Help Getting Food

Programs that may help Westbrook residents get food.

If money is tight, you do not have to go hungry. Some help is free for anyone. Some depends on your income. Start with the step that fits you.

Need food today?

Dial 211 any time to find food near you, or text your ZIP code to 898-211.

Life-threatening emergency?

Call 911.

Who may qualify

Pantries and food maps are open to anyone. SNAP and WIC have income limits. Meals on Wheels is for older adults who need help getting meals.

Not sure if you qualify? Apply anyway. The program will tell you.
Last checked Oct 16, 2026.

Follow these steps

STEP 1

Need food now?

Free food, no income check | 5 programs

FREE FOOD IN WESTBROOK

Westbrook Community Food & Resource Center

[Tuesdays, 11 a.m. to 1 p.m.]

The city’s volunteer food pantry at the Westbrook Community Center. Open every Tuesday from 11 a.m. to 1 p.m.

First time? Bring proof you live in Westbrook, like a utility bill or rent bill. Hours can change, so call if you are not sure.

Call: 207-591-8147

Official page: westbrookmaine.gov/292/Westbrook-Community-Food-Resource-Center

Source: westbrookmaine.gov: Community Food & Resource Center. Last checked Oct 16, 2026.

FREE FOOD IN WESTBROOK

Vineyard Church Food Pantry

[Fridays, 5:45 p.m.]

A church pantry at 715 Bridgton Road. Food is handed out on Fridays starting at 5:45 p.m. It serves Westbrook and Portland residents who live west of Riverside.

Arrive by 5 p.m. and line up in your car. Hours can change, so call the church office if you are not sure.

Call: (207) 854-8339

Official page: waysidemaine.org/surroundingtownswestbrook

Source: Wayside Food Programs; times confirmed by a pantry coordinator, Oct 16, 2026. Last checked Oct 16, 2026.

FREE FOOD IN WESTBROOK

The Locker Project at Walker Memorial Library

[First Thursday, 11 a.m. to noon]

Free fresh food for anyone to take home, on the first Thursday of each month in the library's Youth Program Room. Next visits: Nov. 5 and Dec. 3.

Bring a bag or box if you can. Dates can change, so check the City calendar or call the Locker Project.

Call: (207) 899-9540

Official page: westbrookmaine.gov/Calendar.aspx?EID=3650

Source: westbrookmaine.gov: Locker Project event. Last checked Oct 16, 2026.

FIND FOOD NEAR YOU

Good Shepherd Food Bank: Food Map

[Open to anyone]

A map of pantries, meal sites and other food help across Maine. It includes a mobile pantry called the Food Mobile.

Open the official page and choose the Food Map. Check hours with each place before you go.

Official page: gsfb.org/get-help

Source: gsfb.org: get help. Last checked Oct 16, 2026.

ANYONE

211 Maine

[Open to anyone]

A free help line that can point you to food and other help near you.

You can also text your ZIP code to 898-211.

Call: 211

Official page: 211maine.org/?p=1431

Source: 211maine.org. Last checked Oct 16, 2026.

STEP 2 Want help every month?

Money for groceries | 1 program

FOR ALL RESIDENTS

SNAP (Food Supplement)

[Income limit applies]

Money on a card (EBT) each month to buy groceries. The limit depends on how many people are in your home.

Apply online, by phone or at a state office. The state has 30 days to decide, and you will have an interview. Over the limit? Some households still qualify, so you can apply anyway. Phone lines are open Monday to Friday, 7 to 4.

Call: 1-855-797-4357

Official page: maine.gov/dhhs/ofi/programs-services/food-supplement

Source: maine.gov: SNAP (Food Supplement). Last checked Oct 16, 2026.

STEP 3 Expecting, or have a child under 5?

Food and nutrition help | 1 program

FAMILIES WITH YOUNG CHILDREN

WIC

[Income limit applies]

Food, nutrition help and breastfeeding support for people who are pregnant or breastfeeding, and for children up to age 5.

If you get MaineCare, SNAP or TANF, you already meet the income rule. Use the form on the official page, or call the Cumberland County WIC office (The Opportunity Alliance) at 207-553-5800 and staff will set up a visit.

Call: 1-800-437-9300

Official page: maine.gov/dhhs/mecdc/healthy-living/wic

Source: maine.gov: WIC. Last checked Oct 16, 2026.

STEP 4

Age 60 or older?

Meals and food for older adults | 3 programs

FOR SENIORS

Meals on Wheels

[No income limit]

Meals brought to your home by the Southern Maine Agency on Aging. It is for people age 60 and older who are mostly homebound and cannot easily make meals.

A $3.50 gift per meal is suggested. No one is turned away if they cannot pay. Fill out the online form or call. The page says it serves York and Cumberland counties.

Call: 1-800-427-7411

Official page: smaaa.org/services-for-older-adults/nutrition/meals-on-wheels

Source: smaaa.org: Meals on Wheels. Last checked Oct 16, 2026.

FOR SENIORS

Commodity Supplemental Food Program (CSFP)

[Age 60+, income limit applies]

Free USDA foods each month to add to a senior's groceries.

Wayside Food Programs handles sign-ups for Cumberland County, including Westbrook. Call or use the form on their site. Income limits change each year, so ask when you call.

Call: (207) 775-4939

Official page: maine.gov/dacf/ard/food-assistance/supplemental-food.shtml

Source: maine.gov: supplemental food programs. Last checked Oct 16, 2026.

FOR SENIORS

Community Cafes

[Call to ask who can come]

Lunches with other people, run by the Southern Maine Agency on Aging in York and Cumberland counties.

Ask which cafes are close to Westbrook, and what days they meet.

Call: 1-800-427-7411

Official page: smaaa.org/services-for-older-adults/nutrition

Source: smaaa.org: nutrition. Last checked Oct 16, 2026.

STEP 5

Last stop

Only when other programs are not enough | 1 program

LAST RESORT

Westbrook General Assistance

[Based on your 30-day budget]

City help for basic needs when other programs are not enough. Appointment only, no walk-ins.

Based on income for 30 days at a time. You must apply to other programs first.

Call: 207-591-7015

What to expect at General Assistance: westbrookcurrents.com/help/general-assistance

Official page: westbrookmaine.gov/194/General-Assistance

Source: westbrookmaine.gov: General Assistance. Last checked Oct 16, 2026.

The newest version is always on the website.

Scan the code, or visit westbrookcurrents.com/help/food. Phone numbers, rules and dates can change, so check the website before you go.

This guide was made on Nov 5, 2026. Each program shows the date we last checked it.

Please check before you apply.

We worked hard to get this right, but programs, phone numbers and dates change. Check each program or its official page first. Westbrook Currents is independent. It is not run by the City of Westbrook or any agency listed here.

See something wrong? Tell us at westbrookcurrents.com/feedback and we will check it.