

# Lake Region Food Pantries

BALDWIN, BRIDGTON, CASCO, HARRISON, NAPLES, RAYMOND,  
SEBAGO



## Pantries

**Bridgton Food Pantry**  
(Behind St. Joseph Catholic Church)  
225 South High Street,  
Bridgton  
Date and time  
phone

**Casco Alliance Church Food Pantry**  
Casco Alliance Church, 7  
Point Sebago Road, Casco  
3rd Monday each month  
6:00 - 7:00PM  
207.344.5370

**Casco Village Church**  
941 Meadow Road, Casco  
4th Thursday of the month  
2:00 pm - 5:30 pm  
207.627.4282

**CrossWalk Community Outreach**  
15 Village Green Lane, Naples  
Every other Monday 11:00  
am. - 12:30 pm. (please call)  
207.692.0313

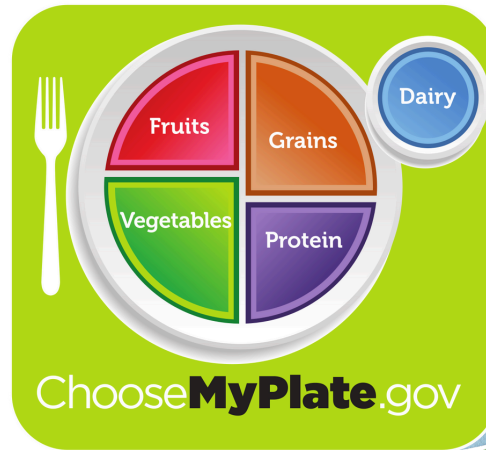
**E. Baldwin Congregational Church Food Pantry**  
26 School Street, East Baldwin  
Tuesday- 9:30am-10:30am  
207.625.2360

**Harrison Food Bank**  
176 Waterford Road,  
Harrison  
Tuesdays 12:00 - 6:00 pm.  
207.647.3384

**Raymond Food Pantry**  
1273 Roosevelt Trail,  
Raymond  
2nd Thursday 4:00 - 6:00 pm.  
207.655.6594

**Sebago Warming Hut**  
183 Sebago Road (Rt. 114),  
Sebago  
Mondays 9:30 - 10:45 am.  
207.400.7589

**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!



Choose **MyPlate.gov**

## 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

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

