

NUTRITION ASSISTANCE

Supplemental Nutrition Assistance
Program formerly called "Food Stamps"

'SNAP'

Call 1-800-442-6003

Apply online at: www.maine.gov/mymaineconnection

When you use SNAP at Farmers Markets, you receive **Maine Harvest Bucks** to save on fruits and vegetables!

Visit: <http://www.maineharvestbucks.org/>

At **Cultivating Community Farm Stands**, you can receive a 50% discount on organic vegetables.

Call (207) 761-4769 for more information.

Women, Infants, and Children

'WIC'

You may qualify if you are pregnant or have children under five years old. Fathers may apply for their children. Household income limits apply.

Contact:

Opportunity Alliance

(207) 553-5800

190 Lancaster St,

Portland, ME

NEED HELP? *Sometimes assistance programs can be difficult to navigate. If you need help applying or have questions about health and human services programs, you can call 2-1-1 Maine by dialing 2-1-1 or visiting online at www.211maine.org. If you have questions about food pantries or community meals you can also contact **Wayside Food Programs** at (207) 775-4939.*

MEALS FOR KIDS

FREE AND REDUCED SCHOOL LUNCH

Contact Portland School Food Services for more information.

(207) 874-8231

SUMMER MEALS

1-866-348-6479

Find more information online:

<https://www.fns.usda.gov/summerfoodrocks>

PORTLAND PUBLIC SCHOOL PANTRIES

Many schools have pantries. When a child says they are hungry they will be given food from this pantry. Emergency food may also be available. Contact your school secretary for more information.

WAYSIDE COMMUNITY MEALS

Wayside hosts dinners for students and their families Mondays at 5 PM during the school year. Participating schools are East End Community, Reiche, Riverton Boys and Girls Club, and Sagamore Village Boys and Girls Club. For more information call Wayside at (207) 775-4939 or visit <http://waysidemaine.org/community-meals>

PORTLAND AREA FOOD PANTRIES

A pantry is a community organization that provides free food.

For more information about food pantries visit:

[HTTP://WWW.CCFoodSecurity.org/FOOD-PANTRIES.HTML](http://www.ccfoodsecurity.org/food-pantries.html)

*Pantries marked with a * require a photo ID before they can give you food. Project FEED requires a referral from a case worker.*

PREBLE STREET

(207) 775-0026

252 Oxford St

Thursday

1:30 PM - 3:00 PM

You can go once a week.

STROUDWATER CHRISTIAN CHURCH

(207) 772-2193

1520 Westbrook St.

Sunday

1:00 PM - 3:00 PM

You can go once every two weeks.

SACRED HEART/ ST. DOMINIC FOOD PANTRY

(207) 929-3088

Corner of Sherman & Mellen

Tuesdays

10 AM - 11:00 AM

You can go once a week.

WAYSIDE FOOD PROGRAMS MOBILE PANTRY & COMMUNITY MEALS

(207) 775-4939

Please contact Wayside for more
information.

PROJECT FEED

(207) 761-3920

202 Woodford St.

Monday - Friday

1:00 PM - 3:00 PM

You can go once every 1 months.

SAGAMORE FOOD PANTRY

(207) 221-8072

21 Popham St.

Tuesdays

10AM-11:30AM

You can once a week

PEAKS ISLAND COMMUNITY FOOD PANTRY

(207) 332-2443

19 Church Ave.

Mondays

3:30 - 5:00 PM

You can go as needed.

WILLISTON-IMMANUEL UNITED CHURCH

(207) 775-2301

156 High St.

Thursdays, arrive before 10 AM.

You can go once a week.

FIRST BAPTIST *

(207) 773-3123

360 Canco Rd.

Wednesdays

11:30 AM - 12:30 PM

You can go once a week.

ST. LUKE'S FOOD PANTRY

(207) 772-5434

134 Park St.

Thursdays

9:30 AM - 11:00 AM

You can go once a month.

MICHAEL KLAHR JEWISH FAMILY SERVICES *

(207) 772-1959

1342 Congress St.

Tues/Thurs

by Appt.

You can go once a month.

SALVATION ARMY

(207) 774-6304

297 Cumberland Ave.

Mon/Wed/Fri

1:00 PM - 2:30 PM

You can go once a month.

WHITE MEMORIAL *

(207) 797-4414

97 Allen Ave.

Thursdays

7:30 AM - 9:30 AM

You can go once a week.