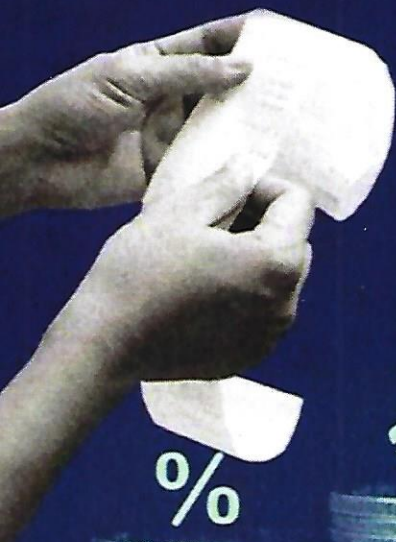


# RISING PRICES



# SINKING YOUR BUDGET



## **YOUR FRIENDS AND NEIGHBORS IN BELGRADE AND ROME ARE HERE TO HELP!**

2023 promises to be a tough year for many with soaring food and heating costs. We want you to know about expanded services and programs that can help.

- The Belgrade-Rome Food Pantry has new hours for those who work during the day. The Pantry is at the North Belgrade Community Center, 508 Smithfield Road (Route 8). Regular Hours: Every Tuesday - 9 am to 11 am. NEW HOURS: First Thursday of the month - 4:30 pm to 6:30 pm.
- The Rome Food Cupboard is at the town office, 8 Mercer Road. Hours are 1 pm to 3 pm on the 4th Wednesday of each month.
- Need a ride to medical appointments or to pick up food? Call Neighbors Driving Neighbors to find out how they can help: 207-860-0677 or email [neighborsdrivingneighbors@gmail.com](mailto:neighborsdrivingneighbors@gmail.com) a few days in advance.
- If you're starting over or need household items like bedding, pots & pans, furnishings, try Project Fresh Start at 352 Civic Center Drive in Augusta. For donating or receiving furnishings, call 207-621-4491 or email [ProjectFreshStart352@gmail.com](mailto:ProjectFreshStart352@gmail.com) before going to the site. This is a volunteer group with limited hours that you can also find on Facebook under ProjectFreshStartME.
- HELP may be just a phone call away. Dial 211 if you need one-stop resource info about basic needs including clothing banks, rent and utility assistance, and mental and physical health resources such as health insurance programs, intervention services and support groups.
- Don't forget to reach out to your church or town office! Rome Town Office: 207-397-4011. Belgrade Town Office: 207-495-2258. Town Offices are also on Facebook where you can get the latest information about programs and services.

