



NEW MOON

BEHAVIORAL HEALTH LLC

# NEW MOON BEHAVIORAL HEALTH

## LIST OF RESOURCES FOR FOOD INSECURE FAMILIES

### **THE EMERGENCY FOOD ASSISTANCE PROGRAM (TEFAP)**

TEFAP food is distributed through local food pantries, soup kitchens, and community programs. Families do not need to apply directly to TEFAP. Instead, they can access TEFAP foods by visiting a participating local pantry or meal program.



### **SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP)**

In Maine, programs like Maine Harvest Bucks and Farm Fresh Rewards allow families to get extra fruits and vegetables when they use SNAP at participating farmers markets and stores.



### **GOOD SHEPHERD FOOD BANK**

The Good Shepherd Food Bank is Maine's largest hunger-relief organization, working with more than 600 partner food pantries, meal sites, and schools across the state. Each year, they distribute millions of pounds of nutritious food to families in need.



### **211 MAINE**

211 Maine is a free, confidential helpline that connects families with local food pantries, meal programs, and emergency food assistance. Call, text, or visit [211maine.org](http://211maine.org) to find support in your community.

