

## DISTRICT RESOURCES:

Adult Education – GED program, Continuing education and career counseling. 247-3141 ext. 2205

Alcohol and Drug Counselor - Janis Johnson MHS - 247-3141 ext. 2255

Food Service - Free and Reduced Meal forms and information. 247-3141 ext 2257

Law Enforcement - Resource Officer - MHS - 247-3141 ext. 2213

Outreach Services Coordinator/Homeless Liaison – Assistance and resources to students and families experiencing housing transition or loss. MHS – 247-3141 ext. 2213 or ext. 2210

Sweetser Agency Counselors – Present in each building. Available for student and family counseling. Accept Mainecare and private insurance. Contact your school's main office.

## COMMUNITY RESOURCES:

### AREA FOOD PANTRIES:

Shaker Hill: 140 Shaker Hill Road Alfred, ME – 04002 207-324-1137....Pantry hours: Mondays through Fridays 1:00 - 4:00 pm

St Stephen's Food Pantry: 424 Sokokis Trail (Rt. 5), East Waterboro, ME - 04030 207-625-8460.....Pantry hours: Wednesdays 2 - 4 pm

St Matthew's Food Panty: 19 Dora Ln. Limerick, ME - 04048 207-793-2244.....  
Pantry hours: 1st Monday: 7 - 9 pm, 1st and 3rd Tuesdays, 2nd Friday: 10 am - 12pm

Morning Star Food Pantry: 143 Washington St., Limerick, ME - 04048 207-793-8444 ....Pantry hours: Wednesdays 6 - 7 pm

Limington Congregational Church:... 302 Sokokis Ave., Limington, ME - 04049 207-637-2061 Food Pantry Location: 5.13 miles from Limerick.....Pantry hours: By appointment...

Riverside UMC Food Pantry: 5 School St., Cornish, ME - 207-625-4324 Food Pantry Location: 7.12 miles from Limerick....Pantry hours: 1st and 3rd Friday of every month: and 8:30 - 10 am...

Salvation Army Food Pantry 934-4381 Open Mondays- Fridays 1-3 P.M. Serving the residents of OOB, Saco and Biddeford 2 Sixth(6th) Street, Old Orchard Beach

Friends of the Community Action Food Pantry -282-4771 Tuesday, Wednesday, and Thursday 9:00 -11:00 A.M. . 162 Elm Street, Biddeford

Stone Soup Pantry -183-0055 Monday 10-11 A.M. & Wednesday 10:30-11:30 A.M. 180 Main Street Lower Level, Biddeford. Mostly produce and bread products, some furniture & clothing when available.

Meals on Wheels - 1-800-427-7411 Meals delivered to seniors & shut-ins only Call for more information

**Hot Meals:**

Salvation Army Old Orchard Beach -934-4381 Tuesday, Thursday, Friday at noon #2 Sixth (6th) Street, OOB

Bon Appetite Meals Program -283-0380 Monday- Friday 4:30- 5:30 Second Congregational Church 19 Crescent Street, Biddeford, ME

**CLOTHING AND FURNITURE**

Open Hands, Open Hearts - 286-9939 Free children's clothing 67 Ocean Park Road, Saco (behind Saco Food Pantry) Saturday 10:00-12:00

ST. Vincent de Paul Rummage Sale -#282-9352 St James Hall (use South Street entrance) Biddeford Clothing sale during school months Open Wednesdays 12:30-2:30 P.M. Personal Toiletry Items

In A Pinch, Christ Episcopal Church -283-1783 18 1/2 Crescent St (35 South Street entrance), Biddeford Second & Fourth Tuesday of each month 4-7 PM , one visit per month, up to eight times per year.

**MEDICAL ASSISTANCE:**

Goodall Urgent Care... 10 Goodall Dr Waterboro, Maine 04087 207-490-7760

Sacopee Valley Health Center - 70 Main St Porter, ME 04068 (207) 625-8126

DHHS – Sanford – Application for medical coverage (Mainecare/Cubcare)  
890 Main Street, Suite 208, Sanford, ME 04073 , 490-5400 or 1-800-482-0790

**HOUSING AND HEATING ASSISTANCE:**

York County Community Action - 6 Spruce Street, P.O. Box 72, Sanford, ME 04073  
Hours: M-F, 8am-5pm Phone 207-324-5762

General Assistance – Available through you local Town Hall

**JOB ASSISTANCE:**

York County Career Center – Resume assistance/ Job searching resources –  
9 Bodwell Ct., Springvale Me 04083 207-324-5460 Hours: M-F 8am-5pm