



City of South Portland

Social Services

25 Cottage Road, South Portland ME 04106

Phone: (207) 767-7617 Fax: (207) 767-7620

Area Food and Non-Food List

South Portland General Assistance

25 Cottage Rd., South Portland, ME

(207) 767-7617

Monday-Friday 8:00am- 4:30pm

General Assistance assists eligible people who are in need and have nowhere else to turn. It can provide assistance with necessities such as rent, utilities, heating fuel, food, household/personal supplies, medications, and other essential services.

Department of Health and Human Services

(DHHS) To apply for benefits on-line go to:

www.maine.gov/mymaineconnection

Allows you to apply for Food Supplement (SNAP), Medical Assistance, Temporary Assistance for Needy Families (TANF), and Child Care

Food Resources

South Portland Food Cupboard

130 Thadeus St., South Portland

(207) 874-0379

Tues 10:30am- 12pm- Fresh bread and produce

Thur 8:30am- 11:30am- Weekly groceries

1st Wed 5pm- 6:30pm- Working families

2nd Wed- Grocery Delivery for shut-ins

The Hub

2 Townhouse Dr, South Portland

(207) 347-4194

Tues and Thur @ 1pm- Fresh produce and Bread

Life Essentials

51 Landry Circ, South Portland

(207)767-2127

Last Mon- 1:30pm- 3:30pm

Preble Street Resource Center: Food Pantry

252 Oxford St, Portland

(207)775-0026

Tues- Sat 1:30pm- 4pm

Project FEED

202 Woodford St., Portland

(207) 761-3920

Tues-Thur 1pm- 3pm*

*arrive By 2:45

Sacred Heart/ St. Dominic's Catholic Church

80 Sherman St, Portland

(207)773-7746

Tues 10am-11:30am

Sagamore Food Pantry

21 Popham St, Portland

(207)347-6125

Tue 10-11:30am

St Luke's Food Pantry

143 State St, Portland – Entrance on Park St.

(207)772-5434

Thur 9:30am- 11am

St Vincent de Paul Food Pantry

307 Congress St, Portland

(207)772-1113

Mon- Fri 11am- 12:30pm

Salvation Army Food Pantry

297 Cumberland Ave, Portland

(207)774-4127

Mon, Wed, Fri 9am-2pm

Stroudwater Christian Church Food Pantry

1520 Westbrook St, Portland

(207)772-2193

Sun 1pm-3pm

Wayside Mobile Food Pantry

(207)775-4939

1st Thur @11am – 81 Oxford St, Portland

2nd Thur @10:30am - 577 Washington Ave, Portland

3rd Wed @ 2pm- 17 Carleton St, Portland

4th Wed @ 12pm – 584 Westbrook St, South Portland

White Memorial Food Pantry

97 Allen Ave, Portland

207-797-4414

Thur 7:30am- 9am

WIC*

50 Lydia Ln, South Portland

(207) 553-5800

2nd and 4th Fri 8:30am- 4:30pm

*For pregnant women and children 4 and under only

Non-Food and Diaper Resources

Jewish Community Center*

1342 Congress St, Portland

(207)772-1959

aseigal@mainejewish.org

*Bi- Monthly diaper distribution. Call or email to receive information on pickup.

Life Essentials- Non-Food

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(207)767-2127

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2nd Wed- Grocery Delivery for shut-ins

St Elizabeth's Essentials Pantry

143 State St, Portland – Entrance on Park St.

(207)772-5434

*Tues 9:30am-11am

*Diapers first Tuesday only

St Vincent de Paul

307 Congress St, Portland

(207)772-1113

Fri 11am- 12:30pm