Who is Food AND Medicine

Background
Food AND Medicine (FAM) was formed in response to an avalanche of layoffs in 2001. Union members and allies teamed up to support and stand in solidarity with laid off workers and the communities that were reeling from the effects of plant closures.

Values
FAM’s name and work stems from the belief that no one should be forced to choose between food, medicine and other basic necessities. We believe all people have a right to dignity, access to healthy food, good paying jobs, healthcare, and a strong safety net to catch them in hard times.

Goals
We organize, educate and empower people directly affected by the issues we seek to address - issues causing and resulting from poverty.

Current Programs
Contact us for more information about our current programs, which include:
- Collective Gardens Network
- Transportation for All
- Solidarity Harvest
- Racial Justice
- Civic Engagement
- Worker Rights
- Peer Workforce Navigator

Do you or someone you know need help with:
- unemployment insurance
- SNAP, WIC, TANF benefits
- finding a good paying job
- finding an apprenticeship or job training program
- rental assistance
- utilities assistance

Contact our Peer Workforce Navigator

Suzy Young
Direct: (207)-505-6436
Suzy@foodandmedicine.org

Contact Food AND Medicine

(207)-989-5860
FAM@foodandmedicine.org

To learn more about Food AND Medicine, go to our website www.foodandmedicine.org

Find us on Facebook, Instagram and Twitter

20 Ivers Street, Brewer ME 04412
Unemployment Insurance

Unemployment Insurance (UI) benefits are available for workers who lose their job through no fault of their own. If you worked for an employer and earned at least $5,140 during the last year, you may be eligible. If you’re having difficulty with a UI claim, we may be able to help.

Apprenticeship Programs and Job Resources

Peer Workforce Navigators work closely with Maine’s unions, and can connect people with registered apprenticeship programs and other good paying union jobs. Many other job resources and training programs are also available.

MaineCare

MaineCare is a program that provides health insurance for low-income people. Other factors, like age and parenting status, can affect eligibility for MaineCare or other health insurance programs. Adults with low income who didn’t qualify for MaineCare before may be eligible now thanks to Medicaid Expansion in 2019. As of July 2022, MaineCare also includes full dental care.

General Assistance

General Assistance is a program run by every town to help people who don’t have enough money to pay their necessary expenses. You may be eligible if you don’t have enough money for food, medicine, rent, heat, electricity, or other necessities. Each town has its own rules about who can receive this money.

SNAP / Food Supplement

The Food Supplement program, also called SNAP or Food Assistance (formerly food stamps) helps people pay for food. Most people with low income are eligible for the Food Supplement Program. Many people who work also receive these benefits.

Special Supplemental Nutrition Program for Women, Infants and Children (WIC); and Temporary Aid for Needy Families (TANF)

WIC provides federal grants to states for supplemental foods, health care referrals, and nutrition education for low-income pregnant, breastfeeding, and non-breastfeeding postpartum women, and to infants and children up to age 5 at nutritional risk. To get TANF you must be the parent or guardian of a minor child who is living with you at least 50% of the time and have a very low income.

Home Energy and Utilities Assistance Programs

The Home Energy Assistance Program (HEAP) helps qualified homeowners and renters pay for heating costs, including help paying for fuel and emergency fuel delivery. Ask us about other state and federal programs to help with costs of other utilities.

Other Resources...

Eviction Assistance; Non Emergency Transportation; Area Agencies on Aging; CAP Agencies; Hope Fund; Parents as Scholars and more.

What is the Peer Workforce Navigator Program?

The Peer Workforce Navigator Project at Food AND Medicine connects community members to resources and supports they need on their path to a good, secure job.

How does it work?

The Peer Workforce Navigator project creates a team of connected peer navigators who bring together their own experiences and best practices and the expertise, resources, and networks of their respective community organizations – along with direct information and access to the Maine Department of Labor.

We have come together around our shared goals: to ensure that every person in Maine has access to workforce opportunities and workforce-related supports, to ensure that eligible unemployed and underemployed Mainers can get unemployment benefits, and to help our community members plan and prepare for safe, satisfying and secure working lives.

The programs listed in this brochure are some of the resources that Peer Workforce Navigators can connect you with and help you navigate.