



If the federal shutdown has you worried about groceries, bills, or making ends meet, you're not alone—and help is here. Across York County and the state of Maine, local food pantries, emergency loan programs, and community services are ready to support you.

Immediate Relief

- **York County Community Action Corp (YCCAC):** Offers a variety of services and programming for York County residents from all circumstances, particularly in times of transition and adversity.

- **Community Resources and Referrals** – Our Outreach Program serves as an entry point and place to learn about local supports and connect to resources near you. Direct line to Community Outreach Workers: (207) 459-2899.
- **Heating and Energy Assistance** – Apply for programs to help with your fuel and heating needs. Direct line to Heating Assistance Program: (207) 459-2950.
- **Children and Family** – Families with children may be eligible for free, high-quality early childhood education and childcare through our Early Head Start or Head Start programs. Contact the Head Start Program: (207) 459-2963.

Pregnant women, infants and children up to age 5 may qualify for food and formula supplements, nutrition and breastfeeding support through our WIC program. To contact WIC clinic locations in Biddeford and Buxton, call: (207) 283-2402, for Sanford, Limerick and Kittery, call (207) 459-2942.

- **Health Care** – Nasson Health Care provides primary medical, dental, and behavioral health care with a sliding fee scale available to residents of York County and neighboring communities. Health programs also include Maine Enrollment Assistants for the Marketplace and transportation to medical appointments and cancer care. Contact Nasson Health Care: (207) 490-6900.
- **Transportation** – Various options to provide you with reliable transportation and the ability to get you where you need to go – work, shopping, school, medical appointments and other services. Contact the Transportation Department: (207) 459-2932.

Locations: 6 Spruce St, Sanford/357 Elm St, Biddeford/22 Shapleigh Rd, Kittery

Hours: 8:00am – 5:00pm

Contact: For General Questions/Information, Agency Reception: (207) 324-5762

- **General Assistance Offices:** Contact your town's GA office to get immediate help with rent, utilities, fuel, food, medications, and children's necessities. Special eligibility determination during times of emergency or crisis.

Location: Your Town/City Hall

Hours: varies by location

Contact: Visit your local Town/City website for contact information or call **211** to locate your GA office.



Financial Needs

- **State of Maine Unemployment:** Provides temporary, partial wage replacement to workers who are unemployed through no fault of their own.

Apply: <https://www.maine.gov/unemployment/>
Contact: 1-800-593-7660
- **Office for Family Independence (Maine DHHS / OFI):** Apply for benefits to help with food, income and health insurance. Applications for SNAP, TANF, MaineCare, etc., are available through DHHS.
Apply: <https://www.maine.gov/dhhs/ofl/programs-services>
Contact: 1 (855) 7974357, Mon–Fri 7:00 AM–4:00 PM
- **United Way 2-1-1 Maine:** Statewide referral line for basic needs: food banks, utility and rent assistance, shelters, clothing, household goods, transportation, etc. Learn more: 211maine.org
Contact: Dial **211**, or **text your zip code to 898211**

Federal Employees Relief

- **Government Shutdown Loan Guarantee Program (LD 874):** Up to **three no-interest loans**, each equal to monthly take-home pay (max \$6,000), for federal/state employees during shutdowns lasting 7+ days.

Federal and state employees should contact their financial institutions to see if they are participating in the loan program. Some financial institutions may have specific applications on their websites for interested lenders.
- **FEEA (Federal Employee Education & Assistance Fund):** \$150 micro-grants for essentials (groceries, gas, diapers). Eligible Federal employees are those who are furloughed or excepted, with salaries less than or equal to \$59,999 (or \$75,000 for NARFE members).

Apply: feea.org/shutdown
- **Maine Unemployment Guide for Federal Workers:**
<https://www.maine.gov/unemployment/docs/2025/federalworker/MaineUIGuideforFederalWorkers.pdf>
- **Federal Employee Benefits – General Support Guide:** <https://febabenefits.org/blog/how-to-survive-government-shutdown-federal-employee/>



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Health and Wellbeing Supports

- **Be There for ME** - Be There for ME is for all parents and caregivers in Maine, and the people who support them. Finding support can be hard and take time. Make that first step today, even if you're not sure where to go. Be There for ME offers resources that are judgement-free and offer a place to start to find support. FMI: www.bethereforme.org
- **NAMI Helpline:** The National Alliance on Mental Illness (NAMI) operates a helpline that provides support and information. It can be reached by calling 800-950-6264, texting "NAMI" to 62640, or emailing helpline@nami.org.

Town	Food Resource	Residency Requirement	Hours	Address	Phone Number	Website
All of York County	York County Food Pantry	All York County Residents	Tue & Fri, 12 PM – 3 PM	5 Swett's Bridge Rd, Alfred, ME	(207) 459-2490	
Acton	Acton Food Pantry	Acton Residents Only	1st Monday of each month 10:00am-11:00am and 4:00pm-6:00pm	59 H Rd, Acton	(207) 536-8709	
Alfred	York County Shelter Programs	All Are Welcome	Tues and Fri 12:00pm-3:00pm	5 Swetts Bridge Rd, Alfred	(207) 324-1137	
Biddeford	Biddeford Food Pantry	Biddeford residents and surrounding community	Tues, Wed, Thurs 9:00am-11:00am	162 Elm St, Biddeford	207-282-4771	https://www.biddefordfoodpantry.org/
Biddeford (YouthFull Maine Program)	Biddeford High School	All Are Welcome	3rd Wed 10:00am - 12:00pm	Rotary Park, 550 Main St, Biddeford		https://www.facebook.com/YouthFullME
Buxton	Buxton Community Cupboard	Buxton residents only	Fri 9:30am-10:30am and 1st Sat of the month 9:00am-10:00am	938 Long Plains Rd, Buxton	(207) 929-6767	
	Buxton Food Co-op	Buxton residents only	Mon, Wed, Fri, Sat 9:00am-10:00am	262 Haines Meadow Rd, Buxton	(207) 929-8806	
Dayton (YouthFull Maine Program)	Dayton Town Hall	All Are Welcome	1st Thur 2:00pm-3pm	33 Clarks Mills Rd, Dayton		https://www.facebook.com/YouthFullME
Eliot	Eliot Neighbors Food Pantry	All Are Welcome (call for appointment)	Thurs 9:30am-12:00pm and 5:30pm-6:30pm	912 Harold L Dow Hwy, Eliot	(207) 748-1248	https://eliotbaptistchurch.com/neighbors-food-pantry
Hollis	Hollis Center Church Food Pantry	Hollis residents only or church affiliates	Place order Tues, pick up Thurs 10:00am-11:00am	388 Hollis Rd, Hollis	(207) 929-4711	https://holliscenterchurch.org/foodpantry
Kennebunk	Community Outreach Services	Kennebunk, Kennebunkport, and Arundel residents only	Mon 12:00pm-2:00pm, Tues & Thurs 3:00pm-5:00pm, Fri 9:00am-12:00pm	19 Park St, Kennebunk	(207) 985-3844	https://coskennebunks.org/
Kittery	Footprints Food Pantry	All Are Welcome	Mon 9:00am-11:00am, Tues 10:00am-1:00pm & 5:00pm-7:00pm, Wed 2:00pm-6:00pm Thurs 10:30am-1:30pm, Fri 10:00am-1:00pm	22 Shapleigh Rd, Kittery	(207) 439-4673	www.footprintsfoodpantry.org
Limerick	Limerick St. Matthews Food Pantry	Surrounding Areas only	Tues 10:00am-12:00pm, 1st Mon of the month 6:00pm-7:00pm	19 Dora Ln, Limerick	(207) 793-2244	https://stmatthewlimerick.org/food-pantry
Limington	Limington Orthodox Presbyterian Church		2nd Sat of the month, 9:00am-11:00am	302 Sokokis Ave, Limington	(207) 637-2061	https://www.limingtonopc.org/food-pantry

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North Berwick	North Berwick Food Pantry	Surrounding Areas only	Mon 3:30pm-5:30pm	77 High St, North Berwick	(207) 606-4581	https://northberwickfoodpantry.com/
Old Orchard Beach	United Methodist Church	Residents Only	Mon & Wed 9:00am-11:00am	6 Fountain Ave, Old Orchard Beach	(207) 934-5553	https://www.oobumchurch.org/programs/food-pantry/
	Community Food Pantry And Center	Residents only - proof of residency required	Mon 2:00pm-6:00pm, Tues & Thus 9:00am-12:00pm	155 Saco Ave, Old Orchard Beach	(207) 937-8904	https://www.oobcommunityfoodpantry.org/
Parsonsfield (YouthFull Maine Program)	at the Town Hall	All Are Welcome	3rd Thur 3:00pm-4:00pm	634 N Rd, Parsonsfield		
Saco	Saco Food Pantry	Residents Only	Mon-Fri 9:00am-10:30am and 1 st Tues of the month 5:00pm-6:30pm	67 Ocean Park Rd, Saco	(207) 468-1305	https://www.sacofoodpantry.org/about.html
	Saco Meals Program at the Most Holy Trinity Church	All Are Welcome	Monday and Thursday Doors open at 4:15, with meals starting at 4:45pm, all are welcome	271 Main St, Saco	(207) 282-3321	https://sacomeals.org/
Sanford	St. George Church Little Free Pantry	All Are Welcome	24/7 and Baby Blessings Box the 4th Sat of the month	3 Emerson St, Sanford --> to the left of sanctuary doors	(207) 324-8119	https://stgeorgesanford.org/little-free-pantry/
	Curtis Lake Church	All Are Welcome	Wednesdays 6:00pm-7:00pm	38 Westview Dr, Sanford	(207) 324-0652	https://curtislake.org/ministries/community-meals
	New Beginnings Christian Church	All Are Welcome	Every Thursday 5:00pm-6:00pm	181 Grammar Rd, Sanford	(207) 850- 1122	
	It Takes a Village 207 - Indoor meals	Unhoused Community Only	Every Wednesday 2:00pm-3:00pm	4 Emerson St, Sanford, ME -> to the left of sanctuary doors	(207) 332-7065	Facebook page - It Takes a Village 207
	St. Therese Food Closet	All Are Welcome	Thus 12:00pm-2:00pm	66 North Ave, Sanford	(207) 324-2420	
	The Corner Cupboard- Non Food Items (Sanford Unitarian Universalist Church)	All Are Welcome	3rd Sat of the month 10:00am-12:00pm	5 Lebanon St, Sanford	(207) 324-3191	https://www.sanforduuchurch.org/the-corner-cupboard/
	Salvation Army		Posted on sign on door or call ahead	871 Main St, Sanford	(207) 324-3134	
	Sanford Backpack Program - in each of the Sanford Schools	Students enrolled in Sanford Schools - Students may access this food resource through each school by contacting their Teachers or Guidance Counselors, School Nurses or Principals				http://sanfordstrong.org/programs/sanfordbackpackprogram/
	Sanford High School	Sanford High School Students and Staff Only	Thus 12:30pm-2:30pm	100 Alumni Blvd, Sanford		
	Sanford Middle School		Every Thursday at dismissal time			

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Shapleigh	Shapleigh Food Pantry	All Are Welcome	Wed 5:00pm-6:30pm	600 Shapleigh Corner Rd, Shapleigh	(207) 636-1662	
South Berwick	South Berwick Community Food Pantry	Residents Only	Thurs 6:00pm-7:30pm and 1st & 3rd Fri of the month 10:00am-11:30am	47 Ross St, South Berwick	(207) 384-4324	https://www.sobocentral.org/foodpantry.html
Waterboro	Waterboro Community Food Pantry	Residents Only	1st Tues of the month 4:00pm-7:00pm and every other Tues 1:00pm-4:00pm	26 Townhouse Rd, Waterboro	(207) 247-7789	
Wells	St. Mary's Ecumenical Food Pantry	All Are Welcome	Wed 5:30pm-6:30pm, Thurs 1:00pm-3:00pm	236 Eldridge Rd, Wells	(207) 646-5605	
York	York Community Services Association Food Pantry	All Are Welcome	Wed & Thurs 10:00am-1:00pm	855 US Rt 1, York	(207) 363-5504	https://www.ycsame.org/food-pantry
Maine Harvest Bucks	To find location near you, visit website	SNAP/EBT households				https://www.maineharvestbucks.org/