

Food & Resource Guide

Helping our community connect
to important resources



Northern Light
HealthSM





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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

[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
Northern Light Inland Hospital
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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/. 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.

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/

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/

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/

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.

Essential Resources

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

Lincoln & Sagadahoc Counties	34 Wing Farm Pkwy Bath, ME 04530	207.442.7963
Mid-Coast Maine Community Action	34 Wing Farm Pkwy Bath, ME 04530	207.442.7963
Opportunity Alliance	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
Penquis	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
Waldo Community Action Partners	P.O. Box 1309 Field Street Belfast, ME 04915-0130	207.338.6809 Fax: 207.338.6812 <i>Rental Assistance:</i> 207.930.7398
Western Maine Community Action	PO Box 200 East Wilton, ME 04234-0200	207.645.3764 800.645.9636 <i>Rental Assistance:</i> 207.860.4470
York County Community Action Corp	PO Box 726 Spruce Street Sanford, ME 04073	207.324.5762 800.965.5762

National, State, & Local Resources

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

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

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

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

Transportation

Check your local Community Action Agency (see pages 6-7) for transportation services in your area.

Public Transit Options in Your Area	maine.gov/mdot/transit/options/	207.624.3000
KVCAP Transportation	kvcap.org/transportation/	Kennebec Explorer 207.877.5677 207.622.4761 Somerset Explorer 207.859.2501
Crisis Hotlines		
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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