



## 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, Healthy Acadia's Gleaning Initiative, and Island Connections. 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. This program runs year-round and current participants have the option to be informed once the registration process has opened up for the next session. Please note that to participate in this program you must be a resident of Hancock County.

*This program is in collaboration with the Bar Harbor Food Pantry and does NOT disqualify or change one's ability to utilize the food pantry as needed.*

### 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.

### SIGN-UP PROCESS

After reviewing your information, 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.

### WHERE TO SUBMIT YOUR REGISTRATION

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) 479-1941

### FOR QUESTIONS OR MORE INFORMATION

Contact Claire Bailey at [food.access@opentablemdi.org](mailto:food.access@opentablemdi.org) or (207) 479-1941

**MDI FOOD ACCESS PROJECT REGISTRATION**  
**The Good Food Box**

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

8. Are you currently facing any barriers to receiving food access services?
- Yes
  - No

If yes, please explain: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

9. Do you or any members of your household currently receive food assistance services (Bar Harbor Food Pantry, Westside Food Pantry, Common Good Kitchen, Meals of Wheels, SNAP, WIC)? *Please note: Answering "YES" does not affect your participation in The Good Food Box program.*
- Yes
  - No

10. Would you be interested in receiving more information about participation in the next session as it becomes available?
- Yes
  - No

11. How did you hear about the MDI Food Access Project?
- Social Media
  - Flyer posted in the community
  - Friend
  - Staff Member of one of the partner organizations
  - Another community organization
  - Other (please specify): \_\_\_\_\_

**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 registrations 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 registrations received by Open Table MDI will be processed by our MDI Food Access Project Coordinator.

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

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