



MAINE STATE FOOD RESOURCE GUIDE

Good Shepherd Food Bank Community Health and Hunger Program

SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)

Food supplement helps low-income households buy the food they need for good health. Through SNAP-Ed, participants can also receive nutrition education services for information on eating healthy on a budget.

Sign up for SNAP here:

<https://apps1.web.maine.gov/benefits/account/login.html>



WOMEN, INFANTS, & CHILDREN (WIC)

[WIC](#) provides nutritious food (including baby formula) for infants and young children. WIC is open to anyone living in Maine, including migrants working in the state. Applicants can be any of the following:

- Women who are pregnant, breastfeeding, or had a baby in the last six months.
- Infants and children up to five, including adopted and foster children.
- Fathers may apply for their children.

Find your local WIC office here: <https://www.maine.gov/dhhs/mecdc/population-health/wic/applicants/where-do-i-apply.shtml>



COMMODITY SUPPLEMENTAL FOOD PROGRAM (CSFP)

The Commodity Supplemental Food Program (CSFP) works to improve the health of low-income persons at least 60 years of age by supplementing their diets with nutritious shelf-stable foods.

Find an organization participating in the program for your county here:

https://www.maine.gov/dacf/ard/tefap/supplemental_food.shtml



TEMPORARY ASSISTANCE FOR NEEDY FAMILIES (TANF)

TANF provides cash assistance to families while they work towards becoming self-sufficient. If enrolled in TANF, you may also be eligible for help receiving job training and education.

Apply for TANF here:

<https://www.maine.gov/dhhs/ofi/programs-services/tanf>



MAINE HARVEST BUCKS (MHB) & FARM FRESH REWARDS (FFR)

The Maine Harvest Bucks (MHB) program offers nutrition incentives to low-income shoppers at participating farmers' markets, CSA farms, and farm stands selling local produce. Shoppers using SNAP via an EBT card gain access to healthy, local food and receive bonus local fresh fruits and vegetables. A complement to the MHB, Farm Fresh Rewards (FFR) can be similarly used at participating retail stores.

For a listing of participating farmer's markets and other sites visit:

<https://maineharvestbucks.org/>
<https://www.maineFarmlandtrust.org/farm-visibility/farm-fresh-rewards/>



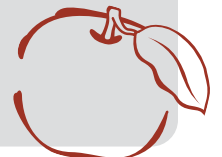
GOOD SHEPHERD FOOD BANK OF MAINE'S FOOD MAP

Food pantries are independently operated programs that allow anyone in need to take home fresh and non-perishable groceries regardless of income. Check out the GFSB food map to find your local food pantry.

Be sure to call your local food pantry before visiting to confirm hours of operation. Distribution plans may change quickly and without much warning.

Find a pantry or mealsite near you at:

<https://www.gsfb.org/get-help/food-map/>



Need more assistance? [211 Maine](#) is a free, confidential information and referral service that connects people of all ages across Maine to local services.