



## Welcome to the MDI Food Access Project

The MDI Food Access Project is an initiative of Open Table MDI, in collaboration with College of the Atlantic, Beech Hill Farm, Share the Harvest, The Bar Harbor Food Pantry, and Healthy Acadia's Gleaning Initiative. We work together to connect residents of Mount Desert Island, the Outer Islands, and Trenton to healthy and local food options. This project aims to reduce food access barriers, decrease the duplication of island services, and address unmet food insecurity in MDI's more remote communities.

### THE GOOD FOOD BOX

Each week, participants will be provided with a food box containing prepared meals, pantry items, and fresh produce at no cost. The food boxes will be offered at pick-up sites every Saturday and at-home delivery options will be available to those who qualify. The **Winter Session 2020/21** of The Good Food Box will be offered for a period of three months from **December 5, 2020 through February 27, 2021**. This program will continue to run year-round and Winter participants will be informed once the application process has opened up for our Spring Session 2021. Please note that to participate in this program you must meet certain self-assessed income requirements and be a resident of Hancock County.

### Food Box Contents:

Food items will be 100% vegetarian, with vegan and gluten-free options, and box contents will vary from week to week based upon seasonal availability. Here are a few examples of items you may see in your box:

- **Prepared meals from Open Table MDI** - Freshly made vegetarian meals ready to be warmed or frozen, such as chili, lasagna, etc. (gluten-free/vegan options available)
- **Pantry items from Bar Harbor Food Pantry** - Staple items to stock your pantry, such as flour, rice, dried beans, etc.
- **Produce from Beech Hill Farm** - Farm produce harvested locally such as carrots, onions, cabbage, etc.
- **Gleaned produce from Healthy Acadia** - Rescued produce from a variety of local farms such as apples, greens, tomatoes, etc.

### APPLICATION PROCESS

We will begin to accept applications online, by mail, and over the phone on Monday November 16th, 2020. Applications will be processed on a first-come, first-served basis and we will continue accepting applications until we reach program capacity. After reviewing your application, we will contact you via email, phone, or mail to confirm your participation in this program and provide you with details about pick-up locations. Distribution of our Winter Session 2020 Community Food Box Program will begin on Saturday December 5, 2020 and run until Saturday February 27, 2021.

### WHERE TO SUBMIT YOUR APPLICATION

ONLINE: Please visit [www.opentablemdi.org/mdi-food-access-project](http://www.opentablemdi.org/mdi-food-access-project)

BY MAIL: P.O. Box 451 Bar Harbor, Maine 04609

OVER THE PHONE: (207) 669-2208

### FOR QUESTIONS OR MORE INFORMATION

Contact Kristin Proppé at [food.access@opentablemdi.org](mailto:food.access@opentablemdi.org) or (207) 669-2208

**MDI FOOD ACCESS PROJECT APPLICATION**  
**The Good Food Box**  
**Winter Session 2020/21**

Full Legal Name: \_\_\_\_\_

Address: \_\_\_\_\_

Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

1. What is your preferred method of contact:

- Email
- Phone
- Text
- Mail

2. How many people, including yourself, reside in your household? \_\_\_\_\_

3. How many of those people are children (under the age of 18)? \_\_\_\_\_

4. How many of those people are elders (over the age of 60) or are in a higher risk group for COVID-19? \_\_\_\_\_

5. Do you have a reliable form of transportation?

- Yes
- No (If no, would delivery of your food box be helpful?) \_\_\_\_\_

6. Do any members of your household have any of the following food allergies?

- Dairy
- Eggs
- Tree Nuts
- Other (please specify): \_\_\_\_\_
- Peanuts
- Wheat
- Soy

7. All the prepared meals will be 100% vegetarian. Within your household, is there a need for any meals to be made gluten-free and/or vegan?
- Yes
  - No

**INCOME SELF-ASSESSMENT TOOL**

The following numbers are meant to be used as a general guideline for self-assessment. We understand that due to various factors and circumstances during this increasingly unpredictable time, these numbers may not account for other hardships that you are currently facing. By seeking out our services, we trust that your household does truly require additional food assistance and would benefit from participation in our program.

# of Household Members	1 Person	2 People	3 People	4 People	5 People	6 People
Annual Household Income (Before Tax)	\$23,606	\$31,894	\$40,182	\$48,470	\$56,758	\$65,046

*\*For households with more than six people, add \$8,288 per additional person.*  
 (Guidelines from: [www.benefits.gov/benefit/1272](http://www.benefits.gov/benefit/1272))

8. Do you feel your household falls within the income guidelines presented on the self-assessment tool?
- Yes
  - No

If no, please explain: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

9. Do you or any members of your household currently receive food supplement benefits (SNAP, WIC)?
- Yes
  - No

10. Is there anything additional you would like to share with Open Table MDI regarding your financial situation that would help us in evaluating your application? (i.e. how COVID-19 has impacted your household finances, etc.)

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11. Would you be interested in receiving more information about participation in our Spring Session 2021 (Saturdays 3/6/2021 to 5/29/2021) as it becomes available?

- Yes
- No

**NON-DISCRIMINATION**

No person shall be discriminated against on the basis of age, race, gender, gender identity and expression, country of origin, social-economic status, faith background, marital status and family structure, mental and physical ability, immigration status, or sexual orientation.

**PRIVACY AND CONFLICT OF INTEREST POLICY**

Open Table MDI recognizes that every person has different needs and circumstances, therefore, all applications will be reviewed on an individual basis. Open Table MDI will treat each applicant with care, dignity, and confidentiality. Open Table MDI is committed to protecting your privacy and safety. All applications received by Open Table MDI will be processed by our MDI Food Access Project Coordinator. Board or staff members of Open Table MDI or their immediate family are not eligible to apply.

**By signing this form, I certify that all of the application information provided is true and correct to the best of my knowledge.**

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_