

We all get by with a little help from our friends.

There are many resources in our area for people who need assistance feeding themselves and their families. Thanks to our partners at Good Shepherd Food Bank for this updated list of places that can help.

Penobscot Area Resources:

BANGOR

Bangor YMCA Food Pantry

17 Second Street
Bangor, ME 04402
207-941-2808

Ecumenical Food Cupboard – Bangor

28 High Street
Bangor, ME 04402
207-942-4381

Health Equity Alliance

304 Hancock Street
Suite 3B
Bangor, ME 04401
207-990-3626

Maine Mental Health Connections Soup Kitchen

2 Second Street
Bangor, ME 04401
207-546-5870

Bangor Area Homeless Shelter FP/SK

263 Main Street
Bangor, ME 04401
207-947-0092

Down East AIDS Network

304 Hancock Street
Suite 3B
Bangor, ME 04401
207-990-3626

Samaritan, Inc @ River City Wesleyan Church in Bangor

146 Center Street
Bangor, ME 04401
207-385-6232

Salvation Army Food Pantry – Bangor

65 South Park Street
Bangor, ME 04401
207-941-2990

Salvation Army – Bangor Soup Kitchen

65 South Park Street
Bangor, ME 04401
207-941-2990

FUMC – Community Meal – Bangor

703 Essex Street
Bangor, ME 04401
207-945-9567

Hope House – Penobscot Community Health Care

179 Indiana Avenue
Bangor, ME 04401
207-217-6713 ext.1480

Eastern Agency on Aging – Meals on Wheels

1129 Union Street
Suite 30
Airport Mall Annex
Bangor, ME 04401
207-941-2865

Samaritan, Inc @ The Rock Church in Bangor

1195 Ohio Street
Bangor, ME 04401
207-385-6232

BREWER

Brewer Area Food Pantry- OHI

222 North Main Street
Brewer, ME 04412
207-989-3200

BUCKSPORT

Bucksport Community Concerns

31 Elm Street
Bucksport, ME 04416
207-469-2400

CARMEL

Family Food Pantry of Carmel

87 Damascus Road
Carmel, ME 04419
603-398-2580

CLIFTON

Clifton Community Food Bank

742 Airline Road
(Route 9)
Clifton, ME 04428
207-949-3238



CORINTH

Safe Place Community Outreach

328 Main Street
Corinth, ME 04427
207-299-7671

GLENBURN

Samaritan, Inc @ Glenburn Evangelical Covenant Church

911 Hudson Road
Glenburn, ME 04401
207-385-6232

HAMPDEN

Oasis Food Pantry

72 Laskey Lane
Hampden, ME 04444
207-862-4287

Hampden Neighborhood Food Cupboard

101 Main Road North
Hampden, ME 04444
207-862-5248

Samaritan, Inc @ Hermon Baptist Church

2496 Route 2
Hermon, ME 04401
207-385-6232

Neighbor's Supporting Neighbor's Community Food Pantry

2402 US-2
Hermon, ME 04401
207-299-5186

HOLDEN

CHEFS

202 Kidder Hill Road
Holden, ME 04429
207-843-7769

HUDSON

Samaritan, Inc @ Hudson Baptist Church

2328 Hudson Road
Hudson, ME 04449
207-385-6232

St. Anne's – Penobscot Nation DHS

16 Wabanaki Way
Indian Island, ME
04468
207-817-3165

LEVANT

Samaritan, Inc @ Harvest Chapel in Levant

3531 Union Street
Levant, ME 04456
207-385-6232

NEWBURGH

Newburgh Food Pantry

363 Lindsey Road
Newburgh, ME 04444
207-944-5436

ORLAND

H.O.M.E. Co-Op

90 Schoolhouse Road
Orland, ME 04472
207-469-7961

Lighthouse COG Bread of Life

696 River Road
Orrington, ME 04474
207-735-8336

OTIS

What's For Suppa? Food Pantry

at 9 Church Lane
Otis, ME 04605
207-537-3412

STETSON

Widows and Orphans

Food Cupboard
13 Wolfboro Road
Stetson, ME 04488
207-296-3503

WINTERPORT

Neighbor's Cupboard, Inc

40 Park Drive
Winterport, ME 04496
207-223-9951

Eastern Agency on Aging – Meals on Wheels

1129 Union Street Suite 30
Airport Mall Annex
Bangor, ME 04401
207-941-2865

<https://www.eaaa.org/meals-on-wheels>

The criteria for receiving Meals on Wheels:

- Senior must be 60 years of age or older, be homebound and unable to leave their house without assistance
- Senior must be unable to prepare a meal and have no one available to prepare a meal
- Available on short or long term basis, depending on need

WIC Nutrition Program

WIC is a nutrition program 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 website seeks to serve all Maine families with free nutrition advice, tips for staying healthy, and resources for growing families. WIC is open to anyone living in Maine, including migrants working in Maine. Applicants can be any of the following:

- Women who are pregnant, breastfeeding or had a baby in the last six months.
- Infants and children up to the age of five, including adopted and foster children.
- Fathers may apply for their children.

How do I apply?

You can call your nearest WIC office to make an appointment. Your first appointment will take about an hour of your time – an hour that can benefit you and your children for the rest of your lives. <https://www.maine.gov/dhhs/mecdc/population-health/wic> or call Bangor office at 207-992-4570.