

# Food & Resource Guide

Helping our community connect to important resources



**Northern Light**  
**Health**<sup>SM</sup>





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# About this Guide

Northern Light Health is dedicated to helping our patients who need community resources. Our goal is to help people improve their overall health and wellness as it is more difficult to recover from illness or live a healthy life if you are without basic needs.

Our medical providers and staff routinely screen patients' social determinants of health, and when there is an immediate need, we offer referrals, services, and this *Resource Guide* on the spot.

No one should go without their basic needs being met; and thanks to the many resources in this guide, there is community support available for families and individuals in need.

Three great resources: Access Maine, 211 Maine, and Findhelp have comprehensive lists of public programs, services, and other resources.

[AccessMaine.org](https://www.accessmaine.org) - online resource guide

[211maine.org](https://www.211maine.org) – 24/7 resource helpline – access online; dial 211 or 877.463.6207; text zip code to 898-211; or email [info@211Maine.org](mailto:info@211Maine.org)

[Findhelp.org](https://www.findhelp.org) – online resource guide

Although Access Maine, 211Maine, and Findhelp can be used for many resources, you may find this guide to services with links and phone numbers helpful.

**For more information, please contact:**  
**Bridgette Gemelli, Community Health Navigator**  
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**207.861.6091**



# Food Programs

## **Good Shepherd Food Bank 207.782.3554**

County Based Food Pantry Guides are provided in the links below and can also be found on the Good Shepherd Food Bank's website under its Community Health and Hunger Portal: [gsfb.org/community-health-and-hunger/](https://gsfb.org/community-health-and-hunger/). More information on where to find local food pantries affiliated with Good Shepherd Food Bank can be found at the link above.

[Androscoggin](#), [Aroostook](#), [Cumberland](#), [Franklin](#), [Hancock](#), [Kennebec](#)  
[Knox](#), [Lincoln](#), [Oxford](#), [Penobscot](#), [Piscataquis](#), [Sagadahoc](#), [Somerset](#)  
[Waldo](#), [Washington](#), [York](#)

## **Maine Food Pantries**

For a comprehensive list of food pantries, or to find one in your area, please visit [www.foodpantries.org/st/maine](https://www.foodpantries.org/st/maine).

## **WIC Program (Women, Infants, & Children) 207.287.3991**

The WIC Program provides complete nutrition care for thousands of Maine families, helping Maine kids to grow up strong and healthy. WIC food benefits are available based on income guidelines and up-to-date nutrition research. This program serves all Maine families with free nutrition advice, tips for staying healthy, and resources for growing families, including breastfeeding and chest feeding information and support.

### **Who can apply for the Maine WIC Nutrition Program?**

WIC is open to anyone living in Maine, including migrants working in Maine. Applicants can be any of the following:

- Women and birthing parents who are pregnant, breastfeeding, chest feeding, or had a baby in the last six months.
- Infants and children up to the age of five, including adopted and foster children.
- Non-birthing parents or guardians may apply for their children.

[maine.gov/dhhs/mecdc/population-health/wic/](https://maine.gov/dhhs/mecdc/population-health/wic/)

## Farmers' Markets

Participating Farmers' Markets across the state offer Maine Harvest Bucks. For every \$1 spent on local items with an EBT card, you earn \$1 in bonus Maine Harvest Bucks to be spent on local fresh fruits and veggies at select Farmers' Markets. These can be redeemed the same day, or at your next visit. [mainefarmersmarkets.org/maine-harvest-bucks/](https://mainefarmersmarkets.org/maine-harvest-bucks/)

The Farm Fresh Rewards program rewards double dollars for anyone shopping with SNAP/EBT. For every \$5 spent on local food with SNAP/EBT, customers receive a \$5 voucher to be spent on local fruits and vegetables. Farm Fresh Rewards is at participating grocery stores throughout the state. [mainefarmlandtrust.org/farm-network/farm-fresh-rewards/](https://mainefarmlandtrust.org/farm-network/farm-fresh-rewards/)

For more information on State of Maine SNAP/EBT benefits, (office located at 35 Anthony Ave in Augusta), please contact: 207.624.8090 or visit [maine.gov/dhhs/ofi/programs-services/food-supplement](https://maine.gov/dhhs/ofi/programs-services/food-supplement).

## Essential Resources

<b>Local Community Action Agency - <a href="http://mecap.org/caas/">mecap.org/caas/</a></b> Your local Community Action Agency helps with housing, electricity and heating, transportation, weatherization, parenting classes, preschool, homebuying, and more.		
Location	Address	Phone/Fax Numbers
<b>Androscoggin &amp; Oxford Counties</b>	<a href="#">Community Concepts, Inc</a> 240 Bates Street Lewiston, ME 04240	207.795.4065 800.866.5588 Fax: 207.784.6882
<b>Aroostook County Action Program</b>	PO Box 1116 771 Main Street Presque Isle, ME 04769-1116	207.764.3721 800.585.3053
<b>Cumberland County, except Brunswick (see Community Concepts)</b>	240 Bates Street Lewiston, ME 04240	207.553.5900 800.698.4959 <i>Rental Assistance:</i> 207.553.5937 Fax: 207.874.1182
<b>Downeast Community Partners</b>	248 Bucksport Rd Ellsworth, ME 04605	207.664.2424 800.828.7544 <i>Rental Assistance:</i> 207.664.2424 Fax: 207.664.2430
<b>Franklin County</b>	P.O. Box 200 East Wilton, ME 04234-0200	207.645.3764 800.645.9636 <i>Rental Assistance:</i> 207.860.4470
<b>Kennebec &amp; Somerset Counties</b>	97 Water Street Waterville, ME 04901	207.859.1500 800.542.8227 Fax: 207.873.3812

<b>Lincoln &amp; Sagadahoc Counties</b>	34 Wing Farm Pkwy Bath, ME 04530	207.442.7963
<b>Mid-Coast Maine Community Action</b>	34 Wing Farm Pkwy Bath, ME 04530	207.442.7963
<b>Opportunity Alliance</b>	50 Lydia Lane South Portland, ME 04106 Rental assistance 222 St. John St. Suite 302 Portland ME 04101	207.553.5900 800.698.4959 <i>Rental Assistance:</i> 207.553.5937 Fax: 207.874.1182
<b>Penquis</b>	PO Box 1162 262 Harlow Street Bangor, ME 04402	207.973.3500 800.215.4942 Fax: 207.973.3699 <i>Rental Assistance:</i> 207.307.3344
<b>Waldo Community Action Partners</b>	P.O. Box 1309 Field Street Belfast, ME 04915-0130	207.338.6809 Fax: 207.338.6812 <i>Rental Assistance:</i> 207.930.7398
<b>Western Maine Community Action</b>	PO Box 200 East Wilton, ME 04234-0200	207.645.3764 800.645.9636 <i>Rental Assistance:</i> 207.860.4470
<b>York County Community Action Corp</b>	PO Box 726 Spruce Street Sanford, ME 04073	207.324.5762 800.965.5762

# National, State, & Local Resources

<b>Disability</b>		
Location	Website	Phone/Fax Numbers
Disability Rights Maine	<a href="http://drme.org/">drme.org/</a>	800.452.1948
Disability Determination Services Department of Health and Human Services	<a href="http://maine.gov/dhhs/ofi/programs-services/disability-determination">maine.gov/dhhs/ofi/programs-services/disability-determination</a>	800.772.1213 (National Social Security Office)
<b>Domestic Violence Support</b>		
ME Coalition to End Domestic Violence	Find MCEDV service providers by county: <a href="http://mcedv.org/get-help">mcedv.org/get-help</a>	866.834.HELP Deaf or hard of hearing: 800.437.1220
<b>Employment</b>		
Aspire Program through TANF	<a href="http://maine.gov/dhhs/ofi/programs-services/tanf">maine.gov/dhhs/ofi/programs-services/tanf</a>	855.7974357
Maine Career Center	<a href="http://mainecareercenter.gov">mainecareercenter.gov</a>	207.623.7967
<b>General Resources</b>		
American Red Cross	<a href="http://redcross.org">redcross.org</a>	207.941.2903
Boys & Girls Club	<a href="http://bgca.org">bgca.org</a>	404.487.5700

Eastern Maine Development Corporation	<a href="http://emdc.org">emdc.org</a>	207.991.0137 (Free Continuing Education)
Findhelp.org	<a href="http://findhelp.org">findhelp.org</a>	
Salvation Army	<a href="http://easternusa.salvationarmy.org/northern-new-england/">easternusa.salvationarmy.org/northern-new-england/</a>	207.623.3752
United Way	<a href="http://unitedwayofmaine.org">unitedwayofmaine.org</a>	
<b>Housing</b>		
Rental Assistance	<a href="http://hud.gov/topics/rental_assistance">hud.gov/topics/rental_assistance</a>	202.708.1112
Maine Housing Rental Assistance	<a href="http://mainehousing.org/programs-services/rental">mainehousing.org/programs-services/rental</a>	800.452.4668
Housing Services	<a href="http://habitat.org">habitat.org</a>	800.422.4828
Bridging Rental Assistance Program	<a href="http://findhelp.org">findhelp.org</a>	207.287.2595
<b>Maternal and Family Health</b>		
CradleME	<a href="http://CradleME.org">CradleME.org</a>	888.644.1130
Department of Health & Human Services	<a href="http://maine.gov">maine.gov</a>	207.287.3707
LGBTQ+ Resources	<a href="http://northernlighthealth.org/LGBTQ">northernlighthealth.org/LGBTQ</a>	207.973.6100 800.640.1211
Maine Children's Home	<a href="http://MaineChildrensHome.org">MaineChildrensHome.org</a>	207.873.4253
Maine Families	<a href="http://MaineFamilies.org">MaineFamilies.org</a>	877.429.6884

Postpartum Support International	<a href="http://postpartum.net">postpartum.net</a>	800.944.4773 (24/7 Helpline)
Tree of HOPE Perinatal Support Group	<a href="http://northernlighthouse.org/InlandTreeofHOPE">northernlighthouse.org/InlandTreeofHOPE</a>	207.861.6091
Women's Health	<a href="http://womenshealth.gov">womenshealth.gov</a>	800.994.9662
<b>Medical Care</b>		
211	<a href="http://211.org">211.org</a>	211
<b>Mental Health</b>		
Alliance for Addiction and Mental Health Services, Maine	<a href="http://thealliancemaine.org/">thealliancemaine.org/</a>	207.621.8118
211 Maine Mental Health directory	<a href="http://211maine.org">211maine.org</a>	211
Mental Health Crisis Services	<a href="http://maine.gov/dhhs/obh/support-services/crisis-services">maine.gov/dhhs/obh/support-services/crisis-services</a>	888.568.1112
Mental Health Recovery Support Services and Treatment	<a href="http://maine.gov/dhhs/obh/support-services/recovery-support-services-treatment">maine.gov/dhhs/obh/support-services/recovery-support-services-treatment</a>	207.287.3707
Mental Health Resources in Maine	<a href="http://rtor.org/directory/mental-health-maine/">rtor.org/directory/mental-health-maine/</a>	
National Alliance on Mental Illness	<a href="http://namimaine.org">namimaine.org</a>	800.464.5767

Substance Use Disorder		
Treatment Services	<a href="http://maine.gov/dhhs/obh/support-services/substance-use-disorder-services/treatment-services">maine.gov/dhhs/obh/support-services/substance-use-disorder-services/treatment-services</a>	207.287.3707
Recovery Support	<a href="http://maine.gov/dhhs/obh/support-services/substance-use-disorder-services/recovery-supports">maine.gov/dhhs/obh/support-services/substance-use-disorder-services/recovery-supports</a>  <a href="https://mainedrugdata.org/">https://mainedrugdata.org/</a>	207.287.3707
Maine Recovery Hub, Options Save Lives, Harm Reduction	<a href="http://mainedrugdata.org/">mainedrugdata.org/</a>	NA
Alcoholics Anonymous (AA)	Meetings: <a href="http://csoaamaine.org/meetings/">csoaamaine.org/meetings/</a>	800.737.6237
Eyes Open for ME	<a href="http://eyesopenforme.org">eyesopenforme.org</a>	800.974.0062
Narcotics Anonymous (NA)	<a href="http://namaine.org">namaine.org</a>	800.974.0062
Statewide Al-Anon	<a href="http://maineafg.org">maineafg.org</a>	800.498.1844
Recovery Based Housing Resources	<a href="http://mainerecoveryresidences.com/">mainerecoveryresidences.com/</a>	
Residential Treatment and Rehab Services	<a href="http://maine.gov/dhhs/obh/support-services/residential-treatment">maine.gov/dhhs/obh/support-services/residential-treatment</a>	



<b>Transportation</b> Check your local Community Action Agency (see pages 6-7) for transportation services in your area.		
Public Transit Options in Your Area	<a href="http://maine.gov/mdot/transit/options/">maine.gov/mdot/transit/options/</a>	207.624.3000
KVCAP Transportation	<a href="http://kvcap.org/transportation/">kvcap.org/transportation/</a>	Kennebec Explorer 207.877.5677 207.622.4761 Somerset Explorer 207.859.2501
<b>Crisis Hotlines</b>		
Emergency		911
Maine’s 24-hour Statewide Crisis Helpline		888.568.1112
National Suicide and Crisis Lifeline		988
Northern New England Poison Control Center		800.222.1222

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For more information or to be added to this guide, please contact:  
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