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# Survey of Food Insecurity Among Enrolled Students at the University of Maine at Machias

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Survey of Food Insecurity Among Enrolled Students at the University of Maine at Machias

Jesse Gray and Jessalyn Gove

University of Maine at Machias

SSC 420: Research Methods

Lois-Ann Kuntz & Marianne Thibodeau

December, 2018

Author Note

This study was conducted in collaboration with community partner Regina Grabrovac, Food Programs Manager for Washington County for Healthy Acadia.

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### Author Bios

Jesse Gray is a student at the University of Maine at Machias majoring in Psychology and Community Studies, where he plans on volunteering for a Department of Health and Human Services position in order to gain experience working with people and in problem solving. He spent a lot of his time playing for the UMM Basketball team the past two years. Gray plans on using his psychology degree to commission in the United States Air Force and pursue further education.

Jessalyn Gove is a student at the University of Maine at Machias majoring in Psychology and Community Studies, where she is a member of a research team of students studying the food insecurity with campus students. She was also a member of the UMM ladies basketball team. Gove plans to pursue a master's degree in counseling.

### Abstract

Students at the University of Maine at Machias (UMM) in the Psychology and Community Studies program conducted a survey to research on food insecurity at UMM. The survey was based off of 3 past surveys. The past research showed that food insecurity is a problem in Washington County and with UMM students. It was shown how often those who struggle with food insecurity struggle with the problem per week. It also showed how aware individuals are of the struggle of others. The current survey was sent out via email to an estimated 600-650 students and 80 responded. Receivers of the survey were online, off campus or on campus students. Flyers were created and hung around the UMM campus to attract more attention to the cause. The survey consisted of questions about demographics, Washington County food pantries, barriers, and awareness of both the problem of food insecurity and surrounding food pantries. Respondents were mostly from a 18-25 age range, but some did not fit this range. There was both male and female respondents. Of the respondents about half had experienced or were currently food insecure. It was found respondents wished for more non-food products such as hygiene products at food pantries. Preferences to what people would take from what pantries offered was collected. There was also data collected of what people would not take from food pantries. Results found many people that are not food insecure are receiving Food Supplement benefits, such as, SNAP benefits. The data and recommendations will be used to improve this problem among UMM students.

*Keywords:* Food, Insecurity, Pantries

Survey of Food Insecurity Among Enrolled Students at the University of Maine at Machias

The purpose of this study was to determine the number of UMM college students that are dealing with food insecurity issues. From a past food insecurity survey distributed by UMM's Food Recovery Network (University of Maine Cooperative Extension, 2017) of 34 respondents we learned that for 49% there had been a time where they had not had enough food. From the same survey, we also learned that for the same respondents 23% their food supply had been inadequate 3-5 times per term. During their time at UMM 69% had stated they had been aware of another student struggling with food insecurity.

According to Gale (2018), food insecurity refers to, a limited access to a supply of safe and nutritious food. How does food insecurity among students equate to their success in the classroom? Cady (2014) reported that food insecurity affects more than just student success. It also affects both a student's wellbeing and a community's well being. Food insecurity is an important topic because it has proven to affect college students performance negatively in the classroom. Money and paid work can prove to be difficult to have access to in college due to the busy schedules college students have. Relatedly, many students have to make sacrifices on what they can and cannot have. There are cases where students must sometimes pick between buying school supplies such as books, pencils, and paper over buying food. College students often have to take out loans and rely heavily on the community around them for support. Not being able to afford enough food is one of the issues that a college student could find themselves in when trying to further their education. Schmalz (2018) supports this when he explained, it is not that students do not know how to manage their money but that they are already on a very tight budget. College leaders need to be aware of red flags, such as, missed deadlines or failed tests. Students can be so physically drained but still not get sleep due to being so hungry. Food insecurity is not just skipping a meal, it is not knowing where your next meal is coming from.

Could free or reduced meals be a solution colleges could try? Would more advocacy for students struggling with food insecurity help? According to Cady (2016), food insecurity could partly be caused by higher education costs. While food pantries are open to the public, there are still many people struggling to access these pantries due to barriers. Barriers cause many people to continue to have limited to no access to adequate food. The barriers individuals face are transportation, awareness, hours of operation, weather, etc. As stated by Martinez, Brown, and Ritchie (2016) factors that contribute to food insecurity included limited food access, limited campus resource, lack of socio-demographic information, not enough awareness, prevention, or coping strategies. Waston, Malan, Glik, and Martines (2017) claim campus food plans are not meeting students needs and campuses don't provide enough commitment to the cause. Wood and Harris (2018) explain multi-ethnic students are more likely to experience food insecurity because culturally appropriate food choices or other dietary options are not provided. This proves to be a problem because ethnic students already have a harder time. This is due to the little support and community outreach. According to Blumenstyk, (2018) only an estimated 18% of college students would be eligible for, Supplemental Nutrition Assistance Program, or SNAP and only 3% would receive it. This could be due to students being afraid to reach out for help, feeling like others need it more or not being aware that help is out there.

## **Methods**

### **Participants**

In our study, between 600 and 650 students received this survey via email. We had 80 responses with 2 not collected due to respondents being under 18 years old. The response rate was an approximate 8% - 13%. The majority of our respondents were between the ages of 18-25 with the total being approximately 56.4%. The overall number of responses breaks down this way; 20 seniors; 17 juniors; 15 sophomores, 23 first years, and 1 early college student. There were 14 males, 63 females and 1 “other” specified gender responded. The number of students living on campus was 25 students. The number living off campus was 53 students. The majority of respondents from our survey listed that they are currently living in Machias (28.9%) or neighboring towns (East Machias, Machiasport, Whitting, Marshfield). Through analysis of responses and data, it was determined that 17.9% are currently experiencing food insecurity. Out of the total recipients, 33.3% have experienced food insecurity in the past and 48.7% said to had never experienced food insecurity at all. This means that about half of the students filling out the survey have experienced food insecurity.

## **Materials**

To gain a better understanding and our bearing on the project, we looked into the previous surveys in order to see examples of the appropriate questions and how to format them. To gather our information we used a Google Form survey with a total of 31 questions that was emailed out to all students thanks to the Dean of Students, Dan Gardner. Skip logic was implemented in the survey so that those who had not experienced food insecurity were not asked about food pantry barriers, access, or preferences. We also used Google Drawings to make a flyer that would alert people around the campus to take the survey. We then hung the flyers in different buildings, such as in the gym, science building, library, cafeteria, and Torrey to

heighten attention and raise awareness of our project in order to gain more responses for the survey. The survey is included in Appendix A. The recruitment emails can be found in Appendix B. The flyer can be found in Appendix D.

### **Procedure**

To start this project we began researching and reading the literature on food insecurity and how it impacts people, particularly college students. Next, we brainstormed questions that would best target what we wanted to have answered in the survey. We also came up with our questions in a couple other ways, such as looking over previous surveys on food insecurity and discussing this issue among students. After getting a rough draft of our questions, we then met with our community partner, Regina Grabrovac of Healthy Acadia. Regina supplied us with helpful insights and resources to point us in the right direction. Furthermore, she also gave us an idea of what questions she was interested in having answered. We created our survey and had our SCC 420 class pilot test it. Our survey was based off of past surveys created or distributed by UMM students (University of Maine Extension, 2017); a Washington County food pantry needs survey (Albee, Robinson, & Sneed, 2016) and a survey created by Maine Hungry Initiative (Preble Street Hunger Initiative and Good Shepherd Food Bank, 2017). We made revisions based off of what they thought we should change or things we should include. Regina also had some suggestions to make our survey more understandable and fluid. The last set of revisions came from the Institutional Research board (IRB), a group of UMM professors who made sure our survey was ethical and provided the correct jargon to our audience. They had many good suggestions, which directed us to reword questions and move questions around to encourage clearer answers that made sense. After we revised the inaccuracies and added their suggestions, we then moved our focus on to sending the survey out. In order to do this, we needed to have a



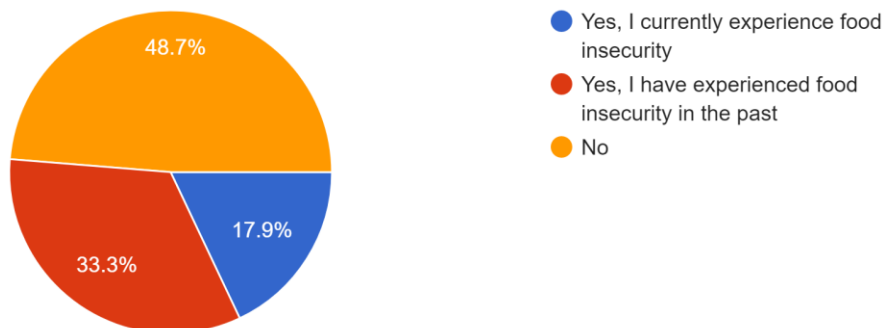
quick meeting with Dean Gardner to obtain his permission to send out the survey to all the UMM students. While in his office, we discussed the purpose of our research and how we were going to accomplish it. The survey was then sent out and remained opened for three weeks. We also sent out another email to act as a reminder for students to participate in our survey and then a thank you email after the survey was closed out. After we closed the survey, we analyzed and reviewed our data.

### Results

When gathering the results from the survey, we investigated the total number of students that participated in this study and found out that 18% are suffering from food insecurity.

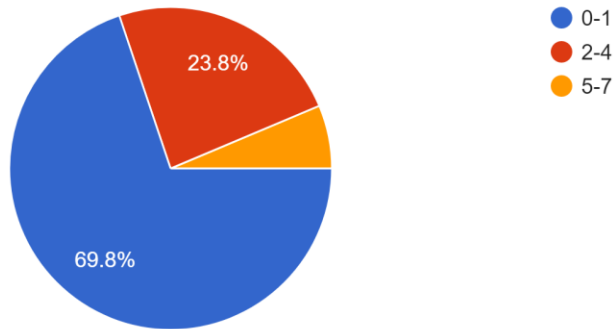
#### Do you experience food insecurity?

78 responses



If you do experience food insecurity how many days during the week?

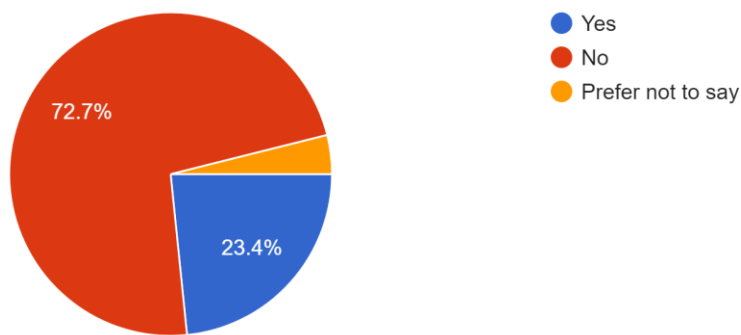
63 responses



The total amount of respondents who suffer from food insecurity that receive SNAP benefits is 78%. We thought it was interesting how there was a significant number of people receiving SNAP benefits that were not experiencing food insecurity. Our thoughts on this are that SNAP benefits are helping to provide adequate nutrition.

Do you receive SNAP benefits? (A.K.A food stamps/EBT card)

77 responses



We also looked at the participants’ responses on items that would be most helpful to stock in the food pantry, and also items that are least helpful or wanted. Food items that were listed as most helpful to see are canned goods, rice, pasta, and fresh produce. Fresh produce

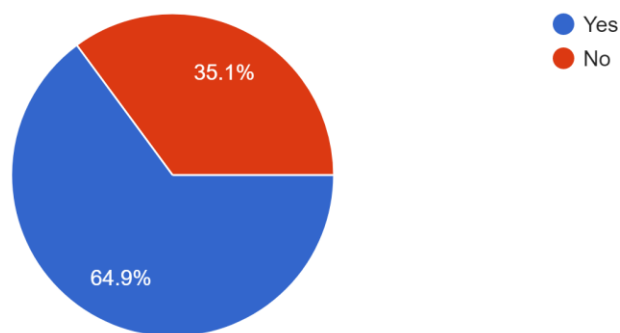
proves to be very difficult to stock and offer at a food pantry because it's a perishable and the amount of storage in the pantries is limited stocking to more canned goods because they can last for a much longer amount of time. As shown from the survey, the data suggests that people going to the food pantries are looking for the foods with the most calories.

As found from the survey, the data suggests that most participants believe nutritious food is essential to have in the food pantry, and that there should be a greater selection of nutritious food items available. Most of the participants said the non-food items they would most like to see at a food pantry are hygiene products (toothpaste, shampoo, deodorant). Participants said gluten-free options would be the most helpful for dietary needs. Barriers are a common reality for many people trying to access the food pantry, not to mention community perception. Some of these barriers are that many of the students have listed feeling like others need it more.

Among the students suffering from food insecurity, 71% of participants said they have to choose between food and other needs.

### Do you ever have to make choices between food and other needs?

37 responses



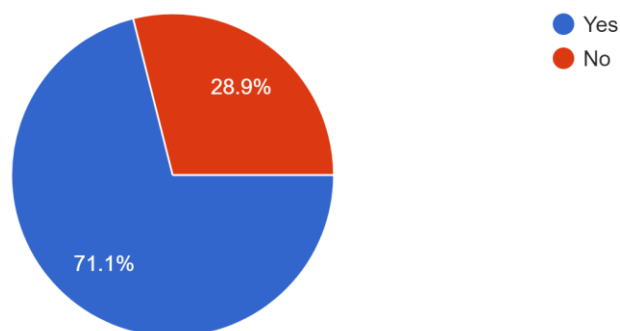
Cooking a healthy meal proves to be a difficult task if someone doesn't have the accessibility to current nutritional and dietary knowledge, utensils, skills, and time to prepare

nutritious meals. Money proved to be an issue as 78% of students said it is too expensive to cook a healthy meal. Not having enough time and the lack of knowledge to cook a proper, healthy meal has also proven to be an obstacle among the participants who are food insecure. 71% of those suffering from food insecurity experience it 2-4 days a week. 50% are between the age of 18-25 and 78% are female. Only 21% of those with food insecurity receive SNAP benefits.

Most participants said doing more surveys such as ours is what UMM can do to help the problem of food insecurity among students. A majority of participants said talking about the problem or hanging up flyers is what can be done to raise awareness of this problem. Something that interests us was the suggestion by some students said to establish culinary clubs to help teach cooking skills and how to choose foods for a well rounded diet, or programs, such as, Washington County Food Assistance, Centre Street Food Pantry located in Machias, or Garapy/Labor of Love Food Pantry located in Eastport, that help community outreach and support. 71.1% of people said they know of a food pantry near to them but only 17.1% said they utilize one. 51.3% of participants know about the snack shack on campus but only 33.8% use it.

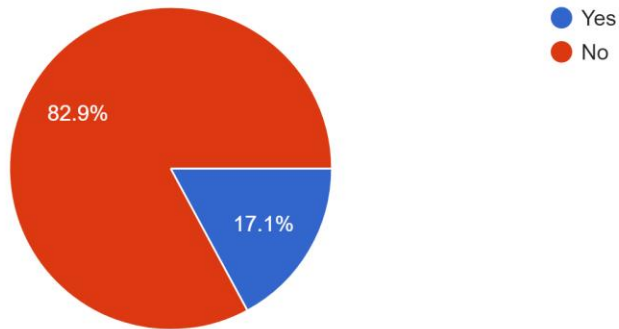
### Do you know of a food pantry close to you?

76 responses



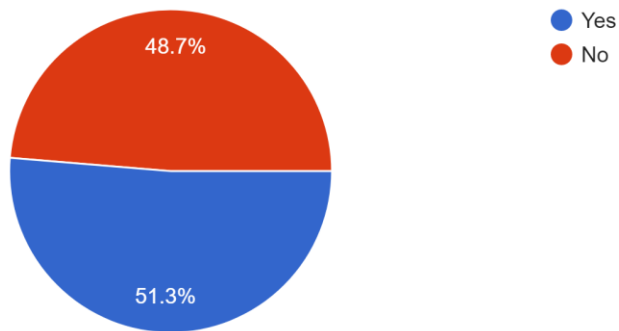
### Do you utilize a food pantry?

76 responses



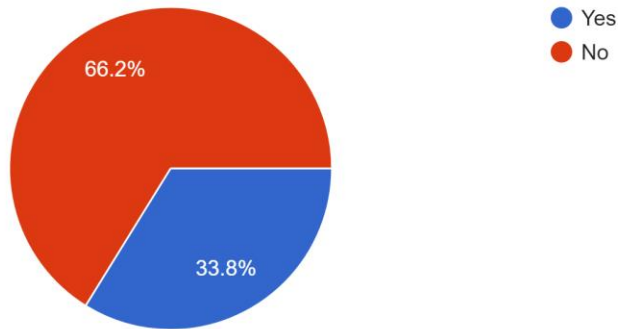
### Did you know about the snack shack on campus?

76 responses



### If yes, do you use the snack shack?

68 responses



To find more information about the results of the open-ended question look in Appendix C.

### Discussion

Now after the survey is complete and the results are in, we are more than happy with the rate of participation on the survey. Although we feel we exceeded our own expectations and responses, there are a few things we wish we could go back and do differently if we could. First off, we would have liked to have more time consulting with our community partner on our survey and taking more of her thoughts into account. We also would have liked to have a little bit more peer review and revision in order to set up the questions perfectly to gain the best understanding of the data. We recommend the Healthy Acadia Washington County Food Resource Guide be circulated to all our students, please see Appendix E.

### Conclusion

In conclusion, we found food insecurity to be a problem among the students who completed the survey. According to <https://hungerandhealth.feedingamerica.org>, in 2017, 1 in 8 Americans experienced food insecurity. That is about 40 million Americans total and included 12 million children. Many don't reach out for help because they are not aware help is out there. They do not know about food pantries close to them or SNAP benefits. Some feel others need the help more than they do. Others experience embarrassment or feel that they will be judged for receiving help. Prevention and awareness will do a lot to lessen this problem.

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## Appendix A

## Survey

11/27/2018 UMM Food Insecurity

**UMM Food Insecurity**

Hello we are students in the Psychology and Community studies program. We are currently researching food insecurity among University of Maine at Machias students and need your help in this investigation. Our purpose is to grasp a better understanding of the UMM students struggling with food insecurity and how we can help. This survey should take no more than 5-10 minutes and you must be at least 18 years or older to participate. Be assured that all your responses will be anonymous and will help bring awareness to food insecurity among the students of UMM. This survey is supported by Regina Grabrovac of Healthy Acadia and Lois-Ann Kuntz of UMM. If you have any question in regards to the survey and research, you can contact Regina at [regina@healthyacadia.org](mailto:regina@healthyacadia.org) or Lois-Ann at [lkuntz@maine.edu](mailto:lkuntz@maine.edu).

**1. By clicking yes, you consent to taking this survey and acknowledge that you are 18 or older. By clicking no, you are saying that you do not consent to take this survey and/or not 18 or older. Mark only one oval.**

Yes

No (If no, please click "NEXT" and then "Submit" so that we know the survey was seen.) Stop filling out this form.

Food Insecurity Food Insecurity can be defined by characteristic such as, worrying about running out of food before you can afford to buy more, cutting meal proportions, skipping meals in general, losing weight due to inadequate supplies of food.

**2. Do you experience food insecurity?**

*Mark only one oval.*

*Yes, I currently experience food insecurity After the last question in this section, skip to question 10.*

*Yes, I have experienced food insecurity in the past After the last question in this section, skip to question 10.*

*No After the last question in this section, skip to question 25.*

**3. If you do experience food insecurity how many days during the week?**

*Mark only one oval.*

0-1

2-4

5-7

**4. What is your age group?**

*Mark only one oval.*

18-25

26-33

34-41

42-50

51-59

60-69

70 and above

**5. What year are you in at UMM?**

*Mark only one oval.*

Early College

Freshmen

Sophomore

Junior

Senior

**6. What is your gender?**

*Mark only one oval.*

Male

Female

Other

**7. Do you receive SNAP benefits? (A.K.A food stamps/EBT card)**

*Mark only one oval.*

Yes

No

Prefer not to say

**8. How many people live in your household?**

*Mark only one oval.*

1

2

3

4

5 or more

**9. About how much do you spend on food each week?**

*Mark only one oval.*

\$0-25

\$26-50

\$51-75

\$76-100

\$101-150

\$151-175

\$176-200

\$201 and up

*Skip to question 25.*

## Questions About Washington County Food Pantries

**10. What food items would be most helpful to see?**

**11. What food items don't you take from the pantry and please explain why?**

**12. How helpful do you think the food pantry staff is?**

*Mark only one oval.*

1 2 3 4 5

Not at all friendly and helpful Very friendly and helpful

**13. Would it be helpful to have items such as pet food, cleaning supplies, paper products, diapers, and/or feminine products at food pantries? Mark only one oval.**

Yes

No

Maybe

**14. What other non-food products would you like pantries to supply?**

**15. What dietary needs would be helpful to see at pantries (for example gluten-free, food for those with diabetes, etc.)?**

## What Are Some Barriers?

**16. What are some reasons that prevent you from accessing a food pantry? (please check all that apply) Check all that apply.**

Transportation

Hours of Operation

Disinterest in the food items

Fear of judgement

Embarrassment

Feeling like someone needs the food more than I do

I don't know where there is a food pantry near me

**17. Do you feel pantries are culturally inadequate? (ex. ethnic/regional)**

*Mark only one oval.*

Yes

No

Maybe

**18. Is there a cooking utensil that you need in order to cook more and healthier meals from home? (Silverware, Pots and Pans, Stove, Microwave) Mark only one oval.**

Yes

No

**19. Do you ever have to make choices between food and other needs?**

*Mark only one oval.*

Yes

No

**20. What are some barriers to cooking a healthy meal? (please check all that apply)**

*Check all that apply.*

Too expensive

Not enough time

No where to prepare

Lack of knowledge/cooking experience

Not sure what is considered healthy

Other:

## **What changes can be made?**

**21. Would you be interested in cooking lessons?**

*Mark only one oval.*

Yes

No

**22. What can UMM do to help?**

**23. How can awareness of food insecurity be raised?**

**24. Do you have any other comments to assist us in helping with this problem?**

## **A little more about you?**

**25. Do you live on or off campus?**

*Mark only one oval.*

On Campus

Off Campus

**26. What city and state are you currently living in?**

**27. How big of a problem do you think food insecurity is in Washington County?**

*Mark only one oval.*

1 2 3 4 5

Not a problem Very large problem

**28. Do you know of a food pantry close to you?**

*Mark only one oval.*

Yes

No

**29. Do you utilize a food pantry?**

*Mark only one oval.*

Yes

No

**30. Did you know about the snack shack on campus?**

*Mark only one oval.*

Yes

No

**31. If yes, do you use the snack shack?**

*Mark only one oval.*

Yes

No

Appendix B  
Recruitment Materials

This was the initial Email:

Hey Dan!

For SSC 420 we're working on a group project to research food insecurity for UMM students. I am writing to ask you to send out a survey all students, both on and off campus students. We are working with Regina Grabrovac and Healthy Acadia This survey will help the Machias community along with the UMM community. We'd be very thankful if you could.

“Hi all! We are fellow UMM students. We are working on a research project that will help us get a better idea of the problem of food insecurity with our students. We hope you take 5-10 minutes of your time to complete a survey. Your answers will remain anonymous. You must be 18 years of age or older and consent to take the survey. We very much appreciate anyone willing to take time out their busy day to help with this important cause.”

Here's the survey link

<https://docs.google.com/forms/d/e/1FAIpQLSfhHs7z7spnx1JtycwxghqyuLPnuWkwXMHBdyfQWzUZh9Z1pg/viewform>

And this was our follow up for after:

“Thank you everyone that took part in our survey! It means very much to us. As stated before, this will really help us get a better understanding of the problem of food insecurity with our students. Thank you again!”

Appendix C

Open Ended Responses

**What food items would be most helpful to see?**

Bread

Milk

Canned items

Local fresh produce/ products

Pasta, rice

Fruit

Meat (protein)

Nuts

Chinese

Microwavable foods

Dried foods

**What food items don't you take from the pantry and please explain why?**

Meats, not a big meat eater, no fridge

Sauces, I prefer raw foods and to make my own

Items that are not peanut free

Healthy chips, not good

Things high in sugar, high reasons

None, I've taken all items offered

Bread, pasta, potatoes

Expired foods

Fruit

Frozen foods

Processed foods

**What other non-food products would you like pantries to supply?**

Condoms

Hygiene products (including feminine hygiene products)

Pet foods

Paper products

Diapers

Clothing items (gloves, scarfs, socks)

Light bulbs

Vitamins

Medicine

Plants

Books

**What dietary needs would be helpful to see at pantries (for example gluten-free, food for those with diabetes, etc)?**

Gluten free



Low carbs/ fat free

Sugar free

Allergy free

Diary free

Vegetarian or vegan options

**What can UMM do to help?**

Keep food pantry open

Cooking lessons

More surveys

More support or awareness

Clean cooking spaces

Community garden

**How can awareness of food insecurity be raised?**

Post UMM stats

Talk about it

Hang signs

Social media

Send emails

Food drives

More surveys

**Do you have any other comments to assist us in helping with this problem?**

Change hours of operation

UMM offering more home cooked meals

Start a community garden

Online food bank, people can pick what they want and have it delivered. Solve problem of judgement and people not being able to get to food pantry

Have a van go to the food pantry

**What city and state are you currently living in?**

Machias, Miane

Wiscasset, Maine

Bangor, Maine

Eastport, Maine

Presque Isle, Maine

Lewiston, Maine

Clinton, Maine

Connecticut

Marshfield, Maine

Robbinston, Maine

Addison, Maine

Pembroke, Maine

Calais, Maine

Mount Desert, Maine

Pembroke, Maine

Corbin, KY

Baileyville, Maine

Milbridge, Maine

Harrington, Maine

Columbia Falls, Maine

Lincoln, Maine

Edmunds, Maine

Dennysville, Maine

Jonesboro, Maine

Trescott

East Machias, Maine

Whitting, Maine

Southwest harbor, Maine

Cherryfield, Maine

Lubec, Maine

Franklin, Maine

Appendix D

Flyer

# What is "food insecurity?"

**HELP US IN IMPROVING OUR  
COMMUNITY AND CAMPUS WITH  
PARTICIPATING IN OUR SURVEY**

**\*Students please check your email\***



Appendix E

Food Resource Guide by Healthy Acadia

### Community Meals

**EAAA Sites** (Eastern Area Agency on Aging):  
454-2215, Seniors 60+ pay by donation suggested \$4,  
non-seniors pay \$4.

**Calais:** serves lunch at 11:30am Thurs. Located at  
Palmer Lane Estates, 72 Palmer Lane.  
(Kim Stanley 454-2215).

**Eastport:** Senior Center serves lunch at noon on Wed  
for 55+ (853-2710).

**Lubec:** serves lunch at 11:30am on Tues. & Thurs.  
Located at Sunrise Apts., 5 Emery Circle  
(Shelly Jones 733-2948).

**Machias:** Bluebird Ranch Restaurant is hosting Dine  
Around, at 11am, 3rd Mon by reservation only.  
(Kim Stanley at 454 2215 for reservation)

### Other Meal Sites

**Cherryfield:** Downeast Table of Plenty Free  
Community Supper at Maine Sea Coast Mission, Weald  
Bethel Lane, Cherryfield. Sun 3:30-5pm. (546-5867)

**East Machias:** Washington Academy serves a monthly  
Free Senior Citizen's Lunch from 11:30-12:30pm on  
Nov 9, Dec 4, Jan 8, Feb 5, Mar 5, Apr 2, & May 7.  
(Front desk 255-8301).

**Indian Township:** Elder Meal Site open to tribal  
members only, Mon- Fri 10:30-1pm  
(Jen 796-7966)

**Machias:** FREE Public Lunch sponsored by Living  
Innovations, 11:30-1pm, 2nd Thurs of the month,  
Center St. Congregational Church, Center St, Machias  
(Lisa Mitchell 255-3733)

**Machias:** Downeast Feast Community Potluck,  
quarterly events, bring your own place setting and  
leftover containers to take some home.  
(Center Street Church 255-6665 for dates)

**Pleasant Point:** Elder Meal Site open to tribal  
members first, Mon-Fri 10:00am-1:30pm  
(Laura 853-0902)

### 2018 USDA Summer Meal Sponsors

**Baileyville:** Woodland Elementary School  
Sponsoring Organization: Woodland Recreation Center  
4th Avenue, Baileyville 427-3882

**Calais:** Calais Public Schools  
53 Garfield Street, Calais, ME 454-2000

**Cherryfield:** MSCM EdGE sites  
7 Weald Bethel Lane, Cherryfield 546-4466

**Danforth:** East Grand School  
Sponsoring Organization RSU 84/MSAD 14  
31 Houlton Road, Danforth, ME 448-2882

**East Machias:** Washington Academy  
66 Cutler Road, East Machias, ME 255-8301

**Eastport:** City of Eastport sites  
22 Washington St., Eastport 853-4712

**Harrington:** Harrington Elementary School  
1227 US highway 1A 483-6681

**Indian Township:** Indian Township Summer Camp  
13 School Drive, Indian Township  
Passamaquoddy Tribe, ME 796-2362

**Indian Township:** Passamaquoddy Recreation  
Center Sponsoring Organization Indian Township  
US Route 1 Indian Township-

Passamaquoddy Tribe, ME 796-2362

**Lubec:** Lubec Community Outreach Center  
Lubec High School 44 South Street, Lubec 733-5262

**Machias:** Machias Public Schools  
15 Rose Gaffney Rd, Machias, ME 255-6585

**Pleasant Point:** Beatrice Rafferty School  
22 Bayview Drive, Pleasant Point, ME 853-6085

### School Cupboards - 2018

Beatrice Rafferty School 22 Bayview Drive Perry  
Cherryfield School 85 School St, Cherryfield  
Edmunds Consolidated 21 Harrison Rd Edmunds TWP  
Fort O'Brien Elementary 492 Port Road Machiasport  
Indian Township School 13 School Street Princeton  
Jonesport Elementary 139 Snare Creek Lane Jonesport  
Milbridge Elementary 39 Washington Street Milbridge  
Narraguagus Jr/Sr High School 1611 Main Street Harrington  
Whiting Village School 145 US R1 Whiting

For more information contact: Regina Grabrovac, Food Programs  
Manager, 255-3741 or [regina@healthyacadia.org](mailto:regina@healthyacadia.org)



## WASHINGTON COUNTY FOOD RESOURCE GUIDE

### Food Pantries

**Baileyville-Woodland Community Food Pantry:**  
427-6518, 1st & 4th Thur 9-11 am

**Calais-Irene Chadbourne Ecumenical Food Pantry:**  
454-3007, Mon 3-5 pm, Thur 10-noon, Fri 1-3 pm

**Cherryfield Weald Bethel Food Pantry:** 546-7424,  
Tues 9-noon, and 3:30-5pm, Thur 9-noon

**Danforth Food Pantry:** 448-2611, Thurs after 1st  
Wednesday of each month 10-11am

**Eastport Labor of Love (Garapy) Food Pantry:**  
853-0812, 2nd Tues 9-11am, Fri 2:30-6:30pm.  
Emergency food: 3rd, 4th and 5th Tues of the  
month, 9-11am

**Indian Township Food Pantry:** 796-6134, Mon-Fri  
10-2:30pm

**Jonesport Food Pantry:** 497-5985, Wed 9-11am

**Lubec Community Food Pantry-Outreach Center:**  
733-5262, 3rd Wed of each month 1-4pm

**Machias Food Pantry:** 255-6665, Mon 2-6pm

**Pleasant Point Food Pantry:** 853-2600 Ext. 239  
Mon - Fri 9-3pm

\* Updated November 2018