

Partner Resources

<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

Summer 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

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Essentials Closet

The Essentials Closet is a resource for folks who need personal care & household items. It is open the last two weeks of the month. No restrictions apply, but the church does ask visits to be once per month.

Waterville United Church of Christ

Mondays, 5-7 p.m.
Wednesdays, 9-11 a.m.
Fridays, 9-11 a.m.
7 Eustis Parkway, Waterville
www.watervilleucc.org/essentials-closet

Donations are accepted:
Monday-Friday, 8:00 a.m. - noon
Sunday mornings 9:00 - 11:30 a.m.

The following items are planned to be available, depending on donations and funds.

Personal Items:

- tooth brushes
- tooth paste
- hair brushes
- combs
- shampoo
- dental floss
- deodorant
- feminine hygiene items
- shaving cream
- razors
- after shave
- bath soap
- lip balm
- wipes (child and adult)
- diapers (child and adult)
- nursing pads & cream
- mouthwash (non-alcohol)
- hand cream/body lotion

Household Items:

- single TP rolls (wrapped)
- paper towels
- dish detergent
- laundry detergent
- household cleaners
- mops
- buckets
- bathroom cleaners
- facial tissues
- disinfectant wipes (with bleach)
- hand sanitizer
- grocery bags (recycled/reusable)
- City of Waterville purple trash bags



Local Foods

Maine Harvest Bucks (SNAP)

For every \$1 you spend on your EBT card, you earn \$1 in bonus Maine Harvest Bucks to be spent on fresh fruits & veggies at the farmers' market! These can be redeemed the same day, or at your next visit. *Available while funds last.*

Downtown Waterville Farmers' Market

Thursdays, 2-6 p.m.
April-December
Common Street (downtown)
207-951-5953
www.watervillefarmersmarket.org

Emery's Meat & Produce

9 Water Street, Waterville
207-616-3622
www.emerysmeat.com

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
- James D. Julia Auctions, Fairfield

Fairfield Farmers' Market

Wednesdays, 2-6 p.m.
Saturdays, 9:30 a.m.-1:30 p.m.
May-October
Nazarene Church parking lot
81 Main Street, Fairfield
www.fairfieldme.com

47 Daisies

552 Webber Pond Rd, Vassalboro
207-509-0569
www.watervillefarmersmarket.org

Unity Food Hub

Year-round
69 School Street, Unity
207-338-6575
www.unityfoodhub.com



What is a CSA Share? A share of the local Maine harvest!
CSA = *Community Supported Agriculture*

FREE Summer Meal Programs for Kids (ages 18 & under)

Offered MON-FRI, 6/26-8/18 (except 7/4)		
WINSLOW SITES	Breakfast	Lunch
Winslow Elementary School	8-10:30 a.m.	11 a.m.-12:30 p.m.
Vassalboro Community School	8-9 a.m.	11-11:25 a.m.
Bellevue Street Park	n/a	11:30-11:50 a.m.
Halifax Street Playground	n/a	11:50 a.m.-12:10 p.m.
Clinton Avenue Playground	n/a	12:15-12:35 p.m.
WATERVILLE SITES	Breakfast	Lunch
George J. Mitchell Shcool	8-10:30 a.m.	11 a.m.-12 p.m.
Albert S. Hall School	8-8:30 a.m.	11-11:30 a.m.
Waterville Jr. High School	8-8:30 a.m.	11:15-11:35 a.m.
Waterville Sr. High School	8-10:30 a.m.	11-11:30 a.m.
Armory Road Housing	n/a	10:50-11:10 a.m.
North Street Playground	n/a	11:30-11:50 a.m.
Waterville Public Library	n/a	11-11:30 a.m.
South End Teen Center	n/a	11:30 a.m.-12 p.m.
Village Green	n/a	11:15-11:35 a.m.
Home Place Housing	n/a	12:10-12:30 p.m.
Western Avenue Play Area	n/a	12:10-12:30 p.m.
Chaplin Street Playground	n/a	11:10-11:30 a.m.

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

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*