

# Northern Cumberland Food Pantries

BRUNSWICK, CHEBEAGUE, CUMBERLAND, FALMOUTH, FREEPORT  
HARPSWELL, POWNAL, YARMOUTH



## Pantries

### **Brunswick Food Pantry**

12 Tenney Way, Brunswick  
Tues: 12pm-6pm  
Wed. 12pm-6pm  
Sat. 1pm-4pm

### **Community Food Panty**

290 Tuttle Road, Cumberland  
(Back of Building)  
1st, 2nd, 4th Fridays  
207.829.2205

### **Chebeague Island Food Pantry**

255 North Road, Chebeague  
Island  
By appointment  
207.846.4106

### **Falmouth Food Pantry**

271 Falmouth Road, Falmouth  
1st & 3rd Monday- Time  
2nd, 3rd & 4th Tuesdays-Time  
2nd, 3rd & 4th Thursday- Time  
207.632.2687

### **Freeport Community Services Food Pantry**

53 Depot Street, Freeport  
Monday-Thursdays- Time  
207.865.3985

### **Harpswell Town Office Satellite Pantry**

263 Mountain Rd. Harpswell  
Mon, Tues. Wed, Fri- 10am-3pm  
-No Appointment Needed!

### **MaineHealth Food Pantry- Brunswick**

329 Main Street, Brunswick  
Mon., Wed.- 10am-2pm  
By appointment  
207.373.4513  
mindcoasthi@mainehealth.org

### **Mid-Coast Hunger Prevention Program (MCHPP)**

12 Tenney Way, Brunswick  
Tuesday- 11am-6pm  
207.725.2716

### **Mid-Coast Hunger Prevention Program - Soup Kitchen**

12 Tenney Way, Brunswick  
(to go meals) Tuesday,  
Wednesday & Friday 11:00 am.  
-12:30 pm. Saturday 12:00 -  
1:30 pm.  
207-725-2716 ext. 304

### **North Pownal UMC Food Pantry**

851 Lawrence Road, Pownal  
Wednesday - Time  
Thursday- Time  
207.407.3081

### **Yarmouth Community Food Pantry**

116 Main Street, Yarmouth  
Tuesday & Friday- Time  
Wednesday- Time  
207.846.3773

## Community Meals

### **Brunswick Church of the Nazarene**

94 McKeen St., Brunswick  
Sun. 11:30am-1pm on-site or  
To-Go

### **Pathway Vineyard Brunswick**

2 Columbus Dr, Brunswick  
Tuesday 4:30 - 5:30 pm  
207.784.9500

*\*For other information such as how often you can visit, what you need to bring, etc. please call the provided telephone number.*

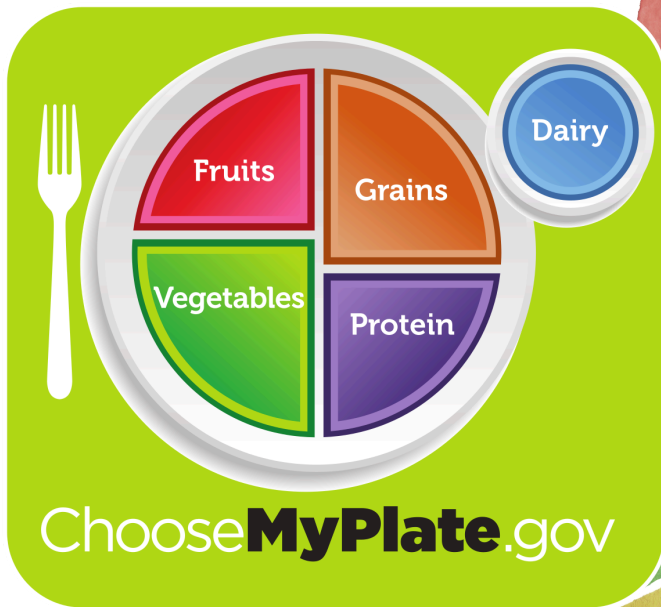


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**MyPlate** is a way to build your plate at each meal. The right mix can help you stay healthier now and in the future. Make half your plate fruits and vegetables!



## EAT A RAINBOW

### Red

Tomatoes, watermelon, apples, strawberries, red peppers

### Orange/ Yellow

Carrots, oranges, squash, orange or yellow peppers, sweet potatoes

### Green

Brussel Sprouts, kale, cabbage, lettuce, collard greens, peas, green beans, asparagus, broccoli

### Blue/Purple

Eggplant, grapes, blueberries

### White

Cauliflower, bananas, onions, potatoes

## Ways to include fruits and vegetables in every meal:

### BREAKFAST

Top your whole grain cereal or whole grain pancakes or waffle with fruit like fresh or frozen berries

Mash a banana and add to oatmeal

### LUNCH

Add spinach or lettuce, tomatoes, and other veggies on your sandwich

Chop up leftover veggies and add to a quesadilla or your favorite pasta dish

### DINNER

Add grated carrots, zucchini, and peppers to your favorite meatloaf mix or marinara sauce

Grill fresh fruit for a tasty dessert or side dish



Good Shepherd Food Bank of Maine Food Map  
Find a pantry near you

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