



# Bringing Food Home



This is the quarterly newsletter for Healthy Lincoln County's food security initiatives.  
*Our mission is to help all families access healthier foods.*

## Welcome!



### Food Security Programs



Nutrition Education



Summer Meals Program



Share Table Program



Food Security Community Connector

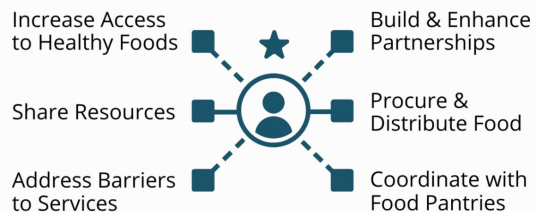
We have had a busy first quarter of 2022, with all of our food security programs in full swing. Lindsey Williams, our SNAP-Ed Nutrition Educator, planned her return to in-class teaching at local schools. Our Summer Meals Coordinator, Lee Emmons, coordinated a successful food drive and mini-pantry pilot while planning for the upcoming summer meal program. Jess Breithaupt, our Food Security Community Connector, implemented systems and processes to better coordinate the local food system. We're all excited to share our program updates with you, and look forward to collaborating with all of our community partners as the weather warms and the planting season begins.

## What's New at Healthy Lincoln County?

### Food Security Community Connection

Creating and sharing resources has been a large focus of Jess's role over the past few months. Since January, she has been creating food pantry calendars, and working with community partners to promote their various food security programs and resources, which are sent to an email distribution list each month. She also manages a weekly newspaper column in the Lincoln County News, titled "Bringing Food Home", which outlines local resources such as share tables, food pantries, school based backpack programs, farmers markets, and more.

Jess also works directly with referrals through the food security hotline, where she helps callers apply for food benefits, provides information on local food pantries, and arranges the transport of food, blankets, and toiletries. For more information



contact her at 207-975-6201, or by e-mail at: [jbreithaupt@healthylincolncounty.org](mailto:jbreithaupt@healthylincolncounty.org).

### "Bringing Food Home" Newspaper Column



### Monthly Email w/Resources

**MARCH 2022** **FOOD PANTRY SCHEDULE**

Day	Location	Time
Monday	South Bristol Elementary School	10:00 AM - 12:00 PM
Tuesday	Coastal Kids Preschool	9:00 AM - 11:00 AM
Wednesday	Great Salt Bay Community School	10:00 AM - 12:00 PM
Thursday	Prescott Memorial School	10:00 AM - 12:00 PM
Friday	Skidompha Library	10:00 AM - 12:00 PM
Saturday	Thomaston Public Library	10:00 AM - 12:00 PM

**It is OK to ask for help**

For a complete list of agencies, please visit our website at [www.lincolncounty.org](http://www.lincolncounty.org). For more information, please contact the Food Pantry Coordinator at [lee@lincolncounty.org](mailto:lee@lincolncounty.org) or call 207-563-6658.

## School Based Pantries



Over the past few months, Lee has piloted a program which helps local schools and libraries start mini-pantries. These pantries offer snacks as well as nonperishable food items. At the present time, HLC is supporting six of these pantries. Participating schools include: South Bristol Elementary School, Coastal Kids Preschool, Great Salt Bay Community School, and Prescott Memorial School. Skidompha Library and Thomaston Public Library also host pantries that are accessible to the public during the week.

Each school year, HLC will work with a new group of schools, especially those without existing food programs. We intentionally partner with smaller schools, peninsula schools, and schools that host students from a number of different towns. Every school-based pantry has a steward who is responsible for restocking and promoting the pantry. HLC provides the food as well as helps connect the pantry steward to other resources.

HLC is looking for school partners for the 2022-2023 school year. If you're interested in learning more or starting a pantry at your school, please contact Lee via email at: [lemmons@healthylincolncounty.org](mailto:lemmons@healthylincolncounty.org) or call 622-7566, ext. 236.

## SNAP-Ed Nutrition Education Update

March began a new SNAP-Ed. class for students grades K-3 at Jefferson Village School. Maine SNAP-Ed. (Supplemental Nutrition Assistance Program- Education) coordinator, Lindsey Williams, will visit the school once a month for the remaining 3 months of school to teach an evidence-based curriculum that focuses on picking a healthier snacks such as fruits and vegetables.

During these 30 minutes lessons, students learn about the fruit or vegetable of the month, taste test it, and spend some time doing physical activity. Students have the opportunity to learn about where fruits and veggies grow, how they grow, and explore it using their five senses.

For more information about this program, or upcoming classes, contact Lindsey via email at: [nutrition@healthylincolncounty.org](mailto:nutrition@healthylincolncounty.org).



## Meals for Neighbors-in-Need

Kieve-Wavus Education has continued to make delicious meals for the community, through collaboration with Healthy Lincoln County, the Wiscasset Help Yourself Shelf Pantry, and the Jefferson Food Pantry. Lee Giberson, the head chef at Camp Kieve, plans meals around the bulk food available at the Wiscasset pantry. Diane Impallomeni and the crew at the Camp Wavus kitchens joined the initiative in February, making meals for the Jefferson pantry and for individual families in need.

Additionally, the kitchens at both camps donate



surplus food to local pantries, and process difficult to prepare vegetables, such as squash and cabbage, into shredded or cubed varieties that are easier to cook with. For more information on this initiative, please reach out to Jess via email at: [jbreithaupt@healthylincolncounty.org](mailto:jbreithaupt@healthylincolncounty.org)

## Food Drives

Earlier this year, HLC hosted a Snacks for Students Drive that collected over 500 pounds of food for our school pantries and community partners. Donated items included granola bars, pretzels, apple sauce, popcorn, fruit snacks, and other delicious goodies.

Rising Tide Co-op in Damariscotta was one of our partners in this food drive. The staff identified healthy snacks across the store, created an ordering form for in-store purchases, and offered the snacks at a significant discount for customers. Students from Wiscasset to Washington received these generous community donations. Given the success of the drive, we intend to make Snacks for Students an annual event.



## The Data Corner

It's been a busy start to the year, and we are thrilled to share with you our metrics over the last quarter, which involved numerous collaborations, deliveries, and distributions of food to our community partners and members.

[Kieve-Wavus Education](#) has prepared over 2,200 meals for the Wiscasset and Jefferson food pantries, which HLC helps transport weekly. In addition to meal deliveries, HLC completed an additional 108 food and supply drop-offs.

51 of the deliveries were made to people's homes, 13 deliveries were for emergency food and supply needs, and another 49 were boxes of produce for our partners at [LincolnHealth](#), [Caring for Kids](#), [Morris Farm](#), [Faith Baptist Church](#), and the community of Southport. In total during the last quarter, Healthy Lincoln County was able to acquire and distribute 5,222 pounds of food from [Midcoast Hunger Prevention Program](#) donations, gleaned sources, and the HLC Snacks for Students Drive.

### What's been on our plate?



**2,203 meals** prepared and delivered to food pantries.



**108 deliveries** of meals, food staples, and supplies.



**5,222 pounds** of food collected and distributed.



## We Need YOU.

[CLICK HERE to fill out our volunteer form.](#)

The Lincoln County Gleaners Grow-A-Row program is back for a third year! The Grow-A-Row program is

made up of Lincoln County backyard farmers and gardeners who plant a few more vegetables than what they need so that they can help fill our share tables throughout the summer. It's building a model that works best for you! You might like to participate and donate vegetables when you have more than you anticipated or can use, or maybe by growing a specific row or bed of veggies for the program. As you start your seedlings this year and begin to dream about your garden, keep Grow-A-Row in mind and add a few spare vegetables in your space to give to the Gleaners! Please contact Larissa at [lhannan@healthylincolncounty.org](mailto:lhannan@healthylincolncounty.org) to learn more about the Grow-A-Row program!

## Shareable Resources

### Tutorial Videos

Larissa Hannan, Substance Misuse Prevention Coordinator at HLC, has been assisting with the Gleaners initiative by filming videos. Check out her latest video on creating your own sprouts!



# APRIL showers BRING MAY flowers FOOD DRIVE

April 25th through June 1st



We understand food and household items have become increasingly more expensive. We invite you to donate in support of our partners in the Wiscasset area, if you're able.

### What's needed:

Snacks: whole grain granola bars and crackers, yogurt, cheese sticks, fruit snacks, pretzels, popcorn, pudding, applesauce and other fruit/vegetable pouches, raisins, trail mix, dried fruit,

Pantry Staples: rice, pasta, canned soup, baby food, pet food, coffee, kids cereals

Cleaning & Hygiene: personal care items, laundry detergent, cleaning products

Condiments: jelly, ketchup, mustard, relish, mayo

### Two ways to donate:

1) Drop off at:

Healthy Lincoln County  
281 Main Street in Damariscotta

2) Contact Lee Emmons

lemmons@healthylincolncounty.org  
207-622-7566 x236



APRIL 2022

## FOOD PANTRY SCHEDULE

SUN MON TUE WED THU FRI SAT

### Food Pantry Locations & Phone #:

Alna- 1574 Alna Rd.; 586-5313

Boothbay- 125 Townsend Ave.; 350-2962

Jefferson- 72 Gardiner Rd; 315-1134

New Harbor- 6 S. Side Rd; 529-2501

Newcastle- 51 Main St; 563-1311

Waldoboro- 124 Friendship Rd; 520-5100

\*The Waldoboro pantry also serves Bremen & Nobleboro

Whitefield- 150 Grand Army Rd; 549-7014

Wiscasset- 12 Hodge St; 882-7184

### "Help Yourself" Free Food Stands:

Bristol: Located outside the Bristol Mills & New Harbor Fire Stations.

Damariscotta: Located in the Watson Center main lobby on the Miles Memorial hospital campus, and at Main Street Grocery.

Wiscasset: Located at the Morris Farm, at 156 Gardiner Road.

Do you need help finding food resources? Call the food security hotline: 207-563-6658									
						1 Boothbay 11-1 Whitefield 10-2		2 New Harbor 9-10	
3	4	5 Newcastle 930-11 Waldoboro 12-3	6 Alna 3-5	7 Wiscasset 330-530	8 Boothbay 11-1	9 New Harbor 9-10 Whitefield 10-12			
10	11	12 Newcastle 930-11	13 Alna 3-5 Jefferson 4-530	14 Wiscasset 330-530	15 Boothbay 11-1	16 New Harbor 9-10 Whitefield 10-12			
17	18	19 Newcastle 930-11 Waldoboro 12-3	20 Alna 3-5	21 Wiscasset 330-530	22 Boothbay 11-1	23 New Harbor 9-10 Whitefield 10-12			
24	25	26 Newcastle 930-11	27 Alna 3-5 Jefferson 4-530	28 Wiscasset 330-530	29 Boothbay 11-1	30 New Harbor 9-10 Whitefield 10-12			

Are you over 60?



You may be eligible for a monthly food box filled with pantry staple items.

Call Dawn at Spectrum Generations to sign up!  
207-563-1361, ext 1

## Food Security Hotline

It is OK to ask for help

If you are struggling to afford groceries, please call our hotline and leave a message with your information. We can deliver emergency food boxes, help you apply for food benefits, and get you in touch with food pantries and other programs.



Lincoln County Food Hotline

**207-563-6658**

Healthy Lincoln County  
281 Main Street | PO Box 1287 | Damariscotta, ME 04543  
(207) 563-1330

