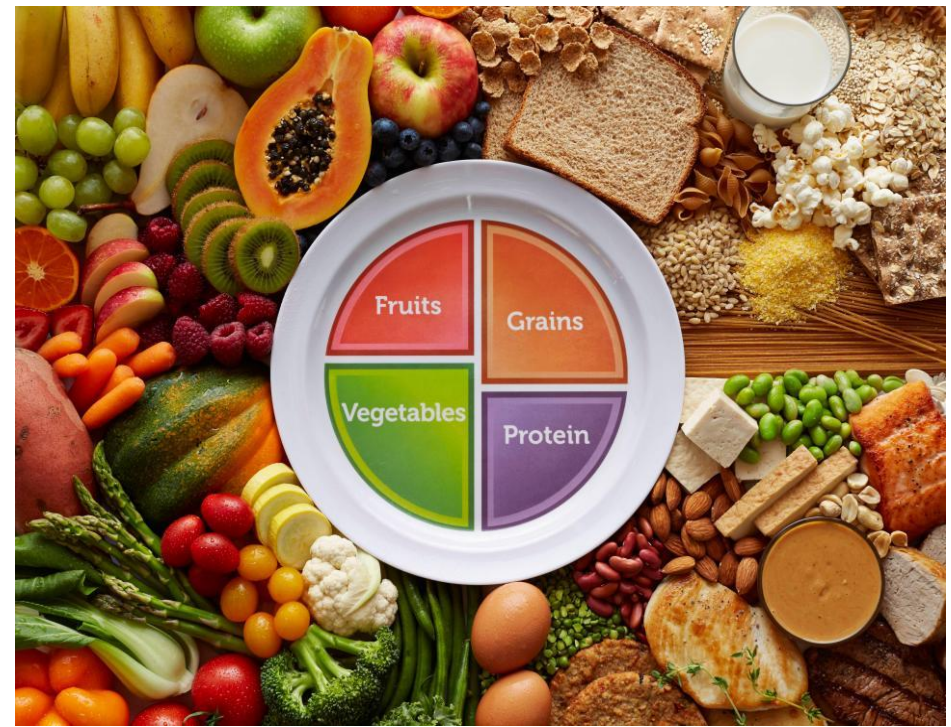


Partner Resources

<p>Northern Light-Inland Hospital 207-861-3000 200 KMD, Waterville www.inlandhospital.org</p>	<p>MaineGeneral Hospital Healthy Northern Kennebec 149 North St. Waterville 207-626-1000 www.maine-general.org</p>
<p>KVCAP 1-800-542-8227 www.kvcap.org</p>	<p>WIC (Women, Infants & Children) www.maine-general.org</p>
<p>National Alliance on Mental Illness-Maine (NAMI) Help Line: 800-464-5767 Crisis Line: 888-568-1112 www.namimaine.org</p>	<p>City of Waterville Health & Welfare Department 207-680-4227 www.waterville-me.gov</p>
<p>Salvation Army 65 S Park St, Bangor 207-941-2990 www.salvationarmy.org</p>	<p>Mid-Maine Homeless Shelter 19 Colby St, Waterville 207-872-8082 www.shelterme.org</p>
<p>American Red Cross 207.872.5642 www.maineredcross.org</p>	<p>United Way of Mid-Maine 207-873-0686 Unitedwaymidme.org</p>
<p>Family Violence Project 1-877-890-7788 www.familyviolenceproject.org</p>	<p>Boys & Girls Club 126 North St. Waterville 207.873.0684 clubayc.org</p>



Food & Essential Resource Guide



Bridgette Gemelli, CHN
Healthy Waterville Action Team
207.861.6091
Winter 2019

Healthy Waterville Action Team Resource Guide

While great health is the goal, healthy food and resources are the key to feeling connected in your community. When we are able to get to local food banks/pantries, shelters and financial assistance in our communities, we lead with a healthy mind.

Please use this guide as a resource and share with community members in need. Remember- the health of our whole community matters!

In this guide you will find many food resources in your area, shelters, warming day shelters, clothing and so much more!



Make  Your Goal EVERY DAY!

5 or more fruits & vegetables

2 hours or less recreational screen time*

1 hour or more of physical activity

0 sugary drinks, more water & low-fat milk

*Keep TV/Computer out of bedroom. No screen time under the age of 2.



Maine Harvest Bucks (SNAP)

At the Farmers Market- For every \$2 you spend on your EBT card, you earn \$1 in bonus Maine Harvest Bucks to be spent on fresh fruits & veggies at the market! These can be redeemed the same day, or at your next visit.

Downtown Waterville Farmers' Market

Thursdays, 2-6 p.m. April-December-Common Street

January-March Colby Building -downtown
(www.watervillefarmersmarket.org)

Unity Farmers Market-

May-Nov. Sat. 9-1pm
32 School St. Unity
www.unitymarketday.org

Fairfield Farmer's Market

Wednesdays, 2-6 p.m.
Saturdays, 9:30 a.m.-1:30 p.m. May-October
Nazarene Church parking lot
www.fairfieldme.com

Skowhegan Farmer's Market- May-Oct. Every Sat 9-1 @ Grist Mill.

Nov-April, 1st & 3rd Sat. 10-1 @ Boynton's Greenhouse
www.skowheganfarmersmarket.com

Vassalboro Food Station-

Thursdays 11-12pm
179 Bog Rd. Vass.
www.vassalboro.net/food_station.html

Belgrade Lakes Farmer's Market

Memorial day – Sept. Sundays 8-1
137 Main St. Belgrade
BelgradeLakesMarket@gmail.com

Augusta Farmer's Market-

Summer- Tuesdays 2-6pm 1 Water St, Augusta
Winter-Tuesdays 2-5pm 70 State St. Augusta
www.millparkmarket.com

*For more information on State of Maine SNAP/EBT benefits, please contact the DHS office:
35 Anthony Ave, Augusta ME 04333
207-624-8090*

Food Resources

Waterville Area

Evening Sandwich Program	Universalist-Unitarian Church	69 Silver Street Waterville		n/a	Sunday-Friday 4p-5p
Meals on Wheels	Muskie Center	38 Gold Street Waterville	873-4745	Tuesday and Thursday Deliveries	
Mid-Maine Homeless Shelter	Mid-Maine Homeless Shelter	19 Colby Street Waterville	872-8082	Monday- Sunday for Meals	Friday 1p-3p food bank
Sacred Heart Soup Kitchen	Sacred Heart Church	70 Pleasant St Waterville	872-2572	Monday- Friday 11:30a-12:30p	n/a
Sandwich Program	First Baptist Church	1st Park Street Waterville		n/a	Saturday 3p-4p
Spectrum Generations Muskie Center	Muskie Center	38 Gold Street Waterville	873-4745	Monday- Friday 11:30a-1p; Friday 8a-10a	
St. Francis Soup Kitchen	Sacred Heart Church	70 Pleasant St Waterville	872-2572	Saturday 11a-12p	n/a
Waterville Food Bank	United Methodist Church	61 Pleasant St Waterville	616-0363	Monday- Thursday 8:30a-11a	Monday 5:30p-7p
Oakland/Sidney Food Bank	United Methodist Church	20 W. School St. Oakland	465-5259	Thursdays 4-6pm	
Winslow Food Pantry	St John's Food Pantry	26 Monument St. Winslow	680-6421	3rd Wednesday 10:30-12:30pm	
Unity Regional Food Pantry		School St. Unity	948-6232	3rd Saturday 7-8am	
Fairfield Food Bank	First Baptist Church	12 Newhall St. Fairfield	453-0170	call for details	
Fairfield Interfaith Food Pantry		23 Lawrence Ave. Fairfield	509-9972	1st & 3rd Thursday 9-12pm	
Loaves & Fishes Food Pantry		School St. Unity	437-2732	1st & 3rd Thursday 9-11am	
Augusta Food Bank		161 Mount Vernon Ave	213-2233	Mon-Thurs 12:30-2:30 2 nd wed of the month 5-7pm	
Sidney Food Pantry	Across from Fire station	West River Rd Sidney	805-6362	2 nd & 4 th Wed. 9-12 & 4:30-6pm	
Belgrade Food Pantry			495-2258	Tuesdays 9-11am	
Oakland Soup Kitchen	United Baptist Church	47 Church St Oakland	465-7828	Thursday 4-5:30pm	
China Community Food Pantry		1320 Lakeview Dr. China	968-2421	Friday & Saturday 12-1PM	

Northern Kennebec Area

Skowhegan Community Food Pantry		13 Cariani Street. Skowhegan	474-9249	Monday & Friday 10a-11am	Wednesday 4:30p-6p
Trinity Evangelical Food Pantry	Trinity Evangelical Church	12 McLellan St. Skowhegan	474-8833	Monday, Wednesday & Friday 10am-4pm	
Trinity Evangelical Soup Kitchen	Trinity Evangelical Church	12 McLellan St. Skowhegan	474-8833	Monday-Friday 11:45-12pm Saturday 11:45a-12:15pm Sunday 12-1pm	Monday- Friday 4:45-5:15pm Saturday 7-8pm Sunday 4:45-5:15pm
St. Anthony's Soup Kitchen	St Anthony's Church	287 Water St. Skowhegan		n/a	Monday, Tuesday & Thursday 4:30-5pm
Center Point Community Church Pantry	Center Point Church	16 Church St. Anson	696-8188	Tuesdays 10-12pm	
People Who Care Food Cupboard Pantry		108 Old Point Ave. Madison	696-3971	Wednesdays 9-12pm	
Solon Food Cupboard Pantry		31 Pleasant St. Solon	643-2855	2nd & 4th Thursday & Friday 9-11am & 12:30-2:30pm	
United Methodist Church Clothing Closet	United Methodist Church	113 Dr. Mann Rd. Skowhegan	474-3915	Wednesdays 9-12pm	2nd & 4th Tuesday 6-7pm
Canaan Community Food Pantry		272 Main St. Canaan	474-5408	1st & 3rd Monday 1-3 pm	
Cornville/Athens Food Cupboard Pantry		493 West Ridge Rd. Cornville	654-3071	2nd Saturday 9-11am	
Jackman Food Cupboard		396 Main St. Jackman	668-2111	3rd Wednesday 1-2pm	
Norridgewock Community Food Pantry		227 Waterville Rd. Norridgewock	634-4116	1st & 3rd Tuesday 9-11am	
Smithfield Food Pantry		926 Village Rd. Smithfield	362-4772	Monday- Friday 8-11:45am & 10-12pm	
Starks Food Cupboard Pantry		Chicken St. Starks	399-3137	1st & 3rd Wednesday 10-12pm	
Bingham Area Food Pantry	St. Peters Rectory Basement	Owens St. Bingham		3rd Tuesday 8-12pm	



If you are a qualifying **senior** receiving Meals on Wheels, did you know your pet can get meals delivered too?

Contact Meg at Spectrum

Generations Muskie Center in Waterville for more information. 207-660-9263

Need food for your cats/dogs? Bring your drivers license & proof of state aid with you & pick up food for them:

Humane Society of Waterville Area

Pet Pantry

100 Web Rd, Waterville

873-2430

MON, TUE, THU, FRI • 12-5pm

WED • 1-4pm

Did you know, Your child may be able to take home a back pack from their school with healthy foods?

Call your child's school to see if they participate in the back pack program.



**Cooking Matters
For Parents**

Presented by UF/IFAS Extension
Family Nutrition Program

A SNAP-Eat implementing agency, promoting healthy people, healthy places, and healthy communities in Florida.



Winter Warming Center & Shelters

Warming Center	Emmanuel Lutheran Episcopal Church	209 Eastern Ave. Augusta	248-1782	7 days a week	9am-4pm
Mid-Maine Homeless Shelter	Shelter and day warming center for residents only	19 Colby St. Waterville	872-8082	7 days a week	
Bread of Life Ministries		Augusta	626-3479	7 days a week	
New Hope Shelter		111 So. Maine St Solon	669-4402	7 days a week	Women & Children
Trinity Shelter		12 McClellan St Skowhegan	399-7538	7 days a week	Men

Free Clothing & Essentials

Clothing Closet	United Methodist Church	113 Dr. Mann Rd. Skowhegan	474-3915	Wednesdays 9-12pm	2nd & 4th Tuesday 6-7pm
Bridging the Gap Clothing Closet & Essentials	Lutheran Episcopal Church	209 Eastern Ave Augusta	248-1782	Tue & Thru 10-2	1 st & 3 rd Sat 10-12
Essentials Closet Personal & household items	First Congregational Church	7 Eustis Parkway Waterville	www.watervilleuc.c.org/essentials-closet	Last two weeks of each month	Mon. 5-7pm Wed .9-11am Fri. 9-11am
Lamb's Clothing Closet	Fairfield Baptist church	12 Newhall St Fairfield	453-0170	Tue-9-11 Wed. 4:30-6	

Assistance Programs

KV CAP	Heating, CMP, Weatherization, Home Repairs, Transportation, Child Care, Home Visits, Car Seat Program	1-800-542-8227
Enrichment Council	Parenting Classes, Trainings, Diaper program	1-800-452-1999
Habitat for Humanity	Restore- Waterville	207-610-166
Empowering new beginnings	Restore- Augusta	207-242-7872
City of Waterville Health & Welfare Dept.	Assistance with basic needs	207-680-4227
211 of Maine	Assistance finding any resource/group	211