



MERRYMEETING FOOD COUNCIL

Food, Farms, & Fisheries Assessment

MFC planning team members

Colleen Fuller, Access Health
Angela Twitchell, & Lee Cataldo, Brunswick-Topsham Land Trust
Chris Cabot – Local Farms-Local Food Land Protection
Nick & Ben Whatley, Whatley Farm
Carrie Kinne & Becky Kolak, Kennebec Estuary Land Trust
David Whittlesey, Bowdoinham Community Development Initiative
Gray Harris & Daniel Wallace, Coastal Enterprises Inc.
Jeff Kobrock, Midcoast Economic Development District
Karen Parker & Mary Turner, Mid Coast Hunger Prevention Program
Kris Ganong, BTLT Board member
Lucretia Woodruff, Milkweed Farm
Michelle Rines, KELT member
Sue McLleod, KELT Board member
Tom Settlemyre, Crystal Spring Farm sheep
Vicky Skydell, Slow Money Maine and KELT member

Research Advisors

Eileen Sylvan Johnson, PhD, GISP Lecturer and Program Manager, Environmental Studies Program, Bowdoin College
David Vail, Adams-Catlin Professor of Economics, Emeritus

Research Fellows

Ella Driscoll
Emily Stewart

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Photos by Jesse Nankin and Land Trust Staff



Bowdoin

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I. Executive Summary

Introduction

The Merrymeeting Food Council (MFC) is a collaborative network of non-profits, farmers and fishermen, businesses, government, and individuals working to build and support a thriving local food system. MFC evolved from Local Farms-Local Food, a regional initiative started in 2015 by the Kennebec Estuary Land Trust and Brunswick-Topsham Land Trust to enhance farmland protection and increase awareness of local food production.

The Food, Farms, and Fisheries Assessment (FFFA) is an effort by MFC to inventory and map the current state of local foods in the communities surrounding Merrymeeting Bay, in southern midcoast Maine. These communities include:

- Arrowsic
- Bath
- Bowdoin
- Bowdoinham
- Brunswick
- Dresden
- Georgetown
- Harpswell
- Phippsburg
- Richmond
- Topsham
- West Bath
- Westport Island
- Woolwich

The FFFA identifies food producers, farmer/fishermen-to-consumer sales locations (farmers' markets, CSAs, etc), processing and distribution resources, food retailers, food banks and/or pantries, restaurants, waste management resources, and local food activities such as community gardens. Furthermore, this assessment has begun to identify the local food purchasing habits of food retailers and restaurants, as well as some key demographics of the community, such as populations at risk of food insecurity.

The purpose of this assessment is to create a baseline understanding of the current food system in our region. This reference data will help MFC identify current challenges and resources in the local food system and serve as the foundation for fostering effective partnerships and collaborations between the many stakeholders. Ultimately, MFC intends to use this data to facilitate the Council's mission of developing a community that supports local production and provides healthy and nutritious food to everyone.

The FFFA is a "living" document, meaning that the MFC will continue to add and update the information. Some sections of this assessment may not be comprehensive; others may be lacking current data. Research for this assessment is ongoing and incomplete sections will be continuously updated.

Process

Data for this report were collected by two summer Bowdoin fellows through the Community Matters in Maine Summer Fellowship Program. Resources were primarily secondary data sources such as the ACS Community Survey 5-Year Estimates, 2009-2014, 2012 Census of

Agriculture, and the Maine Restaurant Directory. Map data were obtained between May-August 2015 from Google Maps, or from existing data held by the Brunswick-Topsham and Kennebec Estuary Land Trusts. Primary data regarding local food purchasing habits were collected by directly contacting food producers and retailers. Retail store classifications were adopted from the USDA Community Food Security Assessment Toolkit.

First Impressions

This assessment (along with the working knowledge of the partners involved in the MFC) established an initial baseline understanding of the food resources in the Merrymeeting Bay area, and is the starting point for developing a more robust picture of the local food system.

Some of the initial findings of note include:

- Exclusion of language in municipal comprehensive plans regarding local foods in schools or school gardens: of the 11 town comprehensive plans available for review for this assessment, only Bowdoinham's included language regarding local foods in schools.
- Bath has the highest rates of individuals living below poverty and SNAP beneficiaries.
- Residents in some communities experience lack of access to food, either from a store or food bank/pantry, due to geographic isolation.
- Waste management issues, including lack of municipal-level organics diversion.
- Large tracts of farmland in rural areas that are not producing food, and are within communities that have very little access to fresh, healthy food.

In addition, this process identified the need for additional data regarding:

- An effective metric for assessing local food consumption.
- Food purchasing habits of retailers and consumers.
- Small scale processing facility (such as in-home certified kitchens) locations.
- Distribution routes by large wholesalers as well as smaller direct-to-consumer sale routes.
- Direct-to-consumer sales by the fishing community.
- The interaction between transportation and access to local food.

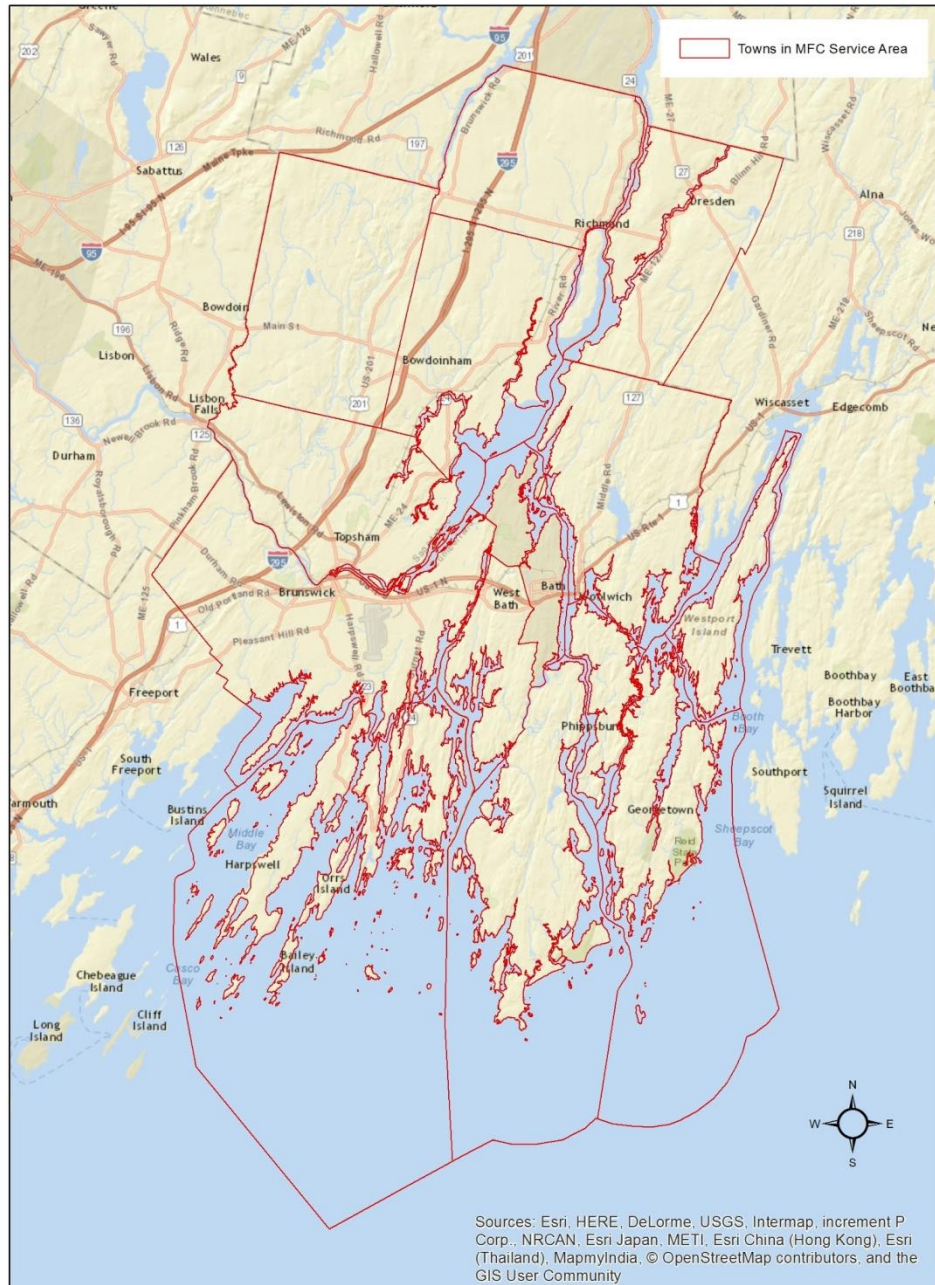
Looking Forward

This data is a first step. It is neither comprehensive, nor final. We intend to use this document as a way to start a conversation with the broader stakeholders in the community to learn what they see from this data, what they think needs to be added, and what they think should be addressed first.

As community members share corrections and additions with MFC we will update the data. In the summer of 2016 we hope to work again with Bowdoin College students to add significantly to the data set. In addition, we hope to establish an online version of the FFFA that is easier to keep current and get input from the community.

II. Town Profiles (in process)

Land and Water Boundaries of Towns in MFC Service Area



0 2.5 5 10 Miles

Created 8/19/2015 by Emily Stewart

Arrowsic

Arrowsic is an island bordered by the Kennebec, Sasanoa, and Back Rivers. Arrowsic lies across the Kennebec River from Bath. With one farm and no restaurants, Arrowsic is primarily rural with little agriculture.

County: Sagadahoc

Land Area: 7.75 square miles

Water Area: 3.04 square miles

¹**Population:** 455

Percentage of Households below poverty: 3%

Percentage of Individuals receiving SNAP: 3.2%

Farms: 1

- Woodcock Farm

Value-Added Producers: 0

Farmers' Market(s): 0

Restaurants: 0

Food Retail Outlets: 0

Food Banks/Pantries/Kitchens: 0

Local Food Activity (community gardens, groups, etc):

- Farm Stand: Woodcock Farm

Comprehensive Plan: Not available



¹ Population, Percentage of Households Below Poverty, and Percent of Individuals Receiving SNAP are based on ACS Community Survey 5-Year Estimates, 2009-2014

Bath

Bath is located at the head of Casco Bay and is drained by the Kennebec River. More local food is available in Bath than in many other towns and is primarily available in the center of town.

County: Sagadahoc

Land Area: 9.10 square miles

Water Area: 4.12 square miles

Population: 8,456

Percentage of Households below poverty: 16.5%

Percentage of Individuals receiving SNAP: 21.5%

Farms: 0

Value-Added Producers: 4

- Gold Star Honeybees
- Tallywagger's BBQ Sauce
- Zen Bear Honey Tea
- Fiddler's Reach LLC

Farmers' Market(s): 2

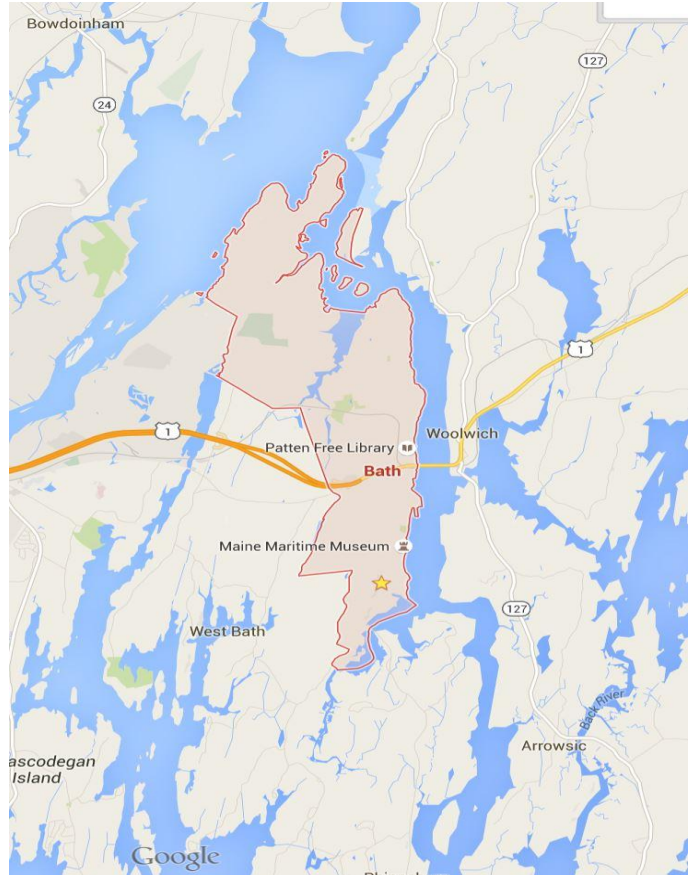
- Bath Farmers' Market
- Bath Winter Farmers' Market

Restaurants: 25

- | | | |
|----------------------------------|-------------------------------|----------------------------|
| ● Amato's* | ● Jimbo's Diner | ● Southgate Restaurant |
| ● Beale Street Barbeque & Grill* | ● J.R. Maxwell & Co.* | ● Starlight Café |
| ● Betty's Homestyle Cooking* | ● Kennebec Tavern and Marina* | ● Subway |
| ● Best Thai II | ● Mae's Cafe and Bakery | ● The Cabin Restaurant |
| ● Burger King | ● Mario's Pizza Of Bath* | ● The Galley* |
| ● Byrnes Irish Pub* | ● Mateo's Hacienda | ● The Sandwich Shop |
| ● Cafe Creme* | ● Midcoast Pizza & More* | ● Winnegance General Store |
| ● Dot's Ice Cream Shop | ● Schutty's Seafood* | |
| ● Front Street Public House | ● Solo Bistro* | |

***Restaurants that Purchase Local Food²:** 12 (48%)

² "Local Food" is defined as food produced in Maine. To determine whether a restaurant served some local food, menus were reviewed and some (but not all) restaurants were called over the phone. The restaurants that did not list local food on menus still need to be called to confirm that they do not sell any local food.



Food Retail Outlets:

- Grocery stores: Shaw's, Brackett's IGA, Reny's
- Convenience Stores: One Stop Food & Deli, Big Apple, Clipper Mart
- Health Food Store: Bath Natural Market
- Specialty Foods: Gagne Foods

Food Banks/Pantries/Kitchens: 4

- The Salvation Army Food Pantry of Bath
- Bath Area Food Bank
- Bath Area Soup Kitchen
- Morse High School Food Pantry

Local Food Activity (community gardens, groups, etc.):

- Community/School Gardens: The L.O.C.A.L Garden, Bath Community Garden
- Greenhouses/Farm Support Businesses: York's Hardy Rhododendrons, Hawke's Farm and Greenhouses
- Farm Stand: Shamrock Green Farm
- Specialty Foods: Gagne Foods
- Other: Bath Freight Shed Alliance

Comprehensive Plan Inclusions:

- Local Food in Schools: No
- School Garden: No

Other:

- Fishing Tours: Deborah Ann Fishing, Obsession Sportfishing Charters
- Summer Feed Sites: Dike Newell School

Bowdoin

Bowdoin borders Richmond and Bowdoinham to the east and Topsham to the south. Bowdoin is drained by the Little, Dead, and Cathance Rivers. With 13 farms and no restaurants, Bowdoin is heavily agricultural and rural.

County: Sagadahoc

Land Area: 43.46 square miles

Water Area: 0.12 square miles

Population: 3,066

Percentage of Households below poverty: 2.6%

Percentage of Individuals receiving SNAP: 9.5%

Farms: 13

- Bowdoin Baking Co.
- Card Farm
- Card's Fruit Farm
- Fenimore's Strawberry Farm
- McIver Farm
- Mid-Coast Growers
- Mini Mountain Estate
- Mitchell & Savage Maple Products
- Oveja Farm
- Pine Tree Rabbitry
- Rocky Ridge Orchard and Bakery
- Sunset View Farm
- Tall Pines Farm

Value-Added Producers: 3

- Mini Mt. Estate
- Card's Fruit Farm
- Rocky Ridge Orchard and Bakery

Farmers' Market(s): 0

Restaurants: 0

Food Retail Outlets: 1

- Convenience Stores: Bowdoin Town Store



Food Banks/Pantries/Kitchens: Friends Helping Community Food Pantry

Local Food Activity (community gardens, groups, etc.):

- Pick Your Own: Fenimore's Strawberry Farm, Rocky Ridge Orchard and Bakery
- Farm Tours: Mitchell and Savage Maple Products
- Farm Stands: Mitchell and Savage Maple Products, Fenimore's Strawberry Farm

Comprehensive Plan Inclusions:

- Local Food in Schools: No
- School Garden: No

Bowdoinham

Bowdoinham is located on the Merrymeeting Bay and is drained by the Cathance, Abagadasset, Muddy, and Kennebec Rivers. With 29 farms and only one restaurant, Bowdoinham is exceptionally agricultural and very rural.

County: Sagadahoc

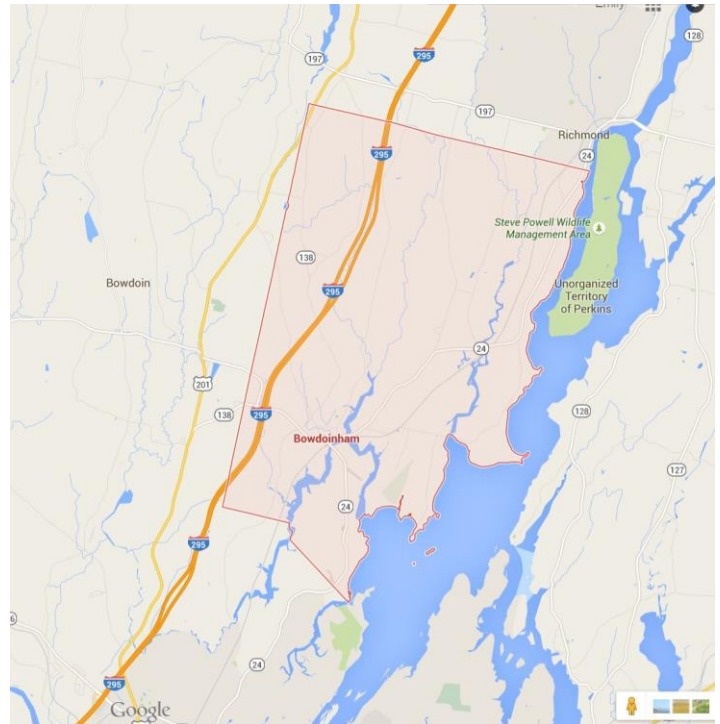
Land Area: 34.40 square miles

Water Area: 4.80 square miles

Population: 2,880

Percentage of Households below poverty: 8.3%

Percentage of Individuals receiving SNAP: 9.9%



Farms: 29

- A DEC Caprettos
- Apple Creek Farm
- Bees - 'N' - Me
- Black Watch Farm LLC
- Blue Bell Farm
- campo di fiori
- Christopher Sheep Farm
- East of Eden Flower Farm
- Enterprise Farm, Inc.
- Fairwinds Farm
- Fishbowl Farm
- Harvest Tide Organics
- Helios Horsepower Farm
- Hilltop Raspberry Farm
- Keewaydin Farm
- Kennebec Flower Farm
- Lalibela Farm
- La Roche Farm
- Left Field Farm
- Life Force Farm
- Miller Livestock Company
- Oakes Farm
- Particular Produce Farm
- Poppa's Sugar Shack
- Prout's Vegetables
- Six River Farm
- Stonecipher Farm
- Sweet Fern Farm
- Turning Wheel Farm

Value-Added Producers: 4

- Lalibela Farm
- Poppa's Sugar Shack
- Real Good Maple Syrup
- The Pharm on the Kennebec

Farmers' Market(s): 1

- Bowdoinham Farmers' Market

Restaurants: 1

- The Town Landing Place

Restaurants that Purchase Local Food: 0 (0%)

Food Retail Outlets: 3

- Specialty Foods: Living Nutz
- Convenience Stores: Bowdoinham Country Store, The Town Landing Place

Food Banks/Pantries/Kitchens: 1

- Bowdoinham Food Pantry

Local Food Activity (community gardens, groups, etc.):

- Community/School Gardens: Bowdoinham Community School Garden, Longbranch School
- CSAs: Fishbowl Farm, Life Force Farm, Left Field Farm, Harvest Tide Organics, Turning Wheel Farm
- Farm Stands: Fairwinds Farm, The Farm Cart
- Pick Your Own: Fairwinds Farm
- Farm Tours: The Pharm on the Kennebec
- Greenhouses/Farm Support Businesses: Automatic Irrigation
- Specialty Foods: Living Nutz

Comprehensive Plan Inclusions:

- Local Food in Schools: Yes
- School Garden: No

Other:

- Fishing Tours: Reddog Guide Services, Jim's Smelt Camp, River Bend Smelt Camp
- Commercial Kitchens: Lalibela Farm
- Flower Farms: East of Eden Flower Farm, Kennebec Flower Farm

Brunswick

Brunswick is located at the north end of Casco Bay and the head of tide on the Androscoggin River. Brunswick sits opposite of Topsham across the Androscoggin River. With 18 farms and 53 restaurants, Brunswick has a vibrant local food scene and is the largest town in the region.

County: Cumberland

Land Area: 46.73 square miles

Water Area: 7.61 square miles

Population: 20,319

Percentage of Households below poverty: 7.7%

Percentage of Individuals receiving SNAP: 13.2%



Farms: 18

- Blue Dragon Mussel Wagon
- Bowdoin Organic Garden
- Clark Farm
- Crystal Spring Community Farm
- Flowers By Knowles & Flowers Etc.
- Gaze Acres Alpacas
- Imperial Hosta
- Juniper Edge Farm
- Lipovsky Gardens
- Little Creek Farm
- McKee Farm
- Meadowbrink Farm
- Milkweed Farm
- Minott Farm
- Morse Farm
- Patchwork Organic Gardens
- Skillin's Greenhouses, Inc.
- Want-Not-Farm

Value-Added Producers: 7

- Deb's Kitchen
- Ebenezer's Brewpub
- Gaze Acre Alpacas
- Green Bee Body Company
- Patchwork Garden
- Safar Body Care
- Wildflour's Gluten Free Bakery

Farmers' Market(s): 3

- Brunswick Farmers' Market
- Brunswick-Topsham Land Trust Saturday Farmers' Market at Crystal Spring Farm
- Brunswick Winter Farmers' Market

Restaurants: 58

- | | | |
|------------------------------|---|------------------------------|
| • Aki Japanese | • Enoteca Athena* | • Pancho Villa |
| • Amato's | • Fat Boy Drive-In* | • Papa John's Pizza |
| • Applebee's Bar And Grill | • Five Guys | • Pedro O Hara's* |
| • Asian Garden | • Frontier Cafe* | • Pizza Hut |
| • Bangkok Garden Restaurant* | • Frosty's Donut & Coffee Shop in Brunswick | • Richard's Restaurant |
| • Benchwarmers | • Gelato Fiasco* | • Scarlet Begonias* |
| • Big E's | • Golden Chopsticks | • Shere Punjab |
| • Big Top Deli | • Henry and Marty Restaurant* | • Sweet Angel |
| • Bohemian Coffee House | • Joshua's Tavern* | • Taco Bell |
| • Bombay Mahal Restaurant | • KFC | • Tao Yuan* |
| • Broadway Delicatessen | • Lemongrass* | • Thai Villa |
| • Brunswick Diner* | • Len's Fish & Chips* | • The Brunswick Tavern* |
| • Burger King | • Libby's Market | • The Crabby Lobstah* |
| • Cameron's Lobster House | • Lighthouse Variety and Deli | • The Great Impasta* |
| • Captain Mike's* | • Little Dog Coffee Shop * | • Trattoria Athena |
| • China Rose Restaurant | • Little Saigon | • Warming's Market |
| • Coast Bar + Bistro* | • Little Tokyo* | • Wild Oats Bakery and Cafe* |
| • Domino's | • McDonald's (2) | • Zach's Lobster Bakes* |
| • Ebenezer's Brew Pub | • Murphy's Seafood Grille | |
| • El Camino Cantina* | • Oriental Restaurant* | |

***Restaurants that Purchase Local Food: 24 (45%)**

Food Retail Outlets: 15

- Supermarkets: Hannafords, Shaw's, Walmart
- Convenience Stores: 7-Eleven, Circle K, Cumberland Farms, Libbie's Market, Lighthouse Deli, Warmings Market
- Smaller Grocery Stores: Zach's Country Market
- Health Food Stores: Local Market, Morning Glory Natural Market
- Specialty Foods: Gurnet Trading Co., Seafood Express

Food Banks/Pantries/Kitchens: 1

- Mid Coast Hunger Prevention Program

Local Food Activity (community gardens, groups, etc.):

- School and Community Gardens: Brunswick Junior High School Huskies' Garden of Eatin', Bowdoin Organic Garden, Senior Garden, Tom Settlemire Community Garden, Harriet Beecher Stowe Elementary School Garden
- Farm Stands: The Imperial Hosta, Juniper Edge Farm, Dyer's Greenhouse and Nursery
- Pick Your Own: Crystal Spring Farm, Card's Fruit Farm, Lipovsky Gardens
- CSAs: Milkweed Farm, Juniper Edge Farm, The Blue Dragon Mussel Wagon, Crystal Spring Farm
- Greenhouses/Farm Support Businesses: Skillin's Greenhouse Inc., Flowers By Knowles, BRP Outdoor Power Equipment, Brooks Feed and Farm Supply, Tractor Supply Co., Brunswick Home and Garden Shop, Chad Little Outdoor Power Equipment, Wakely Greenhouses, Wal-mart Supercenter, The Imperial Hosta
- Specialty Foods: Gurnet Trading Co., Seafood Express

Comprehensive Plan Inclusions:

- Local Food in Schools: No
- School Garden: No

Other:

- Fishing Tours: Captain Doug Jewett
- Cold Storage or Freezer Space: Maguro America Inc
- Summer Feed Sites: Perryman Village

Dresden

Dresden is located on the eastern side of the Kennebec River and is drained by the Kennebec River and Eastern River. With 24 farms and no restaurants, Dresden has a strong agricultural focus.

County: Lincoln

Land Area: 30.45 square miles

Water Area: 2.76 square miles

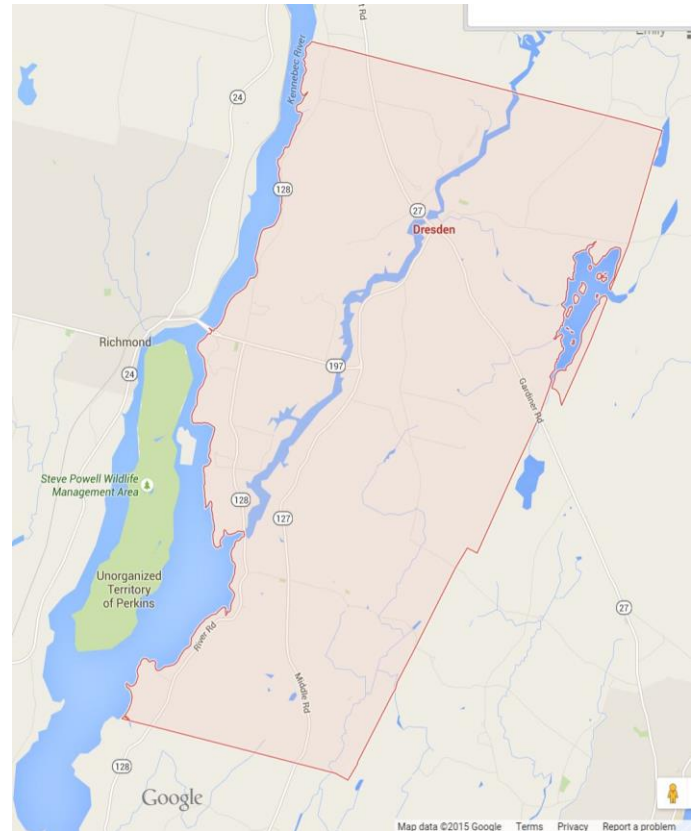
Population: 1,641

Percentage of Households below poverty: 10.5%

Percentage of Individuals receiving SNAP: 13.8%

Farms: 21

- Bonnie Beag Farm
- Bridge Farm
- Carlson's Farm
- Dragon Fly Cove Farm
- Eastern River Cattle Co.
- Eldertide
- Fields Blueberries
- Fieldview Farm LLC
- Fluid Farms
- Goranson Farm
- Green Valley Farm
- Gryffon Ridge Farm
- Hanley's Greenhouse/Hanley's Farm Stand
- Hiatt / Smith Farm
- Little Bridge Farm
- Paige Farm
- Popp Farm
- Restless River Ranch
- Shepherd's Farm
- Sonshine Growers of Maine
- Thyme for Goat Co-op



Value-Added Producers: 4

- Dragonfly Cove Farm
- Goranson Farm
- Gryffon Ridge Spice Merchants
- Maine Medicinals Inc.

Farmers' Market(s): 0

Restaurants: 0

Food Retail Outlets: 0

Food Banks/Pantries/Kitchens: 0

Local Food Activity (community gardens, groups, etc.):

- Farm Tours: Thyme For Goat, Eastern River Cattle Co., Dragonfly Cove Farm
- Fishing Tours: James Eddy Smelt Camps
- CSA: Goranson Farm
- Pick Your Own: Popp Farm

Comprehensive Plan: Not available

Georgetown

Georgetown is located on an island near the mouth of the Kennebec River. With one farm and four restaurants, Georgetown is rural and heavily dependent on its fisheries due to its extensive coastline.

County: Sagadahoc

Land Area: 18.58 square miles

Water Area: 45.98 square miles

Population: 998

Percentage of Households below poverty: 5.2%

Percentage of Individuals receiving SNAP: 5.3%

Farms: 1

- Five Islands Farm

Value-Added Producers: 1

- Gagne Foods/Robinhood Free Meetinghouse

Farmers' Market(s): 0

Restaurants: 4

- The Osprey Restaurant*
- Five Islands Lobster*
- Blue at Grey Havens*
- Lisa's Lobster House and Grill*

***Restaurants that Purchase Local Food:** 4 (100%)

Food Retail Outlets:

- Grocery: Local Market
- Health Food Store: Five Islands Farm and Gourmet Market

Food Banks/Pantries/Kitchens: 0

Local Food Activity (community gardens, groups, etc.):

- School/Community Garden: Georgetown School Greenhouse and Garden



Comprehensive Plan Inclusions:

- Local Food in Schools: No
- School Garden: No

Harpswell

Harpswell is composed of Harpswell Neck on the mainland, Sebascodegan Island, Orr's Island and Bailey Island to the east, and several smaller islands. Harpswell has about 216 miles of coastline, and is, therefore, a major site of fishing, aquaculture, seafood markets, and seafood restaurants.

County: Cumberland

Land Area: 24.2 square miles

Water Area: 103.5 square miles

Population: 4,778

Percentage of Households below poverty: 10.5%

Percentage of Individuals receiving SNAP: 4.3%

Farms: 1

- Two Coves Farm

Value-Added Producers: 1

- Black Sheep Wine and Beer Shop

Farmers' Market(s): 1

- Harpswell Farmers' Market at the Grange

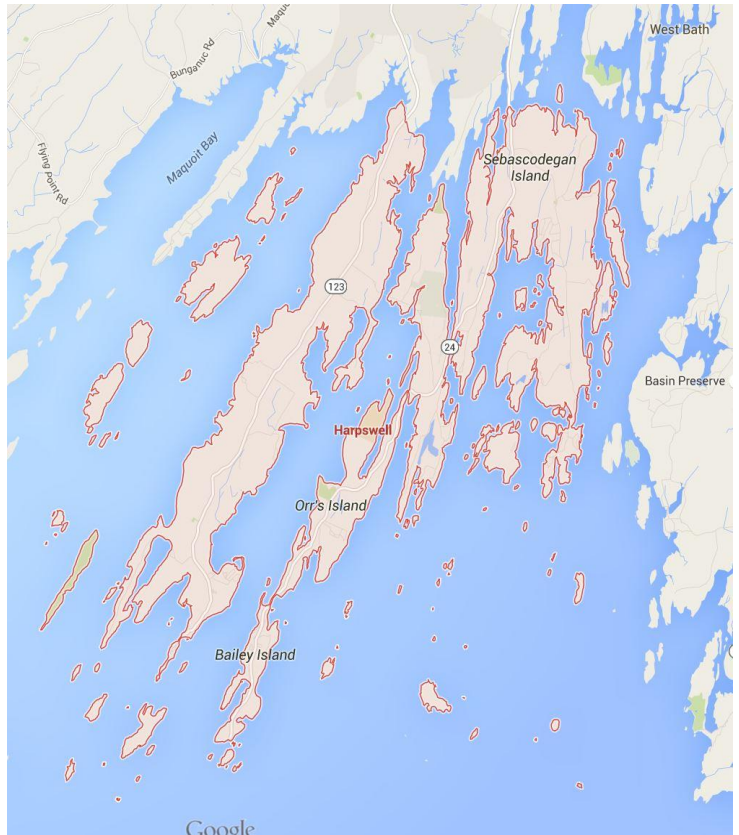
Restaurants: 10

- Dolphin Marina and Restaurant*
- Erica's Seafood*
- Block And Tackle Restaurant*
- Allen's Seafood and Takeout*
- Estes Lobster House*
- Great Island Eatery*
- Nance's Seafood Shanty*
- Potts Harbor Lobster*
- Salt Cod Café*
- The SchoolHouse Café*

***Restaurants that Purchase Local Food:** 10 (100%)

Food Retail Outlets: 2

- Grocery: The Vegetable Corner, Holbrook's General Store



Food Banks/Pantries/Kitchens: 0

Local Food Activity (community gardens, groups, etc.):

- Community Garden: Harpswell Community Garden
- Farm Stands: The Vegetable Stand, Two Coves Farm
- CSA: Two Coves Farm
- Farm Tours: Two Coves Farm
- Slaughter House: Thibeault's Deer Cutting

Comprehensive Plan Inclusions:

- Local Food in Schools: No
- School Garden: No

Other:

- Summer Feed Sites: Harpswell Community School, Faith United Methodist Church

Phippsburg

The rural town of Phippsburg is located on a peninsula between the Kennebec River and the New Meadows River and Casco Bay. It is connected to Bath by a bridge over Winnegance Creek.

County: Sagadahoc

Land Area: 28.6 square miles

Water Area: 42.6 square miles

Population: 2,153

Percentage of Households below poverty: 9.3%

Percentage of Individuals receiving SNAP: 7.7%

Farms: 5

- Center Pond Farm
- Dromore Bay Farm
- Edgewater Bay Farm
- Koehling Farm
- North Creek Farm

Value-Added Producers: 1

- Hahn's End

Farmers' Market(s): 0

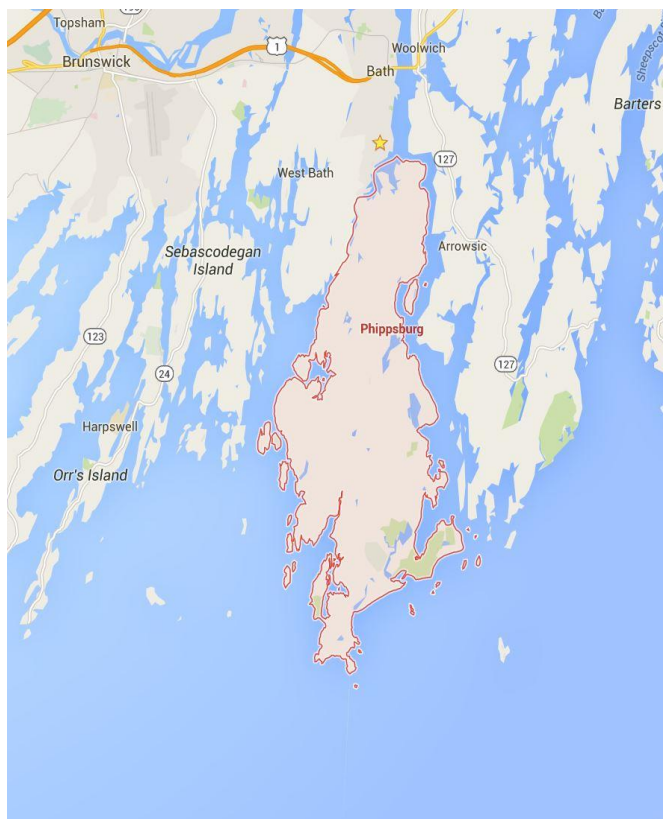
Restaurants: 5

- Spinney's Restaurant*
- Anna's Water's Edge Restaurant*
- Lobster House*
- Pilot House
- The Ledges at Sebasco

***Restaurants that Purchase Local Food:** 3 (60%)

Food Retail Outlets: 0

Food Banks/Pantries/Kitchens: 0



Local Food Activity (community gardens, groups, etc.):

- Farm Stands: North Creek Farm
- Pick Your Own: North Creek Farm
- CSA: Center Pond Farm

Comprehensive Plan Inclusions:

- Local Food in Schools: No
- School Garden: No

Other:

- Fishing Tours: Fish 'n' Trips Charters, Sequin Island Ferry
- Farm Camp: Center Pond Farm

Richmond

Richmond is located north of Bowdoinham and is bordered by the Cobboosecontee Stream to the west and the Kennebec River to the east. Richmond is a hub of agriculture and is rural with a small downtown center.

County: Sagadahoc

Land Area: 30.4 square miles

Water Area: 1.2 square miles

Population: 3, 393

Percentage of Households below poverty: 12.6 %

Percentage of Individuals receiving SNAP: 21 %

Farms: 19

- Clay Hill Farm
- D & S Farm
- Enterprise Farm, Inc.
- Farm in the Meadow
- Four Corners Farm
- Goldenrod Farm
- Maine Woods Alpacas
- McGee Farms
- Mini Acres
- Morning Sky Farm
- Shamrock Green Farm
- Noble Farm
- Pleasant Pond Orchard
- Roseberry Farm
- Stinson Farms Inc
- The Maine Corn Company
- Thornburg Farm
- Tender Soles Farm
- Tribbet Farm

Value -Added Producers: 6

- Maine Woods Alpacas
- Maine-iac Maple Farm
- The Maine Corn Company
- Naturally ME, Inc
- Richmond Home Brew
- Pleasant Pond Orchards



Farmers' Market(s): 1

- Richmond Riverfront Farmers' Market

Restaurants: 5

- Annabella's
- Main Street Dairy Treat
- Railway Cafe
- Shuck's Maine Lobster*
- The Old Goat

***Restaurants that Purchase Local Food: 1 (20%)**

Food Retail Outlets:

- Convenience Store: Exit 43 Quik Stop
- Specialty Food Stores: Shuck's Maine Lobster

Food Banks/Pantries/Kitchens: 1

- Richmond Area Food Pantry

Local Food Activity (community gardens, groups, etc.):

- Farm Tours: Maine Woods Alpaca, Roseberry Patch
- Farm Stands: Tall Pines Farm, Tender Soles Farm, Roseberry Farm Stand, Pleasant Pond Orchards, The Maine Corn Company
- Pick Your Own: Pleasant Pond Orchards
- CSAs: Tender Soles Farm, Shamrock Green Farm
- Greenhouses/Farm Support Businesses: Knight's Farm Supply
- Specialty Foods: Shucks Maine Lobster

Comprehensive Plan Inclusions:

- Local Food in Schools: No
- School Garden: No

Other:

- Summer Feed Sites: Marcia Buker School

Topsham

Topsham is located to the west of Merrymeeting Bay at the mouth of the Androscoggin River and is drained by the Cathance and Muddy Rivers. The Topsham Fair Mall, the commercial district, is a major food access point for many in the region.

County: Sagadahoc

Land Area: 32.2 square miles

Water Area: 3.4 square miles

Population: 8,750

Percentage of Households below poverty: 5.0%

Percentage of Individuals receiving SNAP: 8.1%

Farms: 7

- Bradley Pond Farm
- The Imperial Hosta
- L & P Bisson and Sons Inc.
- Mums Plus
- Weymouth Brook Farm
- Whatley Farm
- Windward Farm

Value-Added Producers: 2

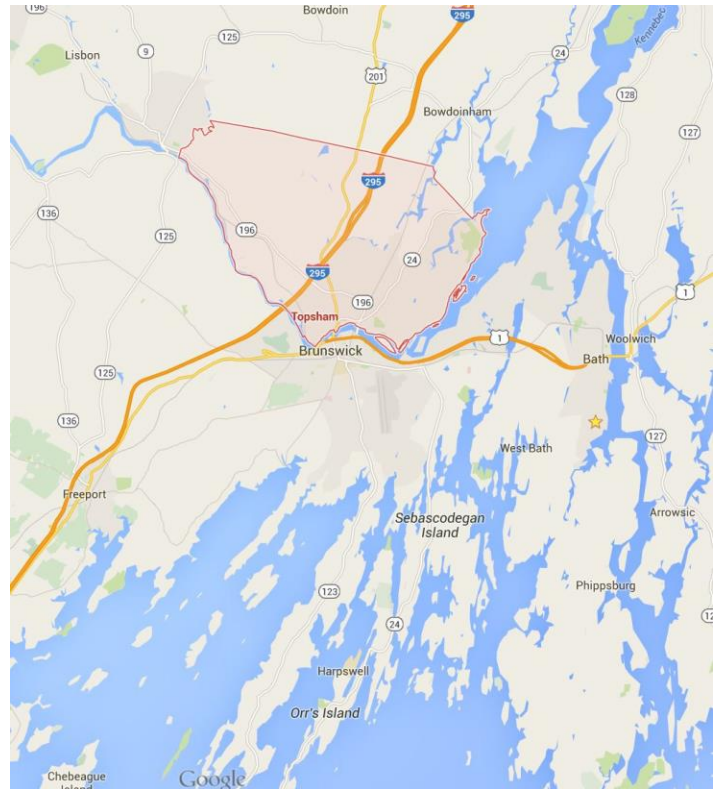
- Red Door Sugar Shack
- Wicked Joe Sustainable Coffee Roasting Co.

Farmers' Market(s): 1

- Midcoast Winter Farmers' Market

Restaurants: 15

- Arby's
- Blueberries*
- Dairy Queen
- Hancock Gourmet Lobster Co.
- Kopper Kettle
- McDonald's
- Ninety Nine Restaurant
- Panera Bread
- Ruby Tuesday
- Sea Dog Brewing Company*
- Sumthin Fishy*
- Sylvester's Fish and Chips
- Top Spice
- Wendy's
- Wild Duck Pub*



***Restaurants that Purchase Local Food:** 4 (29%)

Food Retail Outlets:

- Supermarkets: Target Supercenter, Hannaford's Supermarket
- Specialty Foods: Cantrell Seafood, L.P. Bisson and Sons, Hancock Gourmet Lobster Co.

Food Banks/Pantries/Kitchens: 0

Local Food Activity (community gardens, groups, etc.):

- Farm Stand: Spring Peepers Farm
- Greenhouses/Farm Support Businesses: Urban Garden Center, Wakely's Greenhouse, Mums plus, Sunset Farms Greenhouse, TOP-ME Gardens, Favreau's Greenhouse, Topsham Rental Center
- CSA: Whatley Farm
- Specialty Foods: Cantrell Seafood, L.P. Bisson and Sons, Hancock Gourmet Lobster Co.

Comprehensive Plan Inclusions:

- Local Food in Schools: No
- School Garden: No

Other:

- Fish Tours: Classic Connections
- Summer Feed Sites: Mt. Ararat Middle School

West Bath

The rural town of West Bath is located on part of a peninsula, drained by Winnegance Creek and the New Meadows River.

County: Sagadahoc

Land Area: 3.1 square miles

Water Area: 11.9 square miles

Population: 1,978

Percentage of Households below poverty: 5.3%

Percentage of Individuals receiving SNAP: 13.6%

Farms: 2

- ¼ Mile Pond Farm
- Passionflower Farm

Value-Added Producers: 0

Farmers' Market(s): 0

Restaurants: 1

- Shutter's Seafood*

***Restaurants that Purchase Local Food:** 1 (100%)

Food Retail Outlets:

- Specialty Food: New Meadows Seafood, Plant's Seafood

Food Banks/Pantries/Kitchens: 0

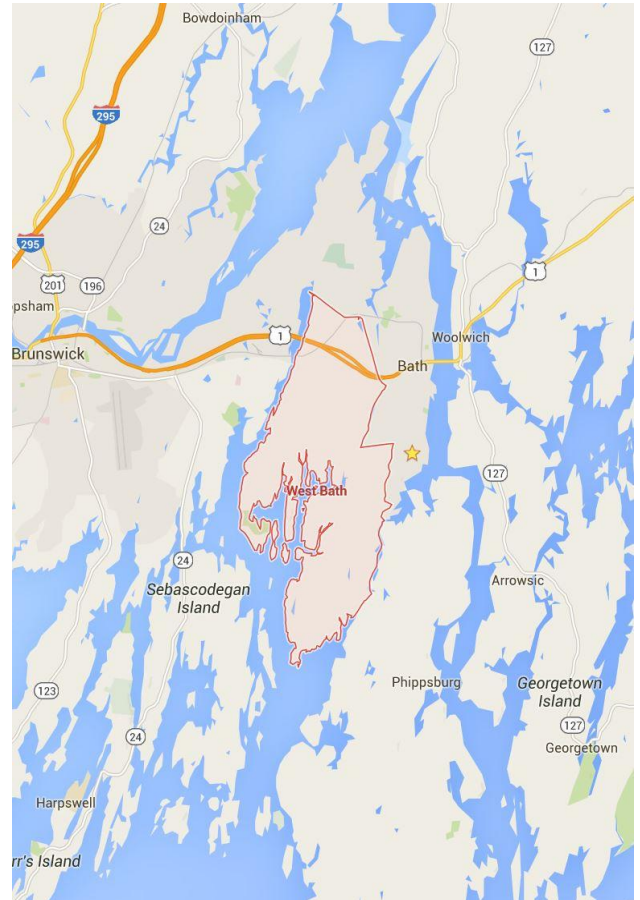
Local Food Activity (community gardens, groups, etc.):

- Specialty Foods: New Meadows Seafood, Plant's Seafood

Comprehensive Plan: Not available

Other:

- Brooks Marine Supply & Trap Mill



Westport Island

The Westport Island is separated from the mainland by the Sheepscot and Back Rivers and is connected to the mainland by a bridge over the Cowsegan Narrows. Fishing is the principal employer of residents.

County: Lincoln

Land Area: 5.4 square miles

Water Area: 8.8 square miles

Population: 734

Percentage of Households below poverty: 6.8%

Percentage of Individuals receiving SNAP: 2.7%

Farms: 2

- Squire Tarbox Farm
- 3 Eagle Farm

Value-Added Producers: 0

Farmers' Market(s): 0

Restaurants: 0

Food Retail Outlets: 0

Food Banks/Pantries/Kitchens: 1

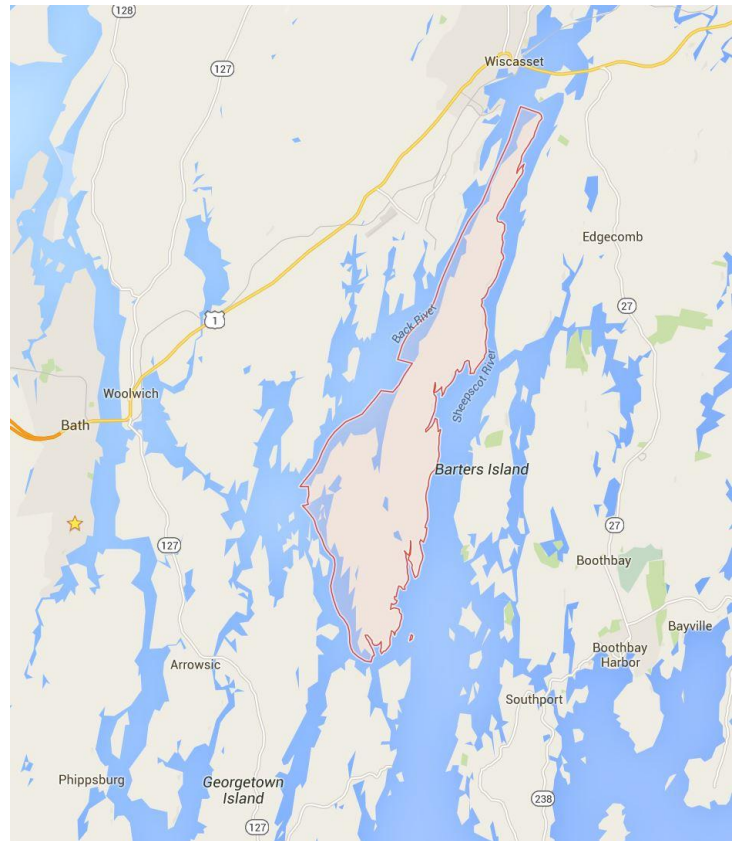
- Westport Cottage Pantry

Local Food Activity (community gardens, groups, etc.):

- Farm Tours: 3 Eagle Farm
- CSA: Squire Tarbox Farm

Comprehensive Plan Inclusions:

- Local Food in Schools: No
- School Garden: No



Woolwich

Woolwich, a mostly rural town, is located on a peninsula, surrounded by Merrymeeting Bay to the west, the Sasanoa River to the southwest, and the Back River to the southeast.

County: Sagadahoc

Land Area: 35 square miles

Water Area: 6.5 square miles

Population: 3065

Percentage of Households below poverty: 5.7%

Percentage of Individuals receiving SNAP: 3.4%

Farms: 10

- Jerome Bailey Farm
- Booker Farm
- Lipfert Farm
- Longfield Farm
- Oak Hill Farm
- Romney Ridge Farm
- Stoebe Equestrian Farm
- Swango Farm
- Three Little Pigs Family Farm
- Two Sister's Farm

Value-Added Producers: 2

- Fiddler's Lane Farm
- Romney Ridge Farm

Farmers' Market(s): 0

Restaurants: 2

- Montswag Roadhouse
- Taste of Maine*

***Restaurants that Purchase Local Food:** 1 (50%)



Food Retail Outlets:

- Convenience stores: Woolwich Clipper Mart

Food Banks/Pantries/Kitchens: 0

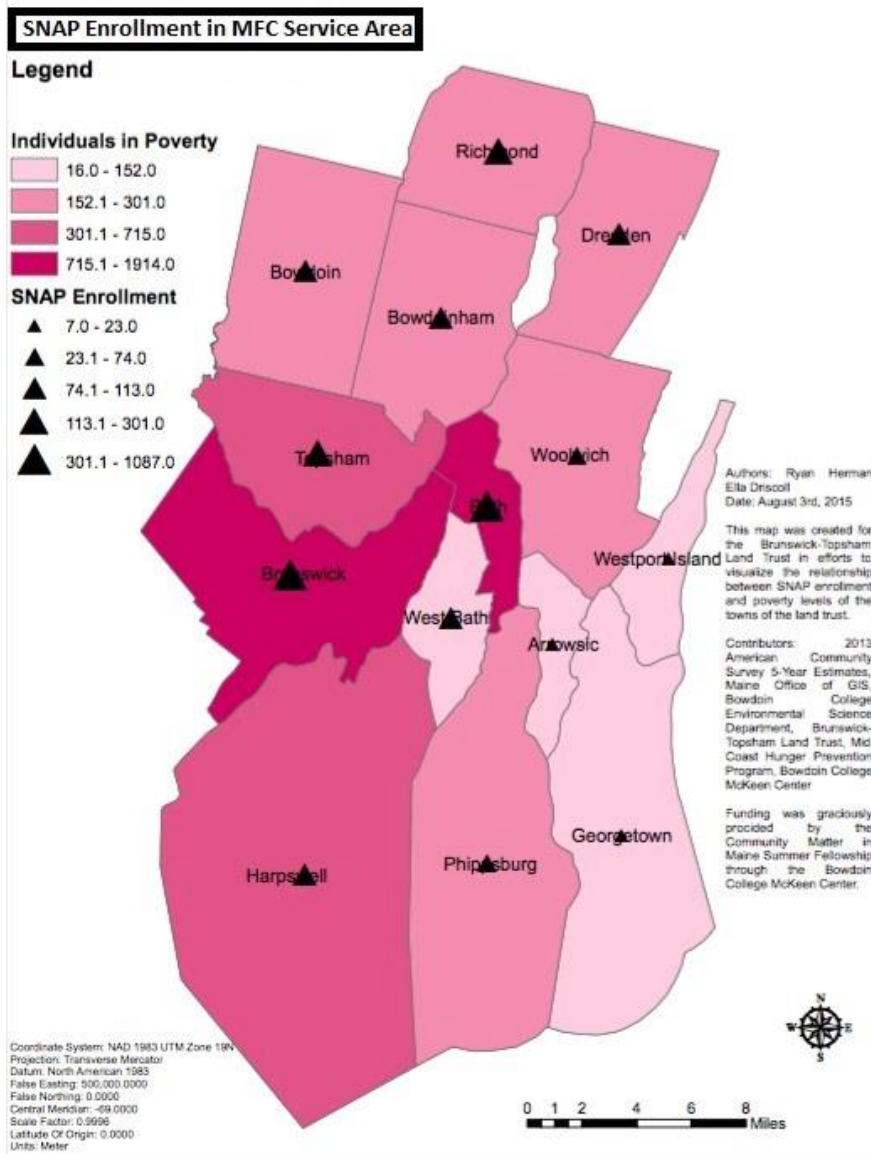
Local Food Activity (community gardens, groups, etc.):

- Farm Tours: Romney Ridge Farm
- Farm Stand: Two Sisters Farm
- CSA: Two Sisters Farm

Comprehensive Plan Inclusions:

- Local Food in Schools: No
- School Garden: No

III. Demographic Data Highlights



Highest Poverty Rate:
Bath, 16.5%

Lowest Poverty Rate:
Bowdoin, 2.6%

Highest Percentage Receiving SNAP:
Bath, 21.5%

Lowest Percentage Receiving SNAP:
Westport Island, 2.7%

IV. Processing and Distribution Resources

Slaughterhouses in 14 Towns: 0

Slaughterhouses within **50 miles** of Brunswick-Topsham Land Trust (downtown Brunswick): 15

State inspected:

- Nest and Mullen Slaughterhouse
- Ken's Custom Meat Cutting
- L.P. Bisson and Sons
- West Gardiner Beef
- Bubier Meats
- Cooperative Poultry Producers, Inc. COOPP

USDA inspected:

- Windham Butchershop
- Curtis Butchershop
- E.W. Mailhot Sausage
- Town and Country Meats
- Ballards Custom Meats
- Sam's Italian Foods, Inc.
- Sysco Food Services
- Shields Meat and Produce, Inc.
- Thibeault's Deer Cutting

Commercial Kitchens:

- Lalibela Farm
- Local in the Wyler Building

Aggregation/Distribution Routes by Independent Companies:

- Crown of Maine
- Native Maine
- Farm Fresh Connection
- Good Shepherd Food Bank
- Downeast Food Distributors Inc
- Town and Country Foods
- Dennies Paper and Food Service
- Blue Cold Distributors
- Maine Lobster and Seafood Co.
- Inland Lobster
- North Atlantic Inc.
- Gartland Distributors
- Bristol Seafood Inc.
- Pineland Farms Natural Meat

V. Waste Resources

Town Waste and Compost Practices:

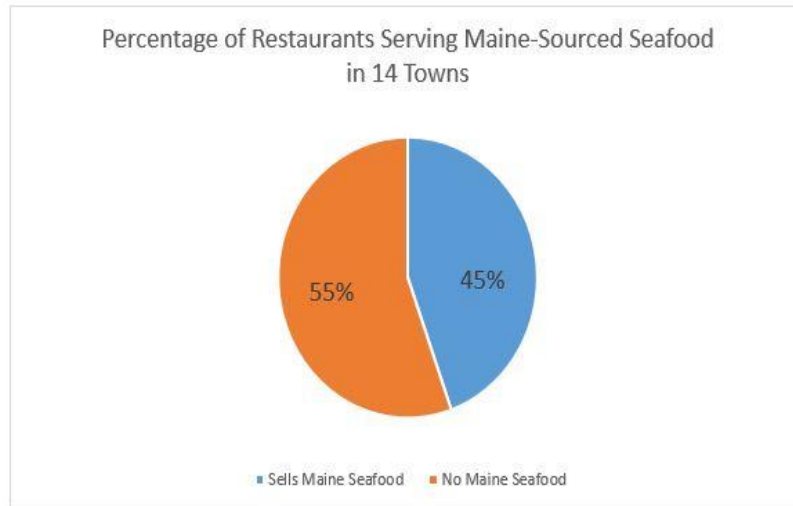
Town	Waste	Compost
Arrowsic	Trash incinerated at landfill facility, \$70/ton. 126.74 tons of trash thrown away in 2014.	162 households compost a total of 1,458 lbs/week, or 75,816 lbs/year
Bath	Contracted hauler collects curbside trash and recycling for \$ 375,000/year	Compost leaves and yard waste collected from and delivered by the public in the public works garage. No diversion of food scraps or use of private composting companies. Diverted about 20 tons of leaves in 2014
Bowdoin	Unknown	Unknown
Bowdoinham	Unknown	Unknown
Brunswick	Landfill collected 1360.07 tons of recyclables	
Dresden	Unknown	Unknown
Georgetown	305.08 tons of municipal solid waste sent to the Bath Landfill for fiscal year 2014-15 at a cost of \$38,847 for both disposal and hauling.	No compost site
Harpswell	Unknown	Unknown
Phippsburg	Pine Tree Waste Service, Marshall Grinding Inc., Grimm Industries, Universal Recycling Technologies	Compost at town transfer station (9 tons), also have a yard waste composting program, collect/recycle plastic bags
Richmond	Private haulers. Transfer station for scrap metal/recyclable cardboard etc.	Unknown

Topsham	MSW 52.50 per ton tipping fee, not including commercial and residential curbside by others	Leaf/yard waste/composting processed on site, approximately 112 tons. Compost given back to residents and sold outside of town.
West Bath	Unknown	Unknown
Westport Island	Waste disposal through Town of Wiscasset to use their transfer station for a contract agreement of 72,764. Some residents pay for private trash removal companies such as Giles Rubbish or Pine Tree Waste	Unknown
Woolwich	Unknown	Unknown

Private Compost Companies:

- We Compost It! (Portland)
- Garbage to Garden (Portland)
- Little River Compost (Lisbon Falls)

VI. Seafood Summary (14 Towns Combined)



Fish Markets: 10

- Gilmore's Sea Foods
- Gurnet Trading Co.
- Seafood Express
- Long Reach Shellfish, Inc.
- Middlebay Seafood Inc.
- Shucks Maine Lobster
- Cantrell Seafood
- Hancock Gourmet Lobster Co.
- Plant's Seafood
- New Meadows Seafood

Fishermen's Co-ops: 4

- Interstate Lobster Co-op
- Quahog Lobstermen's Co-op
- Georgetown Fishermen's Co-op
- The North End Lobster Co-op

Total Aquaculture Leases: 25

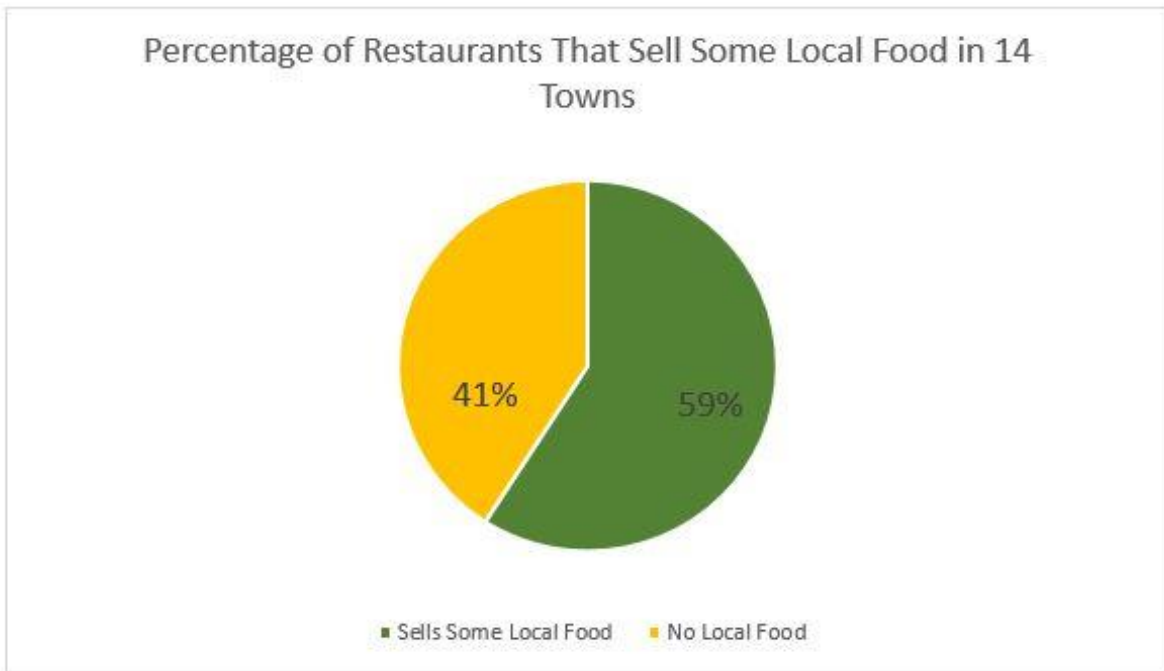
Seafood Cold Storage: 1

- Maguro America Inc

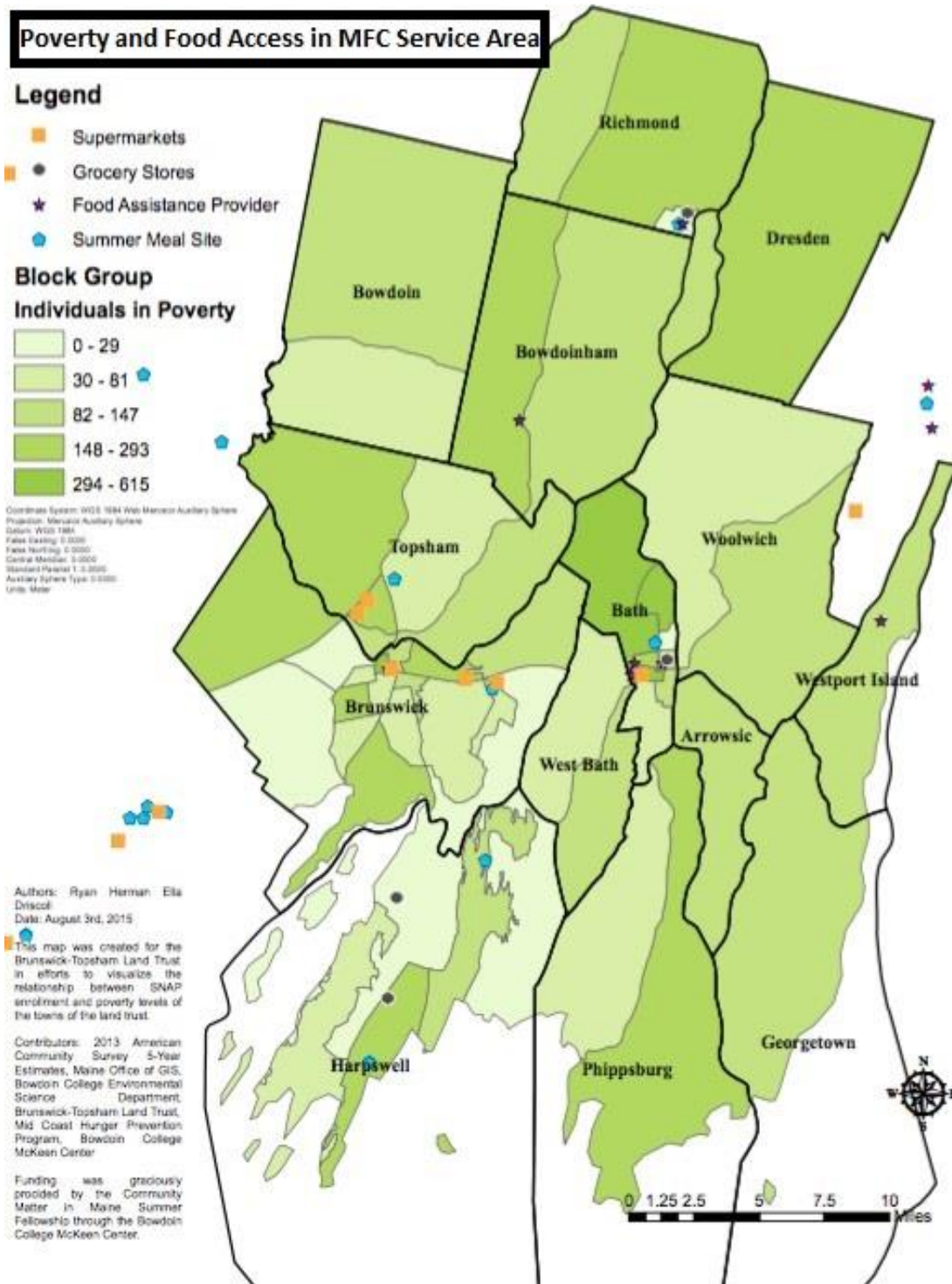
Seafood Processing: 0

Restaurants Serving Maine Seafood: 49

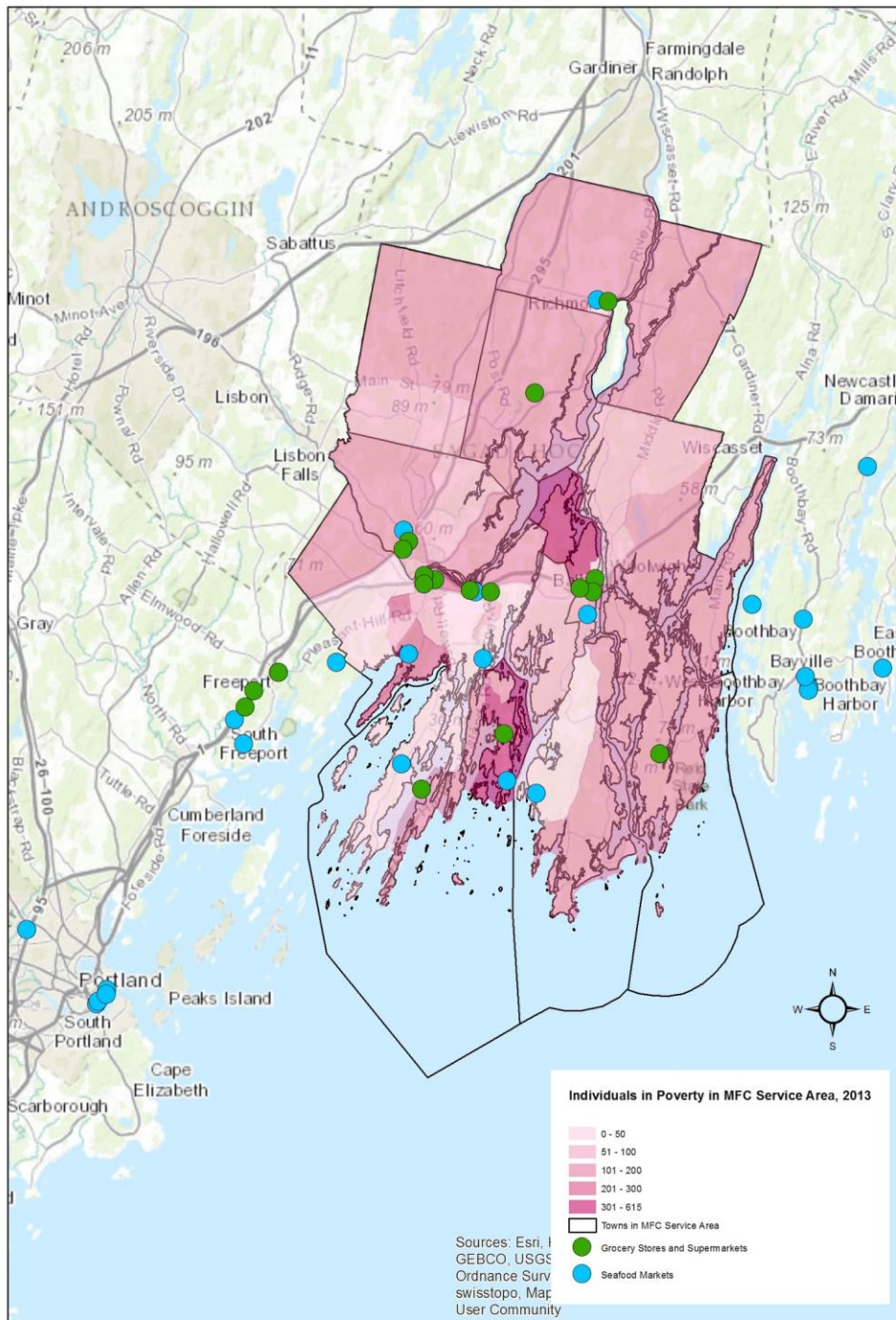
VII. Restaurant Summary



VIII. Additional Maps



Seafood Access and Individuals Below the Poverty Line in MFC Service Area, 2013



Data Source:
 American Community Survey (ACS) 2013, "Individuals in Poverty"
 Map Created 8/19/2015 by Emily Stewart

IX. Food Deserts in Maine: A Case Study

Arrowsic, Bath, Bowdoin, Bowdoinham, Brunswick, Dresden, Harpswell, Georgetown, Phippsburg, Richmond, Topsham, West Bath, Westport Island, and Woolwich

Ella Driscoll (Merrymeeting Food Council) and Ryan Herman (Mid Coast Hunger Prevention Program)

Food insecurity is a health, economic, and social justice issue that affects millions of low-income American households every year. In 2008, the United States Department of Agriculture ranked Maine as the ninth most food-insecure state in the nation, and this ranking has worsened considerably in the past few years. Food insecurity in Maine is 43% higher than the average of other New England states,³ and the number of families depending on Supplemental Nutrition Assistance Program has grown an estimated 30% since 2008.⁴ Further, with a poverty rate of 14%,⁵ the challenge of accessing nutritious food is growing ever more difficult for Maine citizens. In order to tackle this expansive and growing set of issues, the Brunswick-Topsham Land Trust collaborated with the Mid Coast Hunger Prevention Program in an attempt to reduce inefficiencies and swell the impact that local food has not only on health, but also on the economy, environment, and social vitality of our region.⁶

The USDA defines a food desert as “a census tract with a substantial share of residents who live in low-income areas that have low levels of access to a grocery store or healthy, affordable food retail outlet.”⁷ Census tracts can qualify as food deserts if they are “low-income communities” having a poverty rate of 20% or greater or a median family income at or below 80% of the area’s median family income. Beyond this, census tracts qualify as “low-access communities” based on the determination that at least 500 persons and/or at least 33% of the census tract’s population live more than one mile from a supermarket or large grocery store (10 miles for non-metropolitan census tracts);⁸ however, the census tracts focused on in this research are non-metropolitan. It is important to note that food insecure households are not inherently always food insecure; this number is a reflection of a household’s need to make trade-offs between basic necessities including utilities, transportation, housing, and healthy, nutritious food.

Food insecurity in Maine has been increasing steadily. The number of food insecure people has grown from 198,790 in 2009 to about 206,090 in 2013; the average meal growing from a price of \$2.75 to \$3.12. These numbers have increased at an even greater rate in the counties covered in the collaboration between MCHPP and the BTLT. In Cumberland County alone, the percentage of food insecure people increased from 13.0% in 2009 to 14.2% in 2013.⁹ The dietary options of low-income families are likely influenced by the prevalence of food retail stores, convenience stores, and supermarkets or lack-there-of. Inequitable access to nutritious food is a large contributor to health-related issues such as diabetes and obesity. One study found that adults living in neighborhoods with supermarkets alone or supermarkets

³ <http://www.mainecommunityaction.org/poverty-facts/>

⁴ http://thefoodtrust.org/uploads/media_items/grocerygap.original.pdf

⁵ <http://talkpoverty.org/state-year-report/maine-2014-report/>

⁶ http://www.gsfb.org/wp-content/uploads/2014/10/Hunger-in-Maine-Report_2014-final.pdf

⁷ <http://apps.ams.usda.gov/fooddeserts/fooddeserts.aspx>

⁸ Ibid.

⁹ <http://map.feedingamerica.org/county/2013/overall/maine/county/sagadahoc>

and grocery stores have the lowest rates of obesity (21%) and overweight (60% to 62%). Adults living in neighborhoods with no supermarkets and access to only convenience stores and/or smaller grocery stores had the highest rates of obesity (32% to 40%) and overweight (73% to 78%).¹⁰

The health consequences of living in a food desert are well documented and critical. More than 60 percent of Maine adults and 15 percent of Maine youth are overweight or obese, and 40 percent of the calories consumed by children and adolescents come from added fat and sugars.¹¹ For children, the Hunger in America 2010 report puts the numbers who are food insecure at approximately 21 percent, or one out of every five Maine children. Beyond health impacts, there are many direct economic impacts of fresh food retailers including reigning in local tax revenues and opening local jobs, as well as many indirect economic impacts such as human resource development and potential monetary benefits by virtue of new businesses. Healthy local food retailers can generate significant economic stimulus by “serving as anchors for further commercial revitalization, creating local jobs, generating tax revenues, and capturing local dollars within the community, among other economic and community development outcomes.”¹² Further, food purchases from farmer’s markets, farm stands, health food stores, and grocery stores that carry local food can contain consumer dollars within the regional economy, support local businesses, preserve local farmland, and add “community vibrancy through the building of social capital.”¹³

The issues low-income families and individuals below the poverty line face are dire because they are living further from access points for healthy food, but this issue is compounded by the fact that they are likely to limit or remove the often more expensive, local, healthy food options from their diets and consume higher calorie, fat-dense, and sugar intense foods that can lead to a variety of health issues—they are “oversaturated with fast-food restaurants, liquor stores, and other sources of inexpensive, processed food with little to no nutritional value.”¹⁴ In Maine roughly three quarters of the individuals that come into the food banks earn less than 20,000 dollars per year¹⁵. For these individuals making the bare minimum, it can often be a difficult choice to prioritize purchasing healthy food; this is reflected in a 2014 statistic that shows that 67% of individuals choose to consume inexpensive, unhealthy food and instead prioritize the cost of utilities, medicine, and transportation. In order to tackle this expansive and growing set of issues, we can work to reduce inefficiencies and swelling the impact local food has not only on health, but also on the economy, environment, and social vitality of our region.¹⁶

The maps generated by this research are an attempt to bring attention to the accessibility of food in our region. While there have been an increased number of food banks, pantries, and kitchens in addition to summer feed sites over the years, there still remains high levels of inequitable access to food and to programs such as SNAP that can be utilized to feed low-income families and individuals below the poverty line. The food movement in our region is vibrant and lively, and we hope to translate this research into movement geared towards making local, nutritious food available to all.

¹⁰ <http://talkpoverty.org/state-year-report/maine-2014-report/>

¹¹

¹² http://thefoodtrust.org/uploads/media_items/access-to-healthy-food.original.pdf

¹³ Ibid.

¹⁴ Ibid.

¹⁵ http://www.gsfb.org/wp-content/uploads/2014/10/Hunger-in-Maine-Report_2014-final.pdf

¹⁶ Ibid.

Healthy Food Access and Median Household Income of BTLT

Legend

- Farmer's Markets
- CSA
- ▲ 'Pick-Your-Own' Site
- ▲ Farm Stands
- Specialty Food Providers
- Health Food Stores

Mean Income

INCOME

- 53112
- 53113 - 68547
- 68548 - 74603
- 74604 - 88601

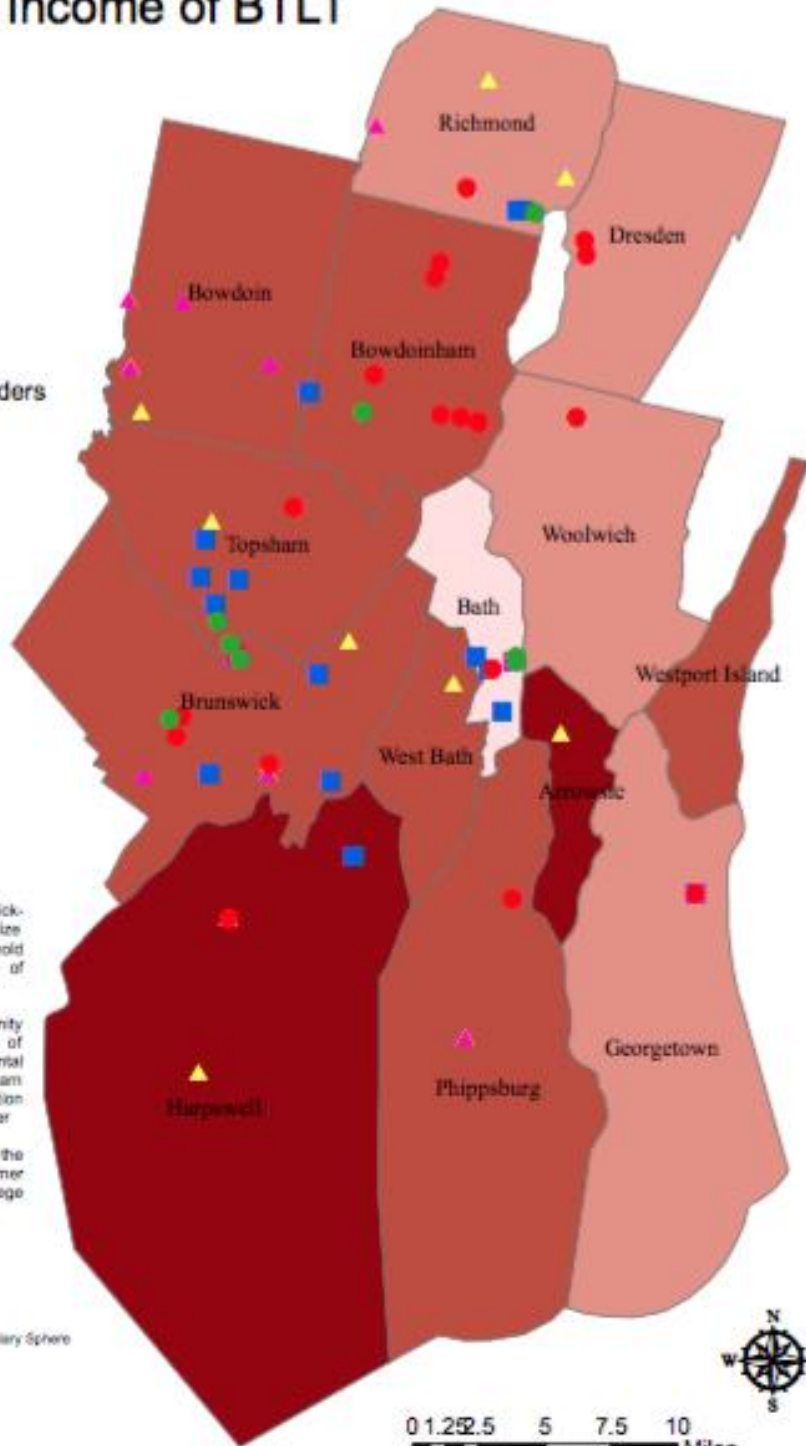
Authors: Ryan Herman Ella Driscoll
Date: August 3rd, 2015

This map was created for the Brunswick-Topsham Land Trust in efforts to visualize the relationship between median household income and the geographical location of healthy food access.

Contributors: 2013 American Community Survey 5-Year Estimates, Maine Office of GIS, Bowdoin College Environmental Science Department, Brunswick-Topsham Land Trust, Mid Coast Hunger Prevention Program, Bowdoin College McKean Center

Funding was graciously provided by the Community Matter in Maine Summer Fellowship through the Bowdoin College McKean Center

Coordinate System: WGS 1984 Web Mercator Auxiliary Sphere
Projection: Mercator Auxiliary Sphere
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False Northing: 0.0000
Central Meridian: 0.0000
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Auxiliary Sphere Type: 0.0000
Units: Meter



Poverty and Food Access of BTLT

Legend

- Supermarkets
- Grocery Stores
- ★ Food Assistance Provider
- Summer Meal Site

Block Group

Individuals in Poverty

- 0 - 29
- 30 - 81
- 82 - 147
- 148 - 293
- 294 - 615

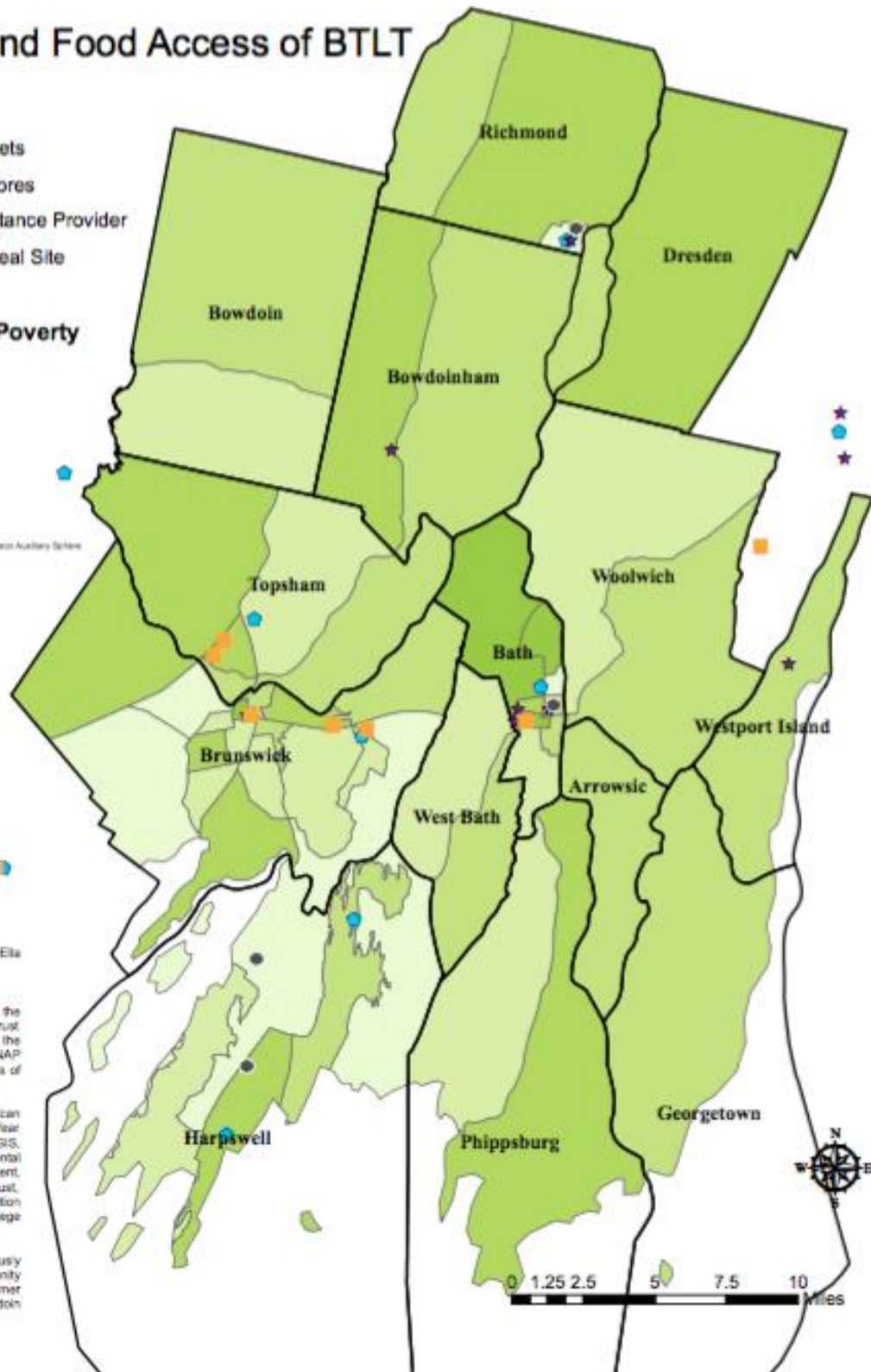
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Authors: Ryan Herman, Ella Driscoll
 Date: August 3rd, 2015

This map was created for the Brunswick-Topsham Land Trust in efforts to visualize the relationship between SNAP enrollment and poverty levels of the towns of the land trust.

Contributors: 2013 American Community Survey 5-Year Estimates, Maine Office of GIS, Bowdoin College Environmental Science Department, Brunswick-Topsham Land Trust, Mid Coast Hunger Prevention Program, Bowdoin College McKean Center

Funding was graciously provided by the Community Matter in Maine Summer Fellowships through the Bowdoin College McKean Center.

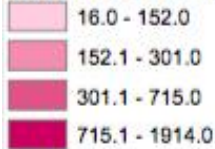


SNAP Enrollment for BTLT

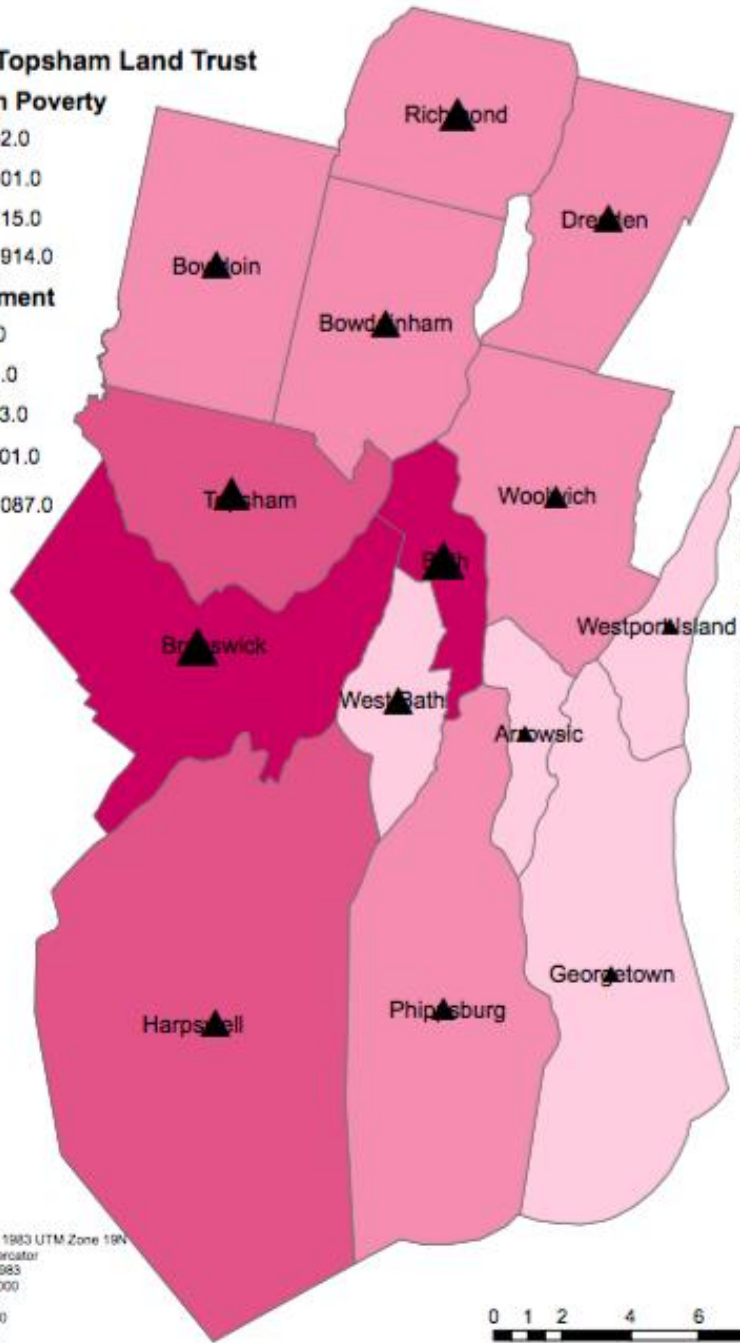
Legend

Brunswick-Topsham Land Trust

Individuals in Poverty



SNAP Enrollment



Authors: Ryan Herman
Elita Driscoll
Date: August 3rd, 2015

This map was created for the Brunswick-Topsham Land Trust in efforts to visualize the relationship between SNAP enrollment and poverty levels of the towns of the land trust.

Contributors: 2013 American Community Survey 5-Year Estimates, Maine Office of GIS, Bowdoin College Environmental Science Department, Brunswick-Topsham Land Trust, Mid Coast Hunger Prevention Program, Bowdoin College McKen Center

Funding was graciously provided by the Community Matter in Maine Summer Fellowship through the Bowdoin College McKen Center.

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Projection: Transverse Mercator
Datum: North American 1983
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Units: Meter



Why is SNAP important?

The USDA describes SNAP as a program that offers nutrition assistance to millions of eligible, low-income individuals and families and provides economic benefits to communities. SNAP is integral to the equitable access of nutritious food in our communities. Further, every 5.00 dollars in new SNAP generates 9.00 dollars in local spending at supermarkets, grocery stores, and other approved SNAP-accepting retailers. One billion dollars of SNAP benefits generates anywhere from 8900-17900 fulltime equivalent jobs. (http://www.gsfb.org/wp-content/uploads/2014/10/Hunger-in-Maine-Report_2014-final.pdf)

Bath, ME Food Access

Authors: Ryan Herman Ella Driscoll
Date: August 3rd, 2015

This map was created for the Brunswick-Topsham Land Trust in efforts to visualize the geographical relationship between poverty and food access in Bath, ME.

Contributors: 2013 American Community Survey 5-Year Estimates, Maine Office of GIS, Bowdoin College Environmental Science Department, Brunswick-Topsham Land Trust, Mid Coast Hunger Prevention Program, Bowdoin College McKean Center

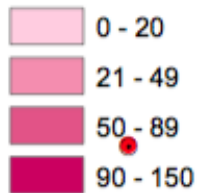
Funding was graciously provided by the Community Matter in Maine Summer Fellowship through the Bowdoin College McKean Center.

Legend

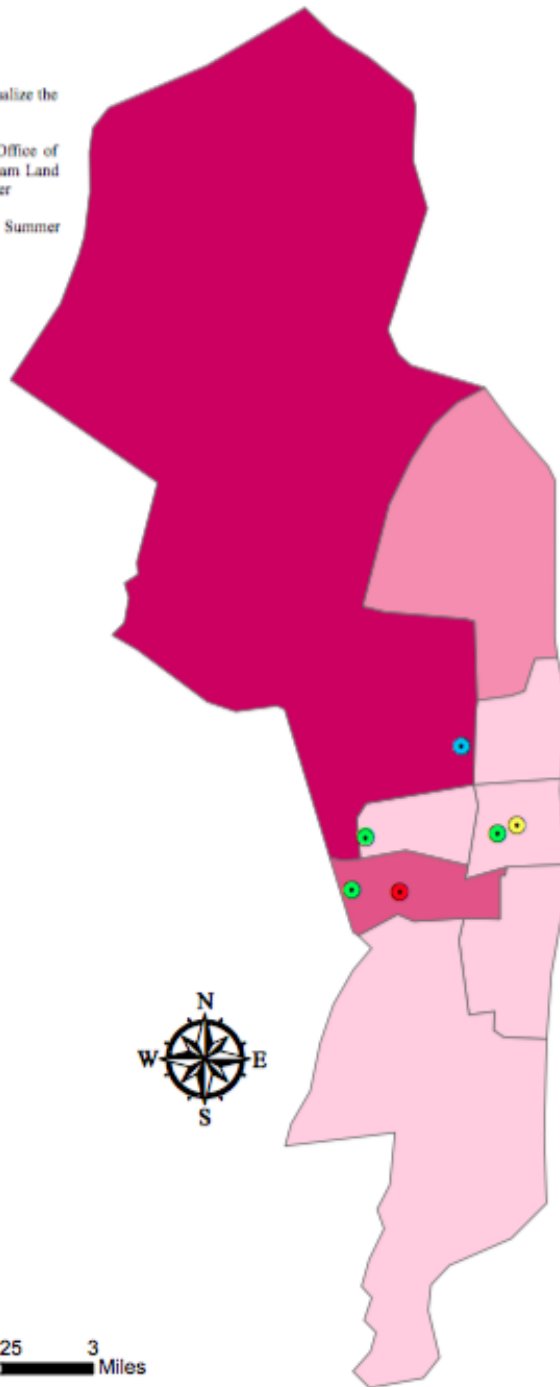
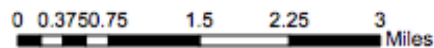
- Supermarkets
- Grocery Stores
- Food Assistance Providers
- Summer Meal Sites

Block Group

Individuals in Poverty



Coordinate System: WGS 1984 Web Mercator Auxiliary Sphere
Projection: Mercator Auxiliary Sphere
Datum: WGS 1984
False Easting: 0.0000
False Northing: 0.0000
Central Meridian: 0.0000
Standard Parallel 1: 0.0000
Auxiliary Sphere Type: 0.0000
Units: Meter



Bath is located in Sagadahoc County, Maine and is 9.10 square miles in area with 4.12 square miles of water area. Bath has 19 restaurants primarily concentrated in the center of town as well as 3 food banks, pantries, or kitchens also concentrated in the center of town. More local food is available in Bath than in many other towns, but it is also primarily available in the center of town. With a population of 8,456 and a high percentage (16.5%) of households below the poverty line, 21.5% of the individuals in the town are receiving SNAP benefits. Bath has only one summer feed site, one grocery store, and one supermarket, but has three food assistance providers. While these restaurants and local food options are present in Bath, these are not necessarily utilized by the areas with the greatest number of individuals in poverty.

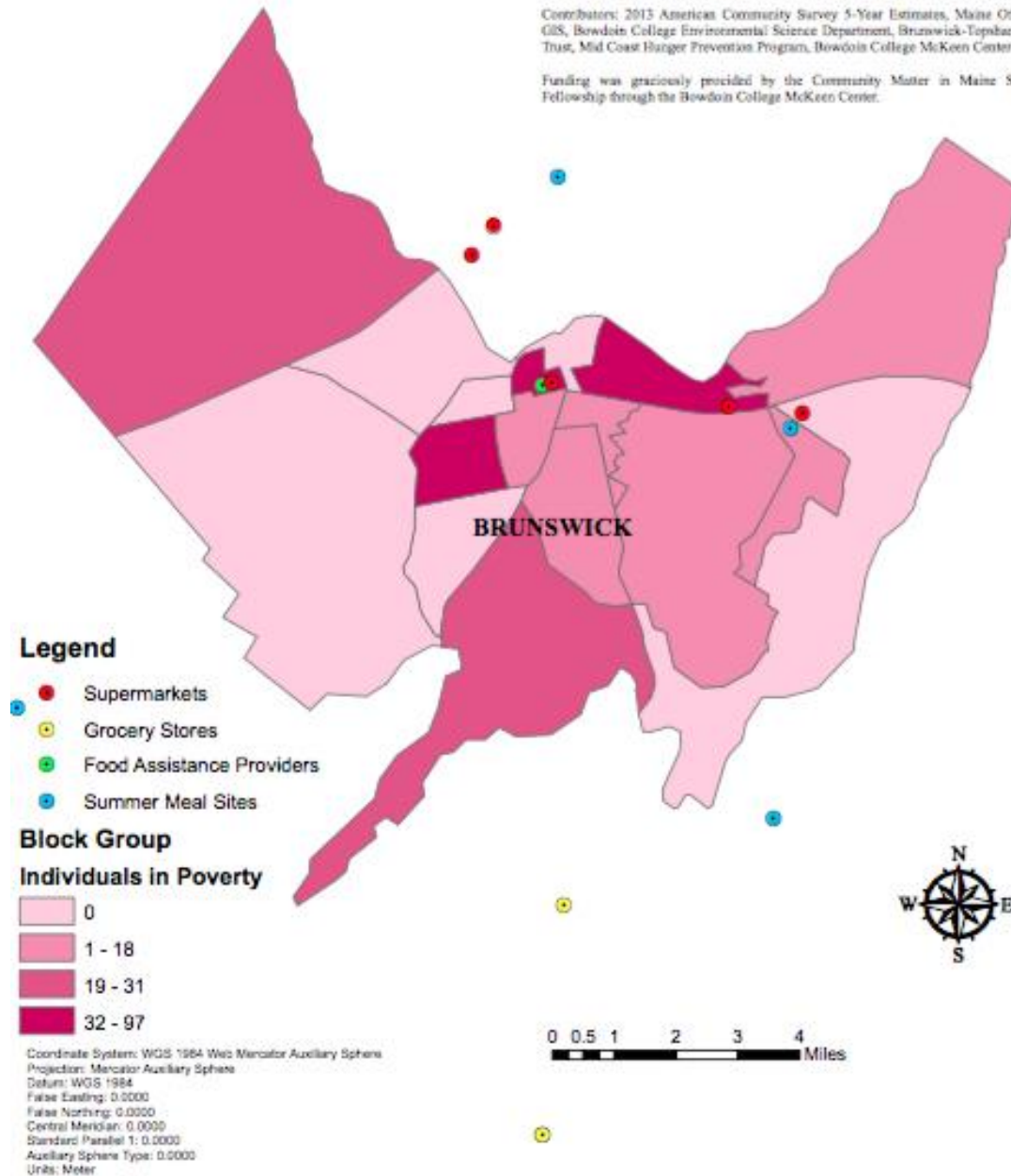
Brunswick, ME Food Access

Authors: Ryan Herran Ella Driscoll
Date: August 3rd, 2015

This map was created for the Brunswick-Topsham Land Trust in efforts to visualize the geographical relationship between poverty and food access in Brunswick, ME.

Contributors: 2013 American Community Survey 5-Year Estimates, Maine Office of GIS, Bowdoin College Environmental Science Department, Brunswick-Topsham Land Trust, Mid Coast Hunger Prevention Program, Bowdoin College McKeen Center

Funding was graciously provided by the Community Matter in Maine Summer Fellowship through the Bowdoin College McKeen Center.



Brunswick is located in Cumberland County, Maine and is 46.73 square miles in area with 7.61 square miles of water area. With 28 farms and 53 restaurants, and three supermarkets, Brunswick is the largest town with the greatest local food movement in this region. Brunswick has a population of 20,319 with 7.7% of the households below the poverty line and 13.2% of individuals receiving SNAP benefits. Further, there is only one food bank, pantry, or kitchen and only one summer feed site in Brunswick. The supermarkets, grocery stores, food assistance providers, and summer meal sites are primarily located within a close proximity of the highest levels of poverty. However, much of Brunswick has little access to these food access points.

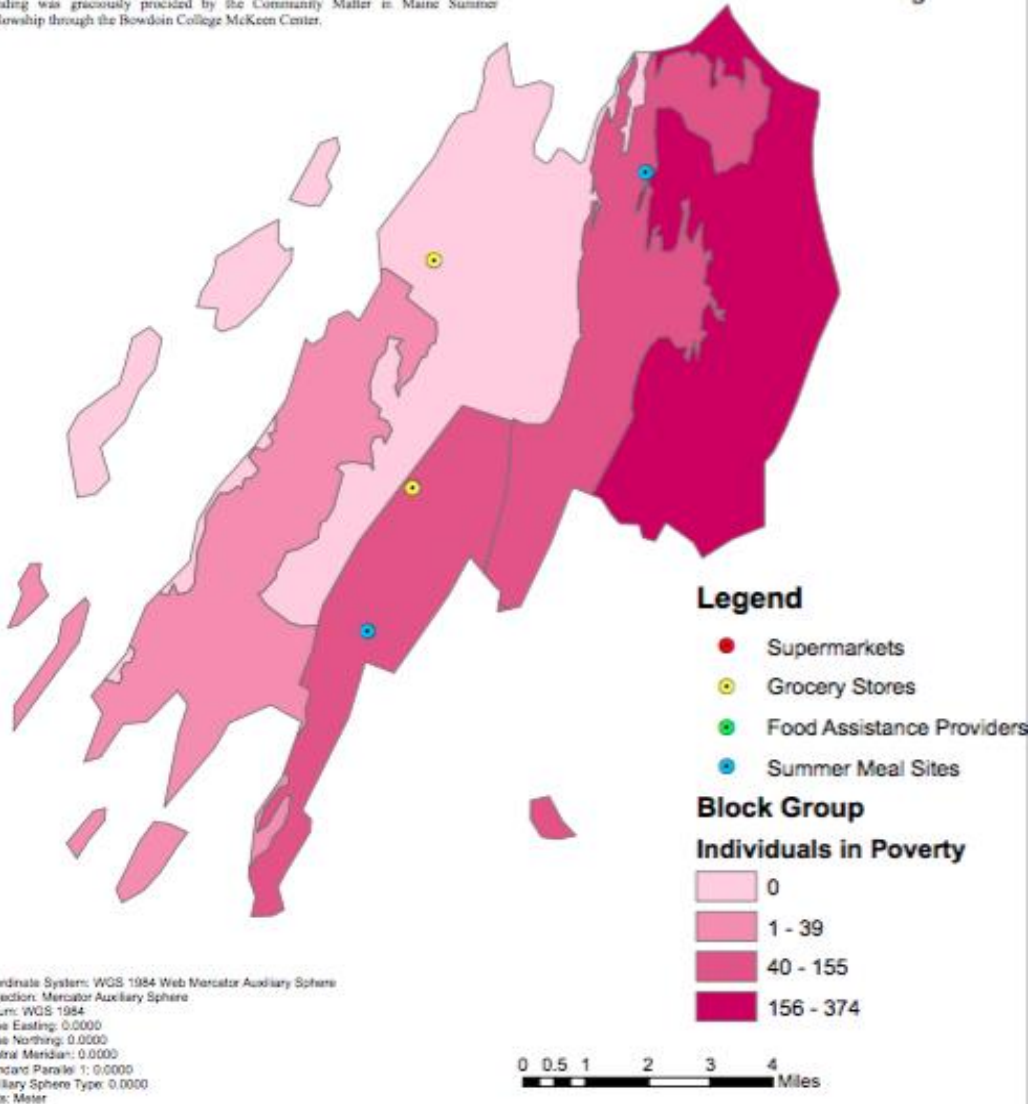
Harpswell, ME Food Access

Authors: Ryan Herman, Ella Driscoll
 Date: August 3rd, 2015

This map was created for the Brunswick-Topsam Land Trust in efforts to visualize the geographical relationship between poverty and food access in Harpswell, ME.

Contributors: 2013 American Community Survey 5-Year Estimates, Maine Office of GIS, Bowdoin College Environmental Science Department, Brunswick-Topsam Land Trust, Mid Coast Hunger Prevention Program, Bowdoin College McKean Center

Funding was graciously provided by the Community Matter in Maine Summer Fellowship through the Bowdoin College McKean Center.



Harpswell is located in Cumberland County, Maine, has a land area of 24.2 square miles, with 103.5 square miles of water area and a population of 4,778. Harpswell is composed of Harpswell Neck on the mainland, Sebascodogan Island, Orr's Island and Bailey Island to the east, and several smaller islands. Harpswell has about 216 miles of coastline, and is therefore a major site of fishing, aquaculture, seafood markets and seafood restaurants. Harpswell has 2 farms, 9 restaurants, 2 grocery stores, two summer feed sites and no pantries. 10.5% of households in Harpswell are below poverty, and 4.3% of individuals receive SNAP benefits. It is important to note that the major access points, with the exception of the summer feed site, are not located within the major areas of the greatest numbers of individuals in poverty.

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