

PORTLAND COMMUNITY FOOD RESOURCE GUIDE - 2026

NUTRITION ASSISTANCE

SNAP

Supplemental Nutrition Assistance Program.

Call 855-797-4357 or Apply online at mymaineconnection.gov

When you use SNAP at Farmers' Markets, you receive Maine Harvest Bucks to save on fruits and vegetables! Visit: www.maineharvestbucks.org

WIC

Women, Infants, and Children

You may qualify if you are pregnant or have children under five years old. Household income limits apply.

Contact: Opportunity Alliance
(207) 553-5800

175 Lancaster St, Suite 216
Portland, ME

FRESH FOOD FOR KIDS

SUNBUCKS

Summer Grocery Benefit for Kids

SUN Bucks provides \$120 in grocery benefits per eligible school-age child when school is out for summer. SUN Bucks can be used to purchase food from authorized retailers.

Visit:

https://www.maine.gov/dhhs/ofc/programs-services/food-supplement/sun_bucks

SUMMER MEALS

Free Lunch for Kids & Teens 18 & Under

To find nearby sites, please visit maine.gov/doe/hotlunchsummer, or text "Summer Meals" to (914) 342-7744. Information will be available mid-June.

LOCKER PROJECT

Working with public schools and agency partners, the Locker Project shares fresh produce and staples with children and families across Greater Portland. A calendar of public events can be found at mainelockerproject.org/fresh-food-events/.



WAYSIDE COMMUNITY MEALS

Wayside hosts dinners for community members in the greater Portland area.*

Monday: Woodfords Congregational Church/ 202 Woodford Street/ 12pm
Avesta Housing/ 409 Cumberland Ave, Portland/ Corner of Forest Ave/ 12pm

Tuesday: Equality Community Center/15 Casco Street/1pm

Wednesday: Westbrook Trinity Lutheran Church/ 426 Bridge Street, Westbrook/ 5pm

Thursday: 10 Congress Square Apartments/ 28 Forest Ave/ 1:30pm
Deering Center Community Church/ 4 Brentwood Street/ 5:30pm

*Check waysidemaine.org/community-meals for updated meal times and locations or call (207) 775-4939.



NEED HELP?

Call 2-1-1 Maine by dialing 2-1-1 or visit www.211maine.org. If you have questions about food pantries or community meals you can also contact Wayside Food Programs at (207)775-4939

2026 PORTLAND AREA FOOD PANTRIES*

St. Luke's Food Pantry

134 Park Street, Portland
Thursday 8-11am
(207) 772-5434

Salvation Army

297 Cumberland Ave, Portland
Monday, Wednesday
10am-2:00pm
(207)774-4172

First Baptist

360 Canco Rd, Portland
Wednesday 10:30-12:30pm
(207)773-3123

South Portland Food Cupboard

443C Western Ave St, South Portland*
(In the rear of the building)
Tuesdays from 9:45-11:30 am
Thursdays from 8:30-11 am
1st Wednesday of the month
207-874-0379

*address may change in June but will still stay at the physical location behind Staples

Stroudwater Food Pantry

1520 Westbrook Street, Portland
Sunday 1-3pm
(207)200-5985

Sacred Heart Food Pantry

80 Sherman Street, Portland
Tuesdays 7-11am
(207) 773-7746

MaineHealth Food Pantry

950 Congress St, Portland
Thursday 10am-3pm
(207) 662-8842

Westbrook Food Pantry

426 Bridge St, Westbrook
(Westbrook Community Center)
Tuesday 11am-1pm
(207) 591-8147

Food For All Services

Portland
Food deliveries every Weds & Sat.
Request via text message or email.
(207)900-9597

Wayside Mobile Food Pantry at Bayside Anchor

51 Mayo Street, Portland
1st Thursday of each month, 11am
(207)712-4929

Wayside Mobile Food Pantry in SoPo

586 Westbrook St, South Portland
4th Thursday of each month, 12pm
(207) 712-4929

Wayside Mobile Food Pantry at Washington Gardens

577 Washington Ave, Portland
(end of Pembroke St.)
2nd Thursday of each month, 10:30am
(207) 712-4929

Wayside Mobile Food Pantry at West End

17 Carleton Street, Portland
(parking lot behind)
3rd Thursday of each month, 11am
(207) 712-4929

Preble at Cotton Street

Cotton Street, Portland
7 days a week
12:30-2pm
(207) 775-0026

Preble Street Teen Center (Meals for youth under 21 years old)

38 Preble Street, Portland *
7 days a week

Breakfast: 8:00 – 9:00am

Lunch: 12:00 – 1:00pm

Dinner: 6:00 – 7:00pm

*The Teen Center will relocate to 343 Cumberland Avenue when construction is completed later this year.