

Cumberland County Food Pantries

Town	Pantry Name	Phone #	Location	Hours of Operation	Frequency	Who can come	What to bring
Bridgton	Bridgton United Methodist Food Pantry	787-3904	214 Main Street	Tuesday 11:00am-1:00pm	Once a week	Bridgton residents	Proof of residence and proof of income
	St. Joseph's Food Pantry	653-9522	225 So. High Street	4th Tuesday, 12:00-3:00pm	Once a month	Bridgton, Casco, Harrison, Sebago and Naples residents	Proof of residence and proof of income
Brunswick	Mid-Coast Hunger Prevention Program	725-2716	84A Union Street	Mon 11am-2p, Weds 10a-3p, Fri 10am-1:30pm, Sat 10:30-1:00pm	Twice a month	Brunswick, Topsham, Harpswell, Bowdoin, Bowdoinham, Lisbon, Durham	Proof of residence and proof of income
Cape Elizabeth	Judy's Pantry	767-1031	280 Ocean House Rd.	Tuesday 3:00-5:00pm: Jan-June 2nd and 4th Tues, Jul-Nov every week	Once a week	Cape Elizabeth residents	No documentation required
Casco	Casco Alliance Church Food Pantry	655-4054	450 Roosevelt Trail	3rd Monday 6:00-7:00pm	Once a month	Casco residents	Proof of residence
	Casco Village Church Food Pantry	627-4282	941 Meadow Road	4th Thursday of the month 4:00-6:00pm	Once a month	Casco residents	Proof of residence
Chebeague Island	Chebeague Island Food Pantry	846-4106	255 North Road	By appointment	As needed	Chebeague Island residents	No documentation required
Cumberland	Community Food Pantry	829-2205	290 Tuttle Road	Friday 2pm-6pm	Once a week	Cumberland, North Yarmouth, New Gloucester and Pownal	No documentation required
Falmouth	Falmouth Food Pantry	632-2687	271 Falmouth Road	1st & 3rd Mon. 9-11am, 2nd, 3rd & 4th Tues. 10-11:30am, 2nd, 3rd & 4th Thurs. 4:30-6:30pm	Twice a month	Falmouth, Cumberland, Yarmouth, Westbrook, and Portland residents	No documentation required
Freeport	Freeport Community Services Food Pantry	865-3985	53 Depot Street	Monday - Thursday 10:00am - 4:00pm	Once a week	Freeport and Pownal residents	Photo ID and proof of residence
Gorham	Gorham Ecumenical Food Pantry	222-4351	299A Main Street	Thurs. 9-11am, 2nd & 4th Wed. 6-7pm	Once a month	Gorham residents	No documentation required
Gray	Bread of Life Food Pantry	657-4541	14 Lewiston Road	Sunday 1:00-3:00 pm	Once a week	Gray and surrounding towns	No documentation required
	Gray Community Food Pantry	657-4279	11 Yarmouth Road	1st and 3rd Friday 2:00-4:30pm	Twice a month	Open to anyone	No documentation required
Harrison	Seventh Day Adventist Food Pantry	712-1384	2 Naples Road	Tuesday 6:00-7:30pm	Once a month	Harrison, Norway, Oxford, Waterford, West Paris, South Paris and Bridgton	Proof of income
Naples	Community Resource Council Naples Food Pantry	595-2754	Village Green Lane	Tuesday 10am-12pm	Once a week	Naples residents	Proof of residence
	The Food Basket	615-3226	15 Village Green Lane	Every other Monday 1:00-3:00pm	Twice a month	Naples, Bridgton, Casco, Harrison and Sebago residents	Proof of residence
New Gloucester	New Gloucester Food Pantry	926-3260	19 Gloucester Hill Rd	2nd & 4th Saturday 8:00-9:30am	Twice a month	New Gloucester residents	Proof of residence
Peaks Island	Peaks Island Community Food Pantry	766-2735	19 Church Ave	Mon. 3:30-5:00pm	As needed	Only Peaks Island residents	No documentation required
Portland	First Baptist Food Pantry	773-3123	360 Canco Road	Wednesday 1-2pm (call for appointment before 12 that day)	Once a month	Portland residents	Proof of residence and photo ID
	Front Street Food Pantry	450-3579	36 W. Presumpscot	Sun. 10:00-10:45am and Fri. 11:00-11:45am	Three Times a week	General neighborhood	Photo ID
	Jewish Family Services Food Pantry	772-1959	57 Ashmont Street	Tuesday & Thursday, 9:00am-3:00pm By appointment only	Once a month	Portland and Greater Portland residents	Proof of residence
	Preble Street	775-0026	252 Oxford Street	Thursday 1:30-3:00pm	Once a week	Open to anyone	No documentation required
	Project FEED	761-3920	202 Woodford Street	Monday-Friday 1:00-3:00pm	Once every 3 mos	Portland, South Portland, Scarborough, Westbrook and Falmouth residents	Referral from social service agency
	Root Cellar	774-3197	94 Washington Ave	Monday-Friday 9:00am-12:00pm	Emergency	Portland East End residents	Proof of residence



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Portland (cont)	Sacred Heart/St. Dominic Food Pantry	773-7746	80 Sherman Street	Tuesday 10:00-11:30am	Once a week	Parkside Residents	No documentation required
	Sagamore Food Pantry	347-6125	21 Popham Street	Tuesday 9:30-11:00am	Once a week	Open to anyone	No documentation required
	Salvation Army Food Pantry	774-6304	297 Cumberland Ave	Mon., Wed. and Fri. 1:00-2:30pm	Once a month	Cape Eliz., So. Portland, Cumberland, Falmouth, Portland, Scarborough and Westbrook	No documentation required
	St. Luke's Food Pantry	772-5434	134 Park Street	Thursday 9:30-11:00am	Once a month	Open to anyone	Photo ID
	Wayside Mobile Food Pantry at Harbor Terrace	699-5532	284 Danforth Street	3rd Friday 1:00-2:00pm	Once a month	Harbor Terrace and West End residents	Photo ID
	Wayside Mobile Food Pantry at Riverton	699-5532	102-104 Riverton	3rd Wednesday 3:00-4:00pm	Once a month	Riverton residents	Photo ID
	Wayside Mobile Food Pantry at Sagamore	699-5532	21 Popham Street	4th Tuesday 10:00-11:00am	Once a month	Sagamore residents	Photo ID
	Williston-Immanuel United Church Food Pantry	775-2301	156 High Street	Tuesday-Thursday 12:00-2:00pm	Weekly	Open to anyone	No documentation required
	White Memorial Food Pantry	776-0867	105 Allen Avenue	Thursday 8:00-9:30am	Once a week	Open to anyone	Photo ID or other form of ID
Pownal	North Pownal United Methodist Church Food Pantry	688-4481	851 Lawrence Road	Wednesday 9:00am - 10:30am	Once a week	Open to anyone	No documentation required
Raymond	Raymond Food Pantry	232-5830	1273 Roosevelt Trail	2nd & 4th Thursday 4:00-6:00pm	Twice a month	Raymond residents	No documentation required
Scarborough	Scarborough Food Pantry	883-2342	167 Black point Road	Tuesday & Thursday 9:00am-12:00pm	Once a month	Open to anyone	No documentation required
Sebago	Sebago Food Pantry	274-1569	183 Sebago Rd.	4th Tuesday 9am-11am & 5-7pm Second Monday 3-7 pm	Once a month	Sebago residents	No documentation required
South Portland	First Congregational Church UCC Food Pantry	799-3361	301 Cottage Road	Monday-Friday 8:30am-4:00pm (Call before coming)	Once a month	South Portland and Cape Elizabeth residents	No documentation required
	South Portland Food Cupboard	874-0379	130 Thadeus Street	Thursday 8:30-11:30am	Once a month	Open to anyone	proof of income
Standish	Catherine's Cupboard	893-7790	175 Northeast Road	Wednesday 5:30-7:00pm	Once a month	Standish and surrounding towns	Proof of residence
	Standish Connection Food Pantry	642-2158	25 Oak Hill Road	3rd Saturday 9:00-10:00am	Once a month	Standish residents	Proof of residence and proof of income
Westbrook	Portland Westbrook Vineyard Food Pantry	854-8339	715 Bridgton Road	Friday 6:15 until resources run out	Once a week	Greater Westbrook area	Proof of residence
	Westbrook Community Food Pantry	591-8147	426 Bridge Street	Tuesday 12-2pm and 6-7:30pm	Twice a month	Westbrook residents	Proof of residence
Windham	Windham Food Pantry	892-1931	377 Gray Road	Monday-Thursday 8:00-4:30 by appointment only	Once a month	Windham residents	Proof of residence
Yarmouth	Yarmouth Community Food Pantry	846-3773	116 Main Street	Tues. and Fri. 10:00am-12:00pm, Wed. 5:00-7:00pm	Once a week	Cumberland, Yarmouth, North Yarmouth, Pownal and Freeport residents	No documentation required

