

What to Expect

During your first visit you will take a number and be welcomed into our intake office. In intake we will ask for basic information (income, address, date of birth, etc...) and have you sign our Food Pantry Form. The basic information is only used for our records and will not be shared with anyone. The Food Pantry form is used to confirm that you would like to use the Food Pantry. No income verification is necessary. Just bring yourself and some *reusable bags*!

Eligibility

Anyone that needs food is welcome to our pantry. You do not need to meet an income guideline.



What we offer

First Visit Box

For every *first* visit of the month you will receive a box of non-perishable items like cereal, canned beans, and rice.

Fresh Produce

We often have an extensive selection of produce including fresh fruits, vegetables, and greens.

Meat & Dairy

We have a variety of frozen meats such as chicken, pork, and beef. We also often have eggs, milk, and yogurt.

Personal Care Items and Pet Food

We have a limited supply of toiletry items, pet food, and infant care products.

Dessert

Desserts are available to take and gluten free, reduced-sugar, or other versions are limited.

Hallway Items

Bread and extra produce is available in our hallway. Anyone is welcome to take these items.

Our **Soup Kitchen** is located right down the hall and is open to anyone, no questions asked. Volunteers and staff prepare and serve hot nutritious meals daily, **Monday-Friday from 11:00-12:30PM.**

*Supplemental Nutrition Assistance Program (SNAP)
We can help you apply for SNAP (food stamps). SNAP is useful for obtaining products that we do not carry, such as milk, butter and spices.

If you have questions, please call the Food Pantry Coordinator Devyn Potter at 207-725-2716 ext. 311, or email at dpotter@mchpp.org.



**Mid Coast Hunger Prevention Program
Food Pantry
New Client Information**

Who: Residents of Brunswick, Topsham, Bowdoin, Bowdoinham, Lisbon, Lisbon Falls, Durham, Harpswell, Bailey Island, Cundy's Harbor or Orr's Island. Call United Way 2-1-1 to find out where your local food pantry is.

What: Free supplemental groceries!

When:

Tuesday	11-2 PM 4-6 PM
Wednesday	11-2 PM
Friday	11-2 PM
Saturday	12-3 PM

Where: 12 Tenney Way Brunswick, ME 04011
Behind Hannaford and next to The Gathering Place
(207) 725-2716 x311