Jan-June & Aug-Oct: 3:00-5:00pm, July: 2-4pm, Nov                | Once a month             | Casco residents   | No documentation required                                |
| Chebeague Island | Chebeague Island Food Pantry                  | 846-4106 | 255 North Road        | By appointment  | As needed                | Chebeague Island residents  | No documentation required                                |
| Cumberland       | Community Food Pantry                         | 829-2205 | 290 Tuttle Road       | Friday 2pm-6pm  | Twice a month            | Cumberland, North Yarmouth, New Glouster and Pownal                     | No documentation required                                |
| Falmouth         | Falmouth Food Pantry                          | 632-2687 | 271 Falmouth Road     | 1st & 3rd Mon. 9-11am, 2nd, 3rd & 4th Tues. 9:30-11:30am, 2nd, 3rd & 4th Thurs. 4:30-6:30pm | Twice a month            | Falmouth, Cumberland, Yarmouth, Westbrook, and Portland residents       | Proof of residence                                       |
| Freeport         | Freeport Community Services Food Pantry       | 865-3985 | 53 Depot Street       | Monday - Thursday 10:00am - 4:00pm  | Outer room: Twice a week | Freeport and Pownal residents   | Photo ID and proof of residence                          |
| Gorham           | Gorham Ecumenical Food Pantry                 | 222-4351 | 299A Main Street      | Thurs. 9-11am, 2nd & 4th Wed. 6-7pm   | Once a month             | Gorham residents and Gorham Parish Members                              | Proof of residence (not a license)                       |
| Gray             | Bread of Life Food Pantry                     | 657-1121 | 14 Lewiston Road      | Sunday 1:00-2:30pm  | Once a week              | Gray and surrounding towns  | No documentation required                                |
|                  | Gray Community Food Pantry                    | 657-4279 | 5 Brown Street        | 1st and 3rd Friday 2:00-4:30pm  | Twice a month            | Open to anyone  | No documentation required                                |
| Harrison         | Seventh Day Adventist Food Pantry             | 583-1072 | 2 Naples Road         | Tuesday 6:00-7:00pm   | Once a week              | Harrison residents  | Proof of income and Proof of residence                   |
| Naples           | Community Resource Council Naples Food Pantry | 595-2754 | 1000 Roosevelt Trail  | Tuesday 10am-11:30am  | Once a week              | Naples residents  | Proof of residence                                       |
|                  | The Crosswalk Food Basket                     | 615-3226 | 15 Village Green Lane | Every other Monday 1:00-3:00pm  | Twice a month            | Naples, Bridgton, Casco, Harrison and Sebago residents                  | Proof of residence                                       |
| New Gloucester   | New Gloucester Food Pantry                    | 926-3260 | 19 Gloucester Hill Rd | 2nd & 4th Saturday 8:00-9:30am  | Twice a month            | New Gloucester residents  | Proof of residence                                       |
| Peaks Island     | Peaks Island Community Food Pantry            | 332-2443 | 19 Church Ave         | Mon. 3:30-5:00pm  | As needed                | Only Peaks Island residents   | No documentation required                                |
| Portland         | First Baptist Food Pantry                     | 773-3123 | 360 Canco Road        | Wednesday 11:30-12:30pm   | Once a week              | Open to anyone  | No documentation required                                |
|                  | Jewish Family Services Food Pantry            | 772-1959 | 57 Ashmont Street     | Tuesday & Thursday, 9:00am-3:00pm<br>By appointment only                                    | Once a month             | Portland and Greater Portland residents                                 | Photo ID   |
|                  | Preble Street                                 | 775-0026 | 252 Oxford Street     | Thursday 1:30-3:00pm  | Once a week              | Open to anyone  | No documentation required                                |
|                  | Project FEED                                  | 761-3920 | 202 Woodford Street   | Monday-Friday 1:00-3:00pm   | Once every 3 mos         | Portland, South Portland, Scarborough, Westbrook and Falmouth residents | Referral from social service agency                      |
|                  | Root Cellar                                   | 774-3197 | 94 Washington Ave     | Monday-Friday 9:00am-5:00pm   | Emergency only           | Portland East End residents   | Proof of residence                                       |



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| Portland (cont)            | Sacred Heart/St. Dominic Food Pantry                               | 929-3088        | 80 Sherman Street       | Tuesday Open at 8:30, Distribution 10-11:30am                           | Once a week            | Parkside Residents  | No documentation required          |
|                            | Sagamore Food Pantry   | 347-6125        | 21 Popham Street        | Tuesday 10:0-11:30am  | Once a week            | Open to anyone  | No documentation required          |
|                            | Salvation Army Food Pantry   | 774-6304        | 297 Cumberland Ave      | Mon., Wed. and Fri. 1:00-2:30pm   | Once a month           | Cape Eliz., So. Portland, Cumberland, Falmouth, Portland, Scarborough and | No documentation required          |
|                            | St. Luke's Food Pantry   | 772-5434        | 134 Park Street         | Thursday 9:30-11:00am   | Once a month           | Open to anyone  | Photo ID                           |
|                            | Stroudwater Christian Church Food Pantry                           | 772-2193        | 1520 Westbrook St       | Sundays 1:00-3:00pm   | Once every two weeks   | Open to anyone  | No documentation required          |
|                            | Wayside Mobile Food Pantry at Harbor Terrace                       | 699-5532        | 284 Danforth Street     | 3rd Friday 1:00-2:00pm  | Once a month           | Harbor Terrace and West End residents                                     | No documentation required          |
|                            | Wayside Mobile Food Pantry at South Portland West End Neighborhood | 699-5533        | 548 Westbrook St.       | 4th Wednesday 2:00-3:00pm   | Once a month           | Red Bank Neighborhood residents   | No documentation required          |
|                            | Wayside Mobile Food Pantry at Riverton                             | 699-5532        | 102-104 Riverton        | 3rd Wednesday 3:00-4:00pm   | Once a month           | Riverton residents  | No documentation required          |
|                            | Wayside Mobile Food Pantry at Front Street                         | 699-5533        | 36 West Presumpscot St. | 2nd Thursday 10:30-11:30pm  | Once a month           | Neighborhood residents  | No documentation required          |
|                            | Wayside Mobile Food Pantry at Sagamore                             | 699-5532        | 21 Popham Street        | 4th Tuesday 10:00-11:00am   | Once a month           | Sagamore residents  | No documentation required          |
|                            | Williston-Immanuel United Church Food Pantry                       | 775-2301        | 156 High Street         | Thursday -- arrive before 10:00am                                       | Weekly                 | Open to anyone  | No documentation required          |
| White Memorial Food Pantry | 797-4414   | 97 Allen Avenue | Thursday 8:00-9:30am    | Once a week   | Open to anyone         | Photo ID  |                                    |
| Pownal                     | North Pownal United Methodist Church Food Pantry                   | 688-4481        | 851 Lawrence Road       | Wednesday 9:30am - 11:30am  | Once a week            | Open to anyone  | No documentation required          |
| Raymond                    | Raymond Food Pantry  | 232-5830        | 1273 Roosevelt Trail    | 2nd & 4th Thursday 4:00-6:00pm  | Twice a month          | Raymond residents   | No documentation required          |
| Scarborough                | Scarborough Food Pantry  | 883-2342        | 167 Black point Road    | Tuesday & Thursday 9:00am-12:00pm                                       | Once a month           | Open to anyone  | No documentation required          |
| Sebago                     | Sebago Food Pantry   | 274-1569        | 183 Sebago Rd.          | 1st, 3rd, 5th Mondays 9am-10:30am, 2nd Monday 3:30 - 5:30pm, 4th Monday | Weekly                 | Sebago residents  | No documentation required          |
| South Portland             | First Congregational Church UCC Food Pantry                        | 799-3361        | 301 Cottage Road        | Tues & Thurs. 10:30-12:00pm (Call ahead)                                | Once every two months  | South Portland and Cape Elizabeth residents                               | ID and Proof of residence          |
|                            | South Portland Food Cupboard                                       | 874-0379        | 130 Thadeus Street      | Thursday 8:30-11:30am (Doors open at 7:30)                              | Once a month           | Open to anyone  | No documentation required          |
| Standish                   | Catherine's Cupboard   | 893-7790        | 175 Northeast Road      | Wednesday 5:00-6:30pm   | Once a month           | Standish and surrounding towns  | Proof of residence                 |
| Westbrook                  | Portland Westbrook Vineyard Food Pantry                            | 854-8339        | 715 Bridgton Road       | Friday 6:00pm-7:30pm  | Once a week            | Greater Westbrook area  | Proof of residence                 |
|                            | Westbrook Community Food Pantry                                    | 591-8147        | 426 Bridge Street       | Tuesday 12-2pm and 6-7:30pm   | Twice a month          | Westbrook residents   | Proof of residence (piece of mail) |
| Windham                    | Windham Food Pantry  | 892-1931        | 377 Gray Road           | Monday-Thursday 8:30-4:00 by appointment only                           | Once a month           | Windham residents   | Proof of residence                 |
| Yarmouth                   | Yarmouth Community Food Pantry                                     | 846-3773        | 116 Main Street         | Tues. and Fri. 10:00am-12:00pm, Wed. 5:00-7:00pm                        | Once a week            | Cumberland, Yarmouth, North Yarmouth, Pownal and Freeport residents       | Proof of residence                 |



Preble Street  
Maine Hunger Initiative  
775-0026 • www.preblestreet.org  
Compiled July 2016

Want a SNAP Outreach Volunteer at your pantry? Contact  
Preble Street Maine Hunger Initiative.

Call 211 for other help  
www.211maine.org