Fall 2017

Cumberland County Community Food Resources

Romeo Kimpene

University of Southern Maine

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SUPPLEMENTAL NUTRITION

Department of Health and Human Services (DHHS)  WIC PROGRAM
151 Jetport Boulevard, South Portland 04102  PROP-WIC Program
Mon-Fri: 8AM-5PM  190 Lancaster Street, 3rd Floor, Portland 04101
207-822-2000  207-553-5800
1-800-482-7520

FOOD PANTRIES (non-associated with Good Shepherd Food bank)

Sagamore Food Pantry  Scarborough Food Pantry  UCC Church
21 Popham Street, Portland 04102  161 Black Point Road, Scarborough 04074  301 Cottage Road
Tuesday: 9:30-11AM  Tues & Th: 9:30-12PM, Wed: 4:00PM-6:00PM  South Portland 04106
207-347-6125  207-883-2342  T: 10-12PM, Th: 1:30-3:30PM

First Baptist Church  Front Street Community Pantry
360 Canco Road, Portland 04103  34 West Presumpscot, Portland 04103
Wednesday: 1-2PM  Fri: 11:00-11:45 AM, Sun: 10:00-10:45AM
207-773-3123  207-450-3579

Need proof of residence (CapE & SP)

FARM STANDS/FARMERS MARKET

Acker’s Acres Angoras  Benson Farm Earth Products  Cooper’s Maple Products
359 Gloucester Hill Rd, New Gloucester  64 Plummer Road, Gorham 04038  81 Chute Road, Windham 04062
04260  April-July: Mon-Sat (8AM-5PM)  May-June (9:30-6PM, daily)
Sun: 1-6PM
207-926-4921
www.bunnyblend.com

Crabtree’s Blueberries  Dun-Roamin Farm  Hansel’s Orchard
703 Bridgton Road, Sebago 04029  1068 Sawyer Road, Cape Elizabeth 04107  44 Sweetser Rd, North Yarmouth 04097
Tues, Th & Sat: 8-2PM, Sun: 11-3PM  Sat & Sun: 10AM-3PM  Wed, Sat, & Sun: 10-5PM (Sept-Oct)
207-787-2730  207-799-5910  207-829-3129
High View Farm  Meadowood Farm (CSA)  Two Coves Farm (CSA)
48 Leander Harmon Rd, Harrison 04040  45 Beckwith Street, Yarmouth 04096  90 Neils Pt Rd, Harpswell 04079
207-595-1601  Tues & Fri: 3:30PM-6:00PM  Tues-Sat: 10AM-5PM
www.high-view-farm.com  207-846-4294  207-400-7999
Wolfe’s Neck Farm Foundation (CSA)  Brunswick Topsham Farmer’s  Portland Farmer’s Market
184 Burnett Rd, Freeport 04032  56 Maine Street, Brunswick 04011  Deering Oaks Park & Monument Sq.
Sat & Sun 9:00-9:45 AM  Daily: 9-3PM  Wed & Sat 7-1PM (summer),
207-865-4469  207-729-7694  9-1 Pm (winter)
EBT & Harvest Bucks accepted  www.portlandmainefarmersmarket.org

MOBILE MARKETS

Westbrook Pointe Apartments: 26 Prospect Street #41, Westbrook 04092
St Anthony’s Church: 268 Brown Street, Westbrook 04092
Portland Food Co-op: 29 Congress St, Portland 04101, Mon: 1-5PM
Whole Foods Market: 2 Sommerset, Portland 04101, Tues: 1-5PM
The Park at Danforth: 777 Stevens Ave, Portland 04101, Wed: 1-5PM
Brick Hill: 586 Westbrook Ave, South Portland 04102, Th: 1-5PM
Opportunity Alliance: 190 Lancaster, Portland 04092, Fri: 1-5PM

COMMUNITY GARDENS

USM Community garden: 25 Bedford Street, Portland 04101, M-F: 8:00AM- 4:30PM, 207-780-5947
*Clark Street Community garden: 32 Salem Street, Portland 04102, 207-761-4769, Contact: Laura Mailander
  *North Street Community garden: Eastern promenade, Portland, 04102, 207-761-7469, Contact: Laura Mailander
  *Payson Park garden: 842 Baxter Boulevard, Portland, 04103, 207-761-7469, Contact: Laura Mailander
  *Libbytown community garden: 175-193 Douglas Street, Portland, 04102, 207-761-7469, Contact: Laura Mailander
*: These community gardens are under joint responsibility of Cultivating community and the City of Portland
EDUCATIONAL/AUXILIARY PROGRAMS

Portland Adult Education: 14 Locust St, Portland, 04101, Mon-Th: 8:00AM-4:00PM, 207-874-815

Westbrook Adult Education: 125 Stroudwater, Westbrook, 04092, M-F: 8:00 AM-5:00PM, 207-854-0826

Windham/Raymond Adult Education: 406 Gray Rd, Windham, 04062, M-Th: 8:30AM-8:30PM, F: 8:30AM-3:30PM, 207-892-1819

Gorham Adult Education: 106 Weeks Road, Gorham, 04038, M-Th: 8:30AM-7:30PM, F: 8:30AM-3:30PM, 207-222-1095

Agricultural education (Cultivating Community/NASAP project): 62 Elm Street, Portland, 04101, 207-761-GROW, Sarah Marshall (sarah@cultivatingcommunity.org)

Meals on Wheels:

136 US Route 1, Scarborough 04074, 207-396-6500
310 Broadway, South Portland 04106, 207-767-2255
426 Bridge Street, Westbrook, 04092, 207-878-3285

COMMUNITY CENTERS

Health

Greater Portland Health Center
207-874-2141
180 Park Avenue
Portland 04102
M, W, & Th: 8AM-7PM
Tues & F: 8AM-5PM
Sat: 8AM-12PM
63 Preble Street
Portland 04101
M-F: 7:45AM-3PM
100 Brick Hill
South Portland 04106
M-F: 8AM-5PM

Women’s

Maine Medical Partners Women
887 Congress St Ste 200, Portland 04101
M-F: 9:00AM-5:00PM

Women’s Imaging Center
207-771-5549

Women’s Wellness Center
207-553-6617

Veterans

Portland Vet Center
475 Stevens Ave, Portland 04103
M-F: 8:00AM-4:30PM

Windham Vet Center
35 Veterans Memorial Dr,
Windham 04062
M-F: 9:00AM-5:00PM

35 Ocean Ave, Portland 04103
364 Maine Street, Poland, 04274
Mon: 9AM-7PM, Tues-F: 9AM-4PM
207-998-2100

Planned Parenthood
443 Congress Street 2nd Floor, Portland 04101
M-Th: 8:30 AM-7:00PM, F: 8:30AM-5:00PM, S: 8-2PM
<table>
<thead>
<tr>
<th>Elderly</th>
<th>Immigrant &amp; Refugees</th>
<th>Youth</th>
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<tr>
<td>Salvation Army Senior Center</td>
<td>ILAP (Immigrant legal advocacy Project)</td>
<td>Teen Center/Preble St.</td>
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<td>297 Cumberland Avenue, Portland 04102</td>
<td>309 Cumberland Ave, Ste 201 Portland 04102</td>
<td>343 Cumberland Ave, Portland 04101</td>
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<td>M-Sat: 9:00 AM-8:00PM</td>
<td>M-F: 9:00AM-5:00PM</td>
<td>M-S: 8:00AM-5PM</td>
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<td>207-774-4172</td>
<td>207-780-1593</td>
<td>207-775-0026</td>
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<tr>
<td>Community Partners Senior Center</td>
<td>Catholic Charities Refugee and Immigration Services</td>
<td>277 Cumberland Ave,</td>
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<td>56 North Street # 100, Portland 04102</td>
<td>80 Sherman Street, Portland 04101</td>
<td>Portland 04102</td>
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<td>M-F: 8:00 AM-4:00PM</td>
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<td>207-874-1069</td>
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<td>207-761-4538</td>
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