

Nutrition Assistance

Supplemental Nutrition Assistance
Program formerly called "Food Stamps"

'SNAP'

Call **1-800-442-6003**

OR

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

a.k.a

'WIC'

*You may qualify if you are pregnant or
have children under five years old.*

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](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](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>

*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.

Project FEED

(207) 761-3920

202 Woodford St.

Monday - Friday

1:00 PM - 3:00 PM

You can go once every 2 months.

The Root Cellar

(207) 774-3197

94 Washington Ave

Monday - Friday

9:00 AM - 5:00 PM

Emergency Only.

Stroudwater Christian Church

(207) 772-2193

1520 Westbrook St.

Sunday

1:00 PM - 3:00 PM

You can go once every two weeks.

Sagamore Food Pantry *

(207) 221-8072

21 Popham St.

Tuesdays

10 AM - 11:30 AM

You can go once a week.

Wayside Food Programs Mobile Pantry & Community Meals

(207) 775-4939

Please contact Wayside for more information.

Sacred Heart/ St. Dominic Food Pantry

(207) 929-3088

Corner of Sherman &
Mellen

Tuesdays

10 AM - 11:30 AM

You can go 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.

Michael Klahr Jewish Family Services *

(207) 772-1959

1342 Congress St.

Tues/Thurs

by Appt.

You can go once a month.

Williston-Immanuel United Church

(207) 775-2301

156 High St.

Thursdays, arrive before
10 AM.

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.

Salvation Army

(207) 774-4172

297 Cumberland Ave.

Mon/Wed/Fri

1:00 PM - 2:30 PM

You can go once a month.

First Baptist *

(207) 773-3123

360 Canco Rd.

Wednesdays

11:30 AM - 12:30 PM

You can go once a week.

St. Vincent DePaul

(207) 772-1113

307 Congress St.

Mondays

11:30 AM - 2:00 PM

You can go once a week.

White Memorial *

(207) 797-4144

97 Allen Ave.

Thursdays

8:00 AM - 9:30 AM

You can go once a week.