

January 2021



Bringing Food Home



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

Welcome!

Greetings and welcome to the first Bringing Food Home newsletter! This newsletter will be sent out on a quarterly basis, so we hope you'll keep your eyes peeled for our exciting updates.

Healthy Lincoln County is involved in many food security initiatives and this newsletter is an opportunity to update our supporters and community partners on our work. Beyond reading these updates and following us on Facebook, we hope that you'll reach out with any questions or comments.



You can call us at 207-563-1330, leave us a Facebook message, or email any of the contacts listed below. Feel free to also beep or wave if you see Lulu, our colorful van, as it makes its way through Lincoln County.

What's New at Healthy Lincoln County?

Staff Updates

Jess Breithaupt started her new position as the Food Security Community Connector for Healthy Lincoln County in October. Through this work, Jess connects community partners with food resources, works directly with food pantries, and helps coordinate the charitable food system in Lincoln County. Previously, Jess coordinated the Lincoln County Food Initiative (LCFI), and worked with many community partners on emergency food access. She can be reached at jbreithaupt@healthylincolncounty.org.

Lee Emmons coordinates the Summer Meals program for Healthy Lincoln County. In this role, Lee helped coordinate the sites and volunteers that helped feed children in Lincoln and Knox counties. During the off season, Lee works with schools to help them start their own mini-pantries. Prior to working at HLC, Lee worked as a teacher. Lee can be reached at lemmons@healthylincolncounty.org.

Kelsey Robinson became the Executive Director of Healthy Lincoln County on August 1st. Kelsey worked at Medical Care Development, the parent company and fiscal agent of HLC, for several years before transitioning back to HLC. Kelsey had worked as intern at HLC at the start of her public health career. In her new role, Kelsey works with key stakeholders and oversees all of HLC's community-based programs. Kelsey can be reached at krobinson@mcdph.org.



Jess Breithaupt
Food Security Community Connector

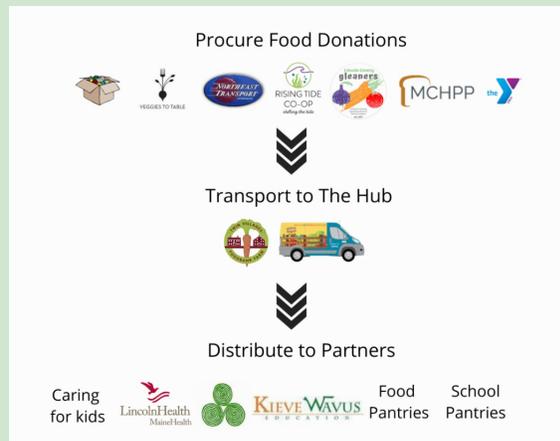
Lee Emmons
Project Coordinator



Kelsey Robinson
Healthy Lincoln County Director

Food Distribution

Our focus has been on increasing food access to all of our partners in the charitable food system. To do this we have been bringing food donations in to the county through a number of sources: Goranson Farm, Morning Dew Farm, Midcoast Hunger Prevention, Rising Tide Co-op, Veggies to Table, and others. We bring donations to the Twin Villages Foodbank Farm Hub in Damariscotta, and work with them to distribute food equitably to the pantry partners. We also supply share tables with produce, and have started providing food to organizations working with families, such as Caring for Kids in Bristol. In the 4th quarter of 2021 we distributed 9,134 pounds of food! Are you interested in becoming a partner with us? Please reach out to Jess to get started.



School Events



On November 17th, Lulu the Lunch Wagon made a special appearance at South Bristol Elementary School. Over 60 students were given bags of locally grown vegetables to take home, supplied by the Twin Villages Foodbank Farm and Goranson Farm. During the event, Deb Thibodeau, South Bristol's guidance counselor, accepted a donation of non-perishable goods to start a school-based pantry.

On December 1st, a similar event was held at Prescott Memorial School in Washington. Students who visited Lulu received vegetables from Midcoast Hunger Prevention Partnership, as well as a healthy snack. Nancy Stover,

Prescott's principal, was on hand to receive a donation of canned goods to help families in need. Look for updates on more school events in 2022.

Pantry Staple Bags

In December we partnered with the CLC YMCA, Healthy Kids, and Rising Tide Co-Op to provide pantry staple bags for families in need. Sixty bags were distributed across the county, filled with staple items such as flour, pasta, spaghetti sauce, rolled oats, kids snacks, and much more. Rising Tide co-

sponsored the bags with us, which made it possible for us to purchase all of the items through local suppliers, which supports our community. Our goal is to continue supplying pantry staple bags for families in need. If you're interested in becoming a sponsor, or have ideas on distribution points, please reach out to us.



Lincoln County News Column

As you may have seen, Healthy Lincoln County has a weekly "Bringing Food Home" column in the Lincoln County News. Written by Jess Breithaupt, the column is full of information about local farmer's markets, the county food system, and food pantry locations and hours. "Bringing Food Home" also updates readers on local farms and distributors in the county. A big shout out to Amber Clark and the Lincoln County News for creating and sharing their beautiful "Bringing Food Home" logo, and partnering with us on this column.



PLEASE JOIN US!

SNACKS FOR STUDENTS DRIVE

January 17 - February 14, 2022

Help us at Healthy Lincoln County distribute snacks to local schools through our school-based pantry support.



What's needed:
Whole grain granola bars, yogurt, cheese sticks, fruit snacks, pretzels, popcorn, pudding, applesauce and other fruit/vegetable pouches, raisins, whole wheat crackers, trail mix, dried fruit, and cereal.

Two ways to donate:
1) Drop off at:
Healthy Lincoln County
281 Main Street in Damariscotta
2) Contact Lee Emmons
lemmons@healthylincolncounty.org



School Based Pantries

Over the past few months, Healthy Lincoln County has helped start four school-based pantries in Lincoln County and one school-based pantry in Knox County. Participating schools include Dresden Elementary School, South Bristol Elementary School, Prescott Memorial School, Coastal Kids Preschool, and Great Salt Bay Community School. Through an existing relationship with Mid Coast Hunger Prevention Program (MCHPP), HLC staff have provided large quantities of shelf-stable food to participants. School staff then distribute the food in a private, non-judgmental way.

Inspired by [The Little Free Pantry movement](#), HLC is committed to increasing access to food for families and children in need.

To donate to any school-based pantry or for more information, please contact Lee at: lemmons@healthylincolncounty.org.

The Data Corner

We are thrilled to share that in 2021, we were able to rescue and move 14,768 pounds of surplus food! This food came from a variety of sources including gleaning events at local farms, grow-to-give initiatives with partners and community members, food pickups at the Mid Coast Hunger Prevention Partnership, among others.

Food surplus comes from a plethora of places, including farms and even grocery stores or restaurants. In fact, between 30 and 40% of food produced doesn't actually leave the farm. Instead, it is plowed down or goes unharvested for a number of reasons. Thankfully, we've been able to round up dedicated volunteers, and local farms have graciously welcomed us to glean their surplus produce.

For more information on food waste in Maine, visit [Food Rescue Maine](#).



We Need YOU.

Are you interested in helping combat food insecurity in Lincoln County? Do you have a passion for helping your neighbors? Do you like nutritious, local food? If you've answered yes to any of these questions, please consider volunteering with Healthy Lincoln County. We have a variety of opportunities available. You can sign up by contacting us directly.

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

Odds & Ends

Keep an eye out for share tables!

This winter, we are supplying the help yourself shelf at the Watson Center in Damariscotta with fresh vegetables. Each Tuesday, Young'uns in Damariscotta will also have a fully stocked Share Table through The Lincoln County Gleaners. Produce is normally available from 10 am to 3 pm.



Food Security Hotline



Lincoln County Food Hotline

207-563-6658

If you're in need of food, please call us.

We provide emergency food boxes,
and can connect you to other food
resources in your town.



Those wishing to donate food may also reach us via the hotline.

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

