

# Central Cumberland Food Pantries

GORHAM, GRAY, NEW GLOUCESTER, STANDISH, WINDHAM



## Pantries

### Gray Community Food Pantry

5 Brown Street, Gray  
1st & 3rd Fridays  
12:00 - 2:00 pm.  
207.657.4351

### Standish Food Pantry

410 Northeast Road,  
Standish  
Monday- 9:30am-11:00am,  
Wednesday 4:00pm-  
6:30pm  
207.358.0359

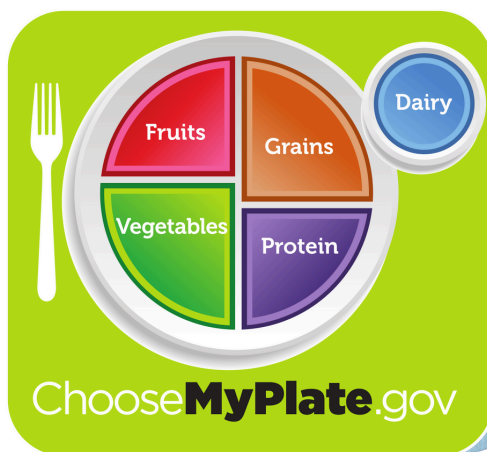
### The Orchard Community Church Food Pantry

1 North Street, Gorham  
2nd, 3rd & 4th Saturday  
9:30 am. - 12:00 pm.  
207.730.1810

### Windham Food Pantry

377 Gray Road, Windham  
Monday - Thursday by  
appointment  
207.892.1931

**MyPlate** is a way to build your plate at each meal. The right mix can help you stay healthier now and in the future. Make half your plate fruits and vegetables!



## EAT A RAINBOW

### Red

Tomatoes, watermelon, apples, strawberries, red peppers

### Orange/Yellow

Carrots, oranges, squash, orange or yellow peppers, sweet potatoes

### Green

Brussel Sprouts, kale, cabbage, lettuce, collard greens, peas, green beans, asparagus, broccoli

### Blue/Purple

Eggplant, grapes, blueberries

### White

Cauliflower, bananas, onions, potatoes

## Ways to include fruits and vegetables in every meal:



### BREAKFAST

Top your whole grain cereal or whole grain pancakes or waffle with fruit like fresh or frozen berries

Mash a banana and add to oatmeal



### LUNCH

Add spinach or lettuce, tomatoes, and other veggies on your sandwich

Chop up leftover veggies and add to a quesadilla or your favorite pasta dish



### DINNER

Add grated carrots, zucchini, and peppers to your favorite meatloaf mix or marinara sauce

Grill fresh fruit for a tasty dessert or side dish



Good Shepherd Food Bank of  
Maine Food Map  
Find a pantry near you

*\*For other information such as how often you can visit, what you need to bring, etc. please call the provided telephone number.*

Cumberland District  
Public Health Council

