

Partner Resources

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| <p>Family Violence Project 207-877-0835 71 Halifax St, Winslow www.familyviolenceproject.org</p> | <p>Mid-Maine Homeless Shelter 207-872-8082 19 Colby St, Waterville www.shelterme.org</p> |
| <p>Healthy Northern Kennebec & Healthy Waterville 149 North St, Waterville 207-872-4127 www.healthynorthernkennebec.org</p> | <p>National Alliance on Mental Illness-Maine (NAMI) Help Line: 800-464-5767 Crisis Line: 888-568-1112 www.namimaine.org</p> |
| <p>Inland Hospital 207-861-3000 200 KMD, Waterville www.inlandhospital.org</p> | <p>Waterville Health & Welfare Department - General Assistance 207-680-4225 One Common St, Waterville www.waterville-me.gov/healthwelfare</p> |
| <p>Kennebec Behavioral Health 207-873-2136 67 Eustis Parkway, Waterville www.kbhmaine.org</p> | <p>WIC (Women, Infants & Children) 207-861-3580 10 Water St, Waterville www.maine-general.org</p> |
| <p>KVCAP 207-859-1500 101 Water St, Waterville www.kvcap.org</p> | <p>MaineGeneral Express Care 207-877-3450 211 Main St, Waterville www.maine-general.org</p> |
| <p>MaineGeneral - Thayer Campus 207-872-1000 149 North St, Waterville www.maine-general.org</p> | <p>Need information on other community resources? Call 211 or visit www.211maine.org</p> |



CITY of
Waterville
M A I N E

Food Resource Guide

Fall 2016/Winter 2017



Updated & maintained by the City of Waterville Health & Welfare Office

Linda Fossa, Director • lfossa@waterville-me.gov • 207-680-4225

One Common St., Waterville, Maine, 04901



What We Do

The mission of Healthy Waterville is to increase access to health food and community connectedness in Waterville, by empowering people to share their voice and help break down the barriers of poverty in our community.

Think Healthy, Give & Donate Thoughtfully

While any food is better than no food, remember- the health of our whole community matters! When you shop for foods to donate to your local food banks/pantries, shop like you would shop for your own family, with health in mind.

- Always consider food safety. Make sure foods have not expired & food packaging is not opened or damaged.
- Ask in advance if the organization accepts prepared and/or perishable foods (fresh/frozen).
- Choose veggies, fruits, proteins & whole grains.
- Aim for low-sodium, low-fat and/or low-sugared items.

Volunteering

What better way to give back to your community than giving the gift of time? Many of the community food resource organizations are in need of volunteers. Stop by one of the resources listed on pages 4-5 to sign up today! For more volunteer opportunities visit:

United Way of Mid-Maine
105 Kennedy Memorial Dr, Waterville
207-873-0686
www.uwmm.org/volunteer

Table of Contents:

Food For Kids/Pets.....3
 Free Food Programs.....4-5
 Local Foods (EBT, Maine Harvest Bucks, CSA Shares)..... 6
 Winter Resources.....7
 Partner Resources.....8

Winter Resources

Lambs Clothing Closet
Tuesdays, 9-11am
Wednesdays, 4:30-6pm
First Baptist Church
12 Newhall St, Fairfield
207-453-0170



The Salvation Army Thrift Store
Coats are FREE for anyone & everyone!
One coat per person
184 College Ave, Waterville
Tue. - Fri., 9am-12pm & 12:30pm-2:30pm

KVCAP Heating Assistance Program provides assistance to *income eligible* households & is paid directly to the fuel vendor of choice. Call 207-859-1500 for questions or to set up an appointment.

Waterville Area Habitat for Humanity
Has a Weatherization Program that could help winterize your home, saving on heating costs. To find out if you & your home qualify, call 207-616-0166.

Goodwill & Spectrum
Generations Muskie Center
Working together to provide Coats for Seniors age 65+. Obtain a voucher from the Muskie Center & visit Goodwill to pick out a coat. **Vouchers will be available by mid-end of November.*

• **Holiday Meals** •
 For information on where & when *Thanksgiving & Christmas meals* will be available, please call 2-1-1 or visit: www.211maine.org



THE MAINE CHILDREN'S HOME
for Little Wanderers

Serving families and children since 1899

The Christmas Program provides new clothing, books, games & toys to underprivileged children throughout the state.

- Must meet income & other guidelines to qualify
- Apply *online only* by visiting www.mainechildrenshome.org
- Applications will be available beginning 10/31/16

For more information or if you wish to donate/volunteer, please call 872-0261 or email: csawyer@mainechildrenshome.org

Local Foods

Downtown Waterville Farmers Market

Thursdays, 2-6 p.m.

Thayer Center for Health

Dean Entrance, Dean Room 3

207-951-5953

www.watervillefarmersmarket.org



Maine Harvest Bucks (SNAP)

At the Downtown Waterville Farmers Market, for every \$2 you spend on your EBT card, you earn \$1 in bonus Maine Harvest Bucks to be spent on fresh fruits & veggies at the market! These can be redeemed the same day, or at your next visit.

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Available while funds last.

What is a CSA Share? A share of the local Maine harvest!

CSA = Community Supported Agriculture

The Pick Up

207-712-7988

www.thepickup.org

Enjoy a “CSA SNAP Share” that is 50% off the regular price! Get weekly deliveries straight from the farms of Maine. Sign up online anytime & use your EBT card to pay when you pick up at one of the drop sites:

- Colby College, Waterville
- MGH Thayer Campus, Waterville
- Uncle Dean’s, Waterville
- Meridians, Fairfield
- *South End drop coming soon!



Food For Kids

School Food Pantries

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|---|----------------------------|---|
| George J Mitchell 58 Drummond Ave, Waterville 207-873-0695 | WED & FRI 3-4pm | Open to students & their families. Parents come in for basic food items. |
| Albert S. Hall School 27 Pleasant St, Waterville 207-872-8071 | WED, 10-11am FRI, 2-3pm | Open to students & their families. Send a note with your child or come in for basic food items. |
| Waterville Junior High School 100 W River Rd, Waterville 207-873-2144 | THU, 2:15-3pm | Can visit weekly, every Thursday school is in session or when in need. *Just call office |

After School Programs

| | | |
|---|-------------------------------|--|
| South End Teen Center 5 Libby Ct, Waterville 207-873-5621 | MON-FRI end of school -5pm | For any young person grades 6-12 in the Greater Waterville area. |
| Alfond Youth Center 126 North St, Waterville 207-873-0684 | MON-FRI 2-6pm | For children 6-12 yrs of age. AYC Membership required. Scholarships available. |

All children who attend the **Alfond Youth Center** after school program qualify to participate in the Backpack Program. Each child who participates will be sent home with a backpack on Fridays with snacks for over the weekend and also during school vacations.

Food for Furry Kids

If you are a qualifying senior receiving Meals on Wheels, did you know your pet can get meals delivered too?

Contact Angela Derosby at Spectrum Generations Muskie Center in Waterville for more information.
207-660-9263
aderosby@spectrumgenerations.org

Need food for your cats/dogs? Bring your drivers license & proof of state aid with you & pick up food for them:

Humane Society of Waterville Area Pet Pantry
100 Web Rd, Waterville
873-2430

MON, TUE, THU, FRI • 12-5pm
WED • 1-4pm

| Who | When | Where | What I Need to Know |
|--|---|--|---|
| <p>Waterville Food Bank Groceries for Waterville Residents. Please feel free to use every 2 weeks as needed & bring your own bags/boxes if you can.</p> | <p>Monday-Thursday, 8:30-11am Monday, 5:30-7pm</p> | <p>United Methodist Church 61 Pleasant St, Waterville 207-616-0363</p> | <p>Income eligible. ID & proof of Waterville residency required.</p> |
| <p>Sacred Heart Soup Kitchen Hot meal; eat-in only. Additional take away foods offered when available.</p> | <p>Monday-Friday, 11:30am-12:30pm Saturday, 11am-12pm</p> | <p>Sacred Heart Church 70 Pleasant St, Waterville</p> | <p>No screening.</p> |
| <p>Evening Sandwich Program Hot meal; take-out only. Additional take away foods offered when available.</p> | <p>Sunday-Friday, 4-5pm</p> | <p>Universalist-Unitarian Church 69 Silver St, Waterville</p> | <p>No screening.</p> |
| <p>Sandwich Program Sandwich meal, take out only. Additional take-a-way foods when available.</p> | <p>Saturday, 3:30-4:30pm</p> | <p>First Baptist Church 1st Park St, Waterville</p> | <p>No screening.</p> |
| <p>Spectrum Generations Muskie Center Buffet style meals for all ages.</p> | <p>Monday-Friday, 11:30am-1pm Friday, 8-10am</p> | <p>Muskie Center 38 Gold St, Waterville 207-873-4745</p> | <p>\$5 Suggested donation; EBT accepted.</p> |
| <p>Meals on Wheels Spectrum Generations Muskie Center provides a meal delivery service for central Maine residents who are homebound seniors 60+ & disabled adults.</p> | <p>Tuesday & Thursday Deliveries</p> | <p>Muskie Center 38 Gold St, Waterville 207-873-4745</p> | <p>Qualifying homebound seniors. Proof of age and/or disability required.</p> |
| <p>Mid-Maine Homeless Shelter Meals for shelter guests include breakfast & dinner. Eat-in only. Food pantry is open to the public.</p> | <p>Monday-Sunday, Meals Friday, Food Pantry, 1-3pm</p> | <p>19 Colby St, Waterville 207-872-8082</p> | <p>ID required.</p> |

Please inform the city of Waterville Health & Welfare Office of any changes to this resource guide. This guide can also be found online through the City of Waterville website. Distribution of this seasonal Food Resource Guide will happen each year in April & October. Thank you for your continued support. - Linda Fossa, Director

*For more information on State of Maine SNAP/EBT benefits, please contact the DHS office:
35 Anthony Ave, Augusta ME 04333
207-624-8090*