

Portland Area Food Pantries & Community Meals

CAPE ELIZABETH, FALMOUTH, LONG ISLAND, PEAKS ISLAND, PORTLAND, SCARBROUGH, SOUTH PORTLAND, WESTBROOK



Food Pantries

Falmouth Food Pantry

271 Falmouth Road (next to Town Hall),
Falmouth

Home Deliveries: Falmouth residents do not need a referral. Portland, Westbrook, Cumberland, and Yarmouth residents need a referral. Call for more information.

Contact: Carrie Penrose 207-632-2687
Dotty Blanchette 207.632.2687

First Baptist Church Food Pantry

360 Canco Road, Portland
Wednesdays
207.773.3123

First Congregational Church UCC Food Pantry

301 Cottage Road, South Portland
Tuesday and Thursday 10:30 am –
12:00 pm (Call ahead)
Open to residents of South Portland,
Cape Elizabeth, ID and proof of
residence required
207.799.3361

Jewish Family Services Food Pantry

1342 Congress Street, Portland
Tuesdays & Thursdays 9:00 am – 3:00 pm
by appt.
Open to residents of Portland, Greater
Portland, photo ID required, can come
once a month.
207.772.1959

Judy's Pantry

United Methodist Church 280 Ocean
House Road, Cape Elizabeth
2nd & 4th Tuesday 3:00 - 4:30 pm.
207.799.8396

MaineHealth Food Pantry

950 Congress Street, Portland
Thursdays 10:00 am. - 3:00 pm.
207.662.884

Peaks Island Community Food Pantry

New Brackett Church- 19 Church Ave
3:30pm-5pm
now open one evening a week- 2nd
Monday of the month from 5 to 6:30pm!
207.838.0337

Preble Street Resource Center

75 Darling Ave, South Portland
Outreach Distribution
207.775.0026 or 207.838.0488

Project FEED Food Pantry

640 Brighton Ave, Portland
Tuesday - Thursday 1:00 - 3:00 pm.
207.761.3920

Root Cellar

94 Washington Avenue, Portland
Monday – Friday 9:00 am – 5:00 pm
Emergency Pantry, East End residents
only
Proof of residence required

Sacred Heart/ St. Dominic Food Pantry

80 Sherman Street, Portland
Tuesdays 7:00 - 11:00 am.
207.232.2175

Salvation Army Food Pantry

297 Cumberland Avenue, Portland
Mondays, Wednesdays & Fridays
10:00 am. - 2:00 pm.
207.774-.4172

Sagamore Food Pantry

21 Popham Street, Portland
Tuesdays 9:00-10:00am
Open to anyone, no documentation
required
207.221.8072

Scarborough Food Pantry

167 Black Point Road, Scarborough
Tuesday and Thursday 1:30 - 4:00 pm.
207.883.1672

South Portland Food Cupboard

130 Thadeus Drive, South Portland
Thursdays 8:30am-11:00am-
Recipients may come once a month
(please call for more information)
Tuesdays 10:00am-11:30am
1st Wednesday Evening of the Month-
5:00pm- 6:30pm
2nd Wednesday of the Month
Homebound Delivery (call for more
information)
207.874.0379

St. Luke's Food Pantry

134 Park Street, Portland
Thursdays 8:00 - 11:00 am
207.772.5434

Stroudwater Christian Church Food Pantry

1520 Westbrook Street, Portland
Sundays 1:00 - 3:00 pm
207.200.5985

St. Vincent's Soup Kitchen

307 Congress Street, Portland
Monday - Friday 11:00 - 12:30 pm.
207.331.7966

The Hub

(neighborhood residents only)
584 Westbrook Street, South Portland
Wednesdays 1:00 pm (produce),
Thursdays 1:00 pm (bread)
207.347.4194

Vineyard Church of Greater Portland Food Pantry

715 Bridgton Road, Westbrook
Fridays 5:45 - 6:15 pm.
207.450.7309

Wayside Food Programs

135 Walton St.(warehouse only),
Portland
Times vary from site to site. Please
contact the office for specific
information.
Contact: Don Morrison 207-775-4939

Westbrook Food Pantry

426 Bridge Street (Westbrook Community
Center), Westbrook
Tuesdays 11:00 am. - 1:00 pm.
207.591.8147

White Memorial Seventh-day Adventist Church Food Pantry

97A Allen Avenue, Portland
Wednesdays 4:30 to 6:00 pm
207.797.4414

Williston-Immanuel United Church Food

156 High Street, Portland
Thursdays, arrive by 10:00 am
Open to anyone, no documentation
required
207.775.2301



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Community Meals

Woodfords Congregational Church (Wayside)
202 Woodford Street, Portland
Monday Served at 12PM

Avesta Housing (Wayside)
409 Cumberland Avenue,
Portland
Corner of Forest Ave.
Monday Served at 12PM

WCC- Sponsored by Trinity Lutheran Church (Wayside)
426 Bridge Street, Westbrook
Wednesday Served 5-6PM

10 Congress Square Apartments (Wayside)
28 Forest Ave, Portland
Thursday 1:30PM *Take-away meal*

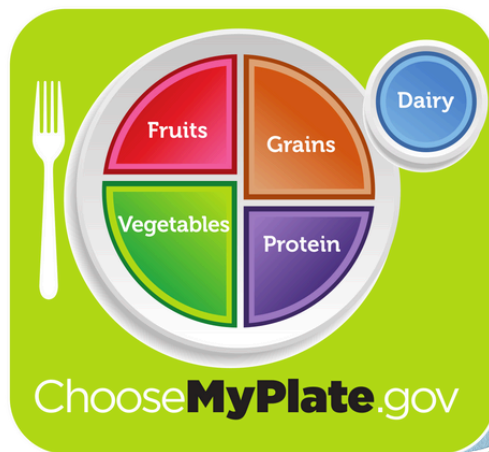
Deering Center Community Church (Wayside)
4 Brentwood Street, Portland
Thursday Served at 5:30PM

St. Ann's Episcopal Church (Wayside)
40 Windham Center Road,
Windham

Windham Hill United Church of Christ (Wayside)
140 Windham Center Road,
Windham
Served Thursdays from 5:30-6:30PM -- Location switches between churches
Please contact Sharon at 207.892.4217 for a full schedule

Equality Community Center- Equality Maine
15 Casco Street, Portland
monthly community meal with older LGBTQ+ adults at the ECC
3rd Thursday of each month
6pm-8pm
contact- Izzy Ostrowski for more information
P: 860.966.5352
E: izzy@equalitymaine.org

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

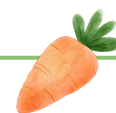
Mash a banana and add to oatmeal



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



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