



SUPPLEMENTAL ASSISTANCE RESOURCES - By Town

10/3/19

For Information on Health & Human Service Needs

FREE & CONFIDENTIAL



United Way of
Mid Coast Maine

A service of United Way

VISIT 211maine.org

CALL 2-1-1 or 1-866-811-5695

TEXT Zip Code to 898-211

Residence of person in need	County	For All Program Info call 2-1-1	LIHEAP	Other Fuel Assistance Available	SNAP (Food Stamps)	WIC - Women, Infants, and Children	Food	Free Tax Preparation	Property Tax Abatement
Alna	Lincoln	2-1-1	KVCAP 800-542-8227	*CHIP 677-3450 *MMCA 1-800-221-2221 *Salv. Army Wisc. St.Philips 882-7184 *General Assistance 586-5313	DHHS - Lincoln Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Help Yourself Shelf-Wiscasset 882-7184 *St Denis Whitefield Food Pantry 549-3672 *Wiscasset Food Pantry 882-9088 *General Assistance 586-5313 call 2-1-1	2-1-1	Call Town Office
Arrowsic	Sagadahoc	2-1-1	KVCAP 800-542-8227	*MMCA 1-800-221-2221 *Salvation Army-Bath 443-3611 *General Assistance 443-4609	DHHS - Sagadahoc Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Bath Area Food Bank 737-9289 *Help Yourself Shelf- Wiscasset 882-7184 *Salvation Army-Bath 443-3611 *Wiscasset Food Pantry 882-9088 *General Assistance 443-4609 call 2-1-1	2-1-1	Call Town Office
Bath	Sagadahoc	2-1-1	KVCAP 800-542-8227	*MMCA 1-800-221-2221 *Salvation Army-Bath 443-3611 *General Assistance 443-8335	DHHS - Sagadahoc Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Bath Area Food Bank 737-9289 *Help Yourself Shelf- Wiscasset 882-7184 *Salvation Army-Bath 443-3611 *Wiscasset Food Pantry 882-9088 *General Assistance 443-8335 or call 2-1-1	2-1-1	Call Town Office
Boothbay	Lincoln	2-1-1	KVCAP 800-542-8227	*Boothbay Region Com. Resources 633-6272 * MMCA 1-800-221-2221 *General Assistance 633-2051	DHHS - Lincoln Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Boothbay Region Food Pantry 350-2962 *Help Yourself Shelf- Wiscasset 882-7184 *Wiscasset Food Pantry 882-9088 *General Assistance 633-2051 call 2-1-1	2-1-1	Call Town Office
Boothbay Harbor	Lincoln	2-1-1	KVCAP 800-542-8227	*Community Navigators 633-6272 *Boothbay Region Com. Resources 633-6272 *MMCA 1-800-221-2221 *General Assistance 633-3671	DHHS - Lincoln Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Boothbay Region Food Pantry 350-2962 *Help Yourself Shelf- Wiscasset 882-7184 *Wiscasset Food Pantry 882-9088 *General Assistance 633-3671 Call 2-1-1	2-1-1	Call Town Office

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Bowdoin	Sagadahoc	2-1-1	KVCAP 800-542-8227	*MMCA 1-800-221-2221 *Salvation Army-Bath 443-3611 *Tedford Housing 729-1161 *General Assistance 353-6949	DHHS - Sagadahoc Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Bowdoinham Food Pantry 751-7779 *Friends Helping Com. Food Pantry 449-6326 *Help Yourself Shelf- Wiscasset 882-7184 *Mid Coast Hunger Prevention 725-2716 *Salvation Army-Bath 443-3611 *Wiscasset Food Pantry 882-9088 *General Assistance 353-6949 call 2-1-1	2-1-1	Call Town Office
Bowdoinham	Sagadahoc	2-1-1	KVCAP 800-542-8227	*Bowdoinham Heating Assistance 666-5531 *MMCA 1-800-221-2221 *Salvation Army-Bath 443-3611 *Tedford Housing 729-1161 *General Assistance 666-5531	DHHS - Sagadahoc Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Bowdoinham Food Pantry 751-7779 *Friends Helping Com. Food Pantry 449-6326 *Help Yourself Shelf- Wiscasset 882-7184 *Mid Coast Hunger Prevention 725-2716 *Richmond Area Food Pantry 607-2777 *Salvation Army-Bath 443-3611 *Wiscasset Food Pantry 882-9088 *General Assistance 666-5531 Call 2-1-1	2-1-1	Call Town Office
Bremen	Lincoln	2-1-1	KVCAP 800-542-8227	*CHIP 677-3450 *MMCA 1-800-221-2221 *General Assistance 529-5945	DHHS - Lincoln Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Help Yourself Shelf- Wiscasset 882-7184 *Waldoboro Food Pantry 785-4782/552-5507 *Wiscasset Food Pantry 882-9088 *General Assistance 529-5945 or call 2-1-1	2-1-1	Call Town Office
Bristol	Lincoln	2-1-1	KVCAP 800-542-8227	*CHIP 677-3450 *MMCA 1-800-221-2221 *General Assistance 563-5270	DHHS - Lincoln Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Help Yourself Shelf- Wiscasset 882-7184 *New Harbor Food Pantry 677-3424/677-3055 *Salvation Army MMCA 1-800-221-2221 *Wiscasset Food Pantry 882-9088 *General Assistance 563-5270 Call 2-1-1	2-1-1	Call Town Office
Brunswick	Cumberland	2-1-1	The Opportunity Alliance 800-698-4959	*MMCA 1-800-221-2221 *Salvation Army-Bath 443-3611 *Tedford Housing 729-1161 *General Assistance 725-6661	DHHS - Cumberland Co. 1-800-482-7520 or 822-2000	The Opportunity Alliance 1-877-429-6884 or 553-5800	*Help Yourself Shelf- Wiscasset 882-7184 *Mid Coast Hunger Prevention 725-2716 *Salvation Army-Bath 443-3611 *Wiscasset Food Pantry 882-9088 *General Assistance 725-6661 Call 2-1-1	2-1-1	Call Town Office
Damariscotta	Lincoln	2-1-1	KVCAP 800-542-8227	*CHIP 677-3450 *MMCA 1-800-221-2221 *General Assistance 563-5168	DHHS - Lincoln Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Help Yourself Shelf- Wiscasset 882-7184 *Newcastle Ecumenical Food Pantry 563-5597 *Salvation Army MMCA 1-800-221-2221 *Wiscasset Food Pantry 882-9088 *General Assistance 563-5168 Call 2-1-1	2-1-1	Call Town Office

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Dresden	Lincoln	2-1-1	KVCAP 800-542-8227	*MMCA 1-800-221-2221 *General Assistance 737-4335, after hours 737-6005	DHHS - Lincoln Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Help Yourself Shelf- Wiscasset 882-7184 *Richmond Area Food Pantry 607-2777 *Wiscasset Food Pantry 882-9088 *General Assistance 737-4335 Call 2-1-1	2-1-1	Call Town Office
Edgecomb	Lincoln	2-1-1	KVCAP 800-542-8227	* Boothbay Region Com. Resources 633-4757 *MMCA 1-800-221-2221 *Salv. Army Wisc. St.Philips 882-7184 *General Assistance 882-7018	DHHS - Lincoln Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Boothbay Region Food Pantry 350-2962 *Help Yourself Shelf- Wiscasset 882-7184 *Wiscasset Food Pantry 882-9088 *General Assistance 882-7018 Call 2-1-1	2-1-1	Call Town Office
Freeport	Cumberland	2-1-1	The Opportunity Alliance 800-698-4959	*Freeport Community Services 865-3985 *MMCA 1-800-221-2221 *General Assistance 865-4743 x120	DHHS - Cumberland Co. 1-800-482-7520 or 822-2000	The Opportunity Alliance 1-877-429-6884 or 553-5800	*Freeport Community Services 865-3985 x205 *Help Yourself Shelf- Wiscasset 882-7184 *Wiscasset Food Pantry 882-9088 *General Assistance 865-4743 x120 Call 2-1-1	2-1-1	Call Town Office
Georgetown	Sagadahoc	2-1-1	KVCAP 800-542-8227	*MMCA 1-800-221-2221 *Salvation Army-Bath 443-3611 *General Assistance 371-2820	DHHS - Sagadahoc Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Bath Area Food Bank 737-9289 *Help Yourself Shelf- Wiscasset 882-7184 *Salvation Army-Bath 443-3611 *Wiscasset Food Pantry 882-9088 *General Assistance 371-2820 Call 2-1-1	2-1-1	Call Town Office
Harpwell	Cumberland	2-1-1	The Opportunity Alliance 800-698-4959	*Harpwell Heating Assis. (Bailey's, Cundy's Harbor, Great Island, Orr's) 833-5771 *MMCA 1-800-221-2221 *Salvation Army-Bath 443-3611 *Tedford Housing 729-1161 *General Assistance 833-5771	DHHS - Cumberland Co. 1-800-482-7520 or 822-2000	The Opportunity Alliance 1-877-429-6884 or 553-5800	*Help Yourself Shelf- Wiscasset 882-7184 *Mid Coast Hunger Prevention 725-2716 *Salvation Army-Bath 443-3611 *Wiscasset Food Pantry 882-9088 *General Assistance 833-5771 Call 2-1-1	2-1-1	Call Town Office
Jefferson	Lincoln	2-1-1	KVCAP 800-542-8227	*CHIP 677-3450 *MMCA 1-800-221-2221 *General Assistance 549-7401 or 882-1007	DHHS - Lincoln Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Help Yourself Shelf- Wiscasset 882-7184 *Jefferson Area Food Pantry 315-1134 *Wiscasset Food Pantry 882-9088 *General Assistance 549-7401 Call 2-1-1	2-1-1	Call Town Office
Monhegan Plantation	Lincoln	2-1-1	KVCAP 800-542-8227	*MMCA 1-800-221-2221 *General Assistance 594-8833	DHHS - Lincoln Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Help Yourself Shelf- Wiscasset 882-7184 *Wiscasset Food Pantry 882-9088 *General Assistance 594-8833 Call 2-1-1	2-1-1	Call Town Office

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Newcastle	Lincoln	2-1-1	KVCAP 800-542-8227	*CHIP 677-3450 *MMCA 1-800-221-2221 *General Assistance 563-3441	DHHS - Lincoln Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Help Yourself Shelf- Wiscasset 882-7184 *Newcastle Ecumenical Food Pantry 563-5597 *Salvation Army MMCA 1-800-221-2221 *Wiscasset Food Pantry 882-9088 *General Assistance 563-3441 Call 2-1-1	2-1-1	Call Town Office
Nobleboro	Lincoln	2-1-1	KVCAP 800-542-8227	*CHIP 677-3450 *MMCA 1-800-221-2221 *General Assistance 563-8816	DHHS - Lincoln Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Help Yourself Shelf- Wiscasset 882-7184 *Newcastle Ecumenical Food Pantry 563-5597 *Salvation Army MMCA 1-800-221-2221 *Wiscasset Food Pantry 882-9088 *General Assistance 563-8816 Call 2-1-1	2-1-1	Call Town Office
Phippsburg	Sagadahoc	2-1-1	KVCAP 800-542-8227	*MMCA 1-800-221-2221 *Salvation Army-Bath 443-3611 *Phippsburg Fund 389-2653 (day), 380-6273 (nights and weekends) *General Assistance 389-2653	DHHS - Sagadahoc Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Bath Area Food Bank 737-9289 *Help Yourself Shelf- Wiscasset 882-7184 *Salvation Army-Bath 443-3611 *Wiscasset Food Pantry 882-9088 *General Assistance 389-2653 Call 2-1-1	2-1-1	Call Town Office
Richmond	Sagadahoc	2-1-1	KVCAP 800-542-8227	*MMCA 1-800-221-2221 *Richmond Fuel Fund 737-4305 *General Assistance 737-4305	DHHS - Sagadahoc Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Help Yourself Shelf- Wiscasset 882-7184 *Richmond Area Food Pantry 607-2777 *Wiscasset Food Pantry 882-9088 *General Assistance 737-4305 Call 2-1-1	2-1-1	Call Town Office
Somerville	Lincoln	2-1-1	KVCAP 800-542-8227	*CHIP 677-3450 *MMCA 1-800-221-2221 *General Assistance 549-3828	DHHS - Lincoln Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Help Yourself Shelf- Wiscasset 882-7184 *Jefferson Area Food Pantry 315-1134 *Wiscasset Food Pantry 882-9088 *General Assistance 549-3828 Call 2-1-1	2-1-1	Call Town Office
South Bristol	Lincoln	2-1-1	KVCAP 800-542-8227	*CHIP 677-3450 *MMCA 1-800-221-2221 *General Assistance 563-3977	DHHS - Lincoln Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Help Yourself Shelf- Wiscasset 882-7184 *New Harbor Food Pantry 677-3055 *Salvation Army MMCA 1-800-221-2221 *Wiscasset Food Pantry 882-9088 *General Assistance 563-3977 Call 2-1-1	2-1-1	Call Town Office
Southport	Lincoln	2-1-1	KVCAP 800-542-8227	*Boothbay Region Com. Resources 633-6272 *MMCA 1-800-221-2221 *General Assistance 633-3318	DHHS - Lincoln Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Boothbay Region Food Pantry 350-2962 *Help Yourself Shelf- Wiscasset 882-7184 *Wiscasset Food Pantry 882-9088 *General Assistance 633-3318 Call 2-1-1	2-1-1	Call Town Office

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Topsham	Sagadahoc	2-1-1	KVCAP 800-542-8227	*MMCA 1-800-221-2221 *Salvation Army-Bath 443-3611 *Tedford Housing 729-1161 *General Assistance 725-1725	DHHS - Sagadahoc Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Help Yourself Shelf- Wiscasset 882-7184 *Mid Coast Hunger Prevention 725-2716 *Salvation Army-Bath 443-3611 *Wiscasset Food Pantry 882-9088 *General Assistance 725-1725 Call 2-1-1	2-1-1	Call Town Office
Waldoboro	Lincoln	2-1-1	KVCAP 800-542-8227	*CHIP 677-3450 *MMCA 1-800-221-2221 *General Assistance 832-5369	DHHS - Lincoln Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Help Yourself Shelf- Wiscasset 882-7184 *Waldoboro Food Pantry 785-4782/522-5507 *Wiscasset Food Pantry 882-9088 *General Assistance 832-5369 Call 2-1-1	2-1-1	Call Town Office
West Bath	Sagadahoc	2-1-1	KVCAP 800-542-8227	*MMCA 1-800-221-2221 *Salvation Army-Bath 443-3611 *General Assistance 443-4342	DHHS - Sagadahoc Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Bath Area Food Bank 737-9289 *Help Yourself Shelf- Wiscasset 882-7184 *Salvation Army-Bath 443-3611 *Wiscasset Food Pantry 882-9088 *General Assistance 443-4342 Call 2-1-1	2-1-1	Call Town Office
Westport Island	Lincoln	2-1-1	KVCAP 800-542-8227	*MMCA 1-800-221-2221 *Salv. Army Wisc. St.Philips 882-7184 *General Assistance 882-8477	DHHS - Lincoln Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Help Yourself Shelf- Wiscasset 882-7184 *Westport Helping Hands 882-8477 *Wiscasset Food Pantry 882-9088 *General Assistance 882-8477 Call 2-1-1	2-1-1	Call Town Office
Whitefield	Lincoln	2-1-1	KVCAP 800-542-8227	*CHIP 677-3450 *MMCA 1-800-221-2221 *Salv. Army Wisc. St.Philips 882-7184 *General Assistance 549-5175	DHHS - Lincoln Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Help Yourself Shelf- Wiscasset 882-7184 *St. Denis Whitefield Food Pantry 549-3672 *Wiscasset Food Pantry 882-9088 *General Assistance 549-5175 Call 2-1-1	2-1-1	Call Town Office
Wiscasset	Lincoln	2-1-1	KVCAP 800-542-8227	*MMCA 1-800-221-2221 *Salv. Army Wisc. St.Philips 882-7184 *General Assistance 882-8200 x103	DHHS - Lincoln Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Help Yourself Shelf- Wiscasset 882-7184 *Wiscasset Food Pantry 882-9088 *General Assistance 882-8200 x103 Call 2-1-1	2-1-1	Call Town Office
Woolwich	Sagadahoc	2-1-1	KVCAP 800-542-8227	*MMCA 1-800-221-2221 *Salvation Army-Bath 443-3611 *Woolwich Fuel Fund 442-7094 *General Assistance 442-7094	DHHS - Sagadahoc Co. 1-800-432-7802	MMCA 1-800-221-2221 or 442-7963	*Bath Area Food Bank 737-9289 *Help Yourself Shelf- Wiscasset 882-7184 *Salvation Army-Bath 443-3611 *Wiscasset Food Pantry 882-9088 *General Assistance 442-7094 Call 2-1-1	2-1-1	Call Town Office