Map Description

This map shows the locations of many emergency food services, such as food pantries and WIC clinics, in each town around Cumberland County. The areas shaded in green are those which are within a ten mile round-trip of each location by automobile. This range is generally considered "high access." The Lakes Region is outlined to distinguish it from the rest of the county. The Portland peninsula is inset to enable a higher scale because the data points are generally denser.

Tips on reading this map

When looking at a map like this, it is tempting to think that services end at the border of the county, simply because nothing else is depicted. Be careful. In several cases here it may appear that towns do not have any emergency food services, but they may be served from a nearby town or from outside the county.

Quick Facts

- As of fall 2010, there were 51 food pantries in Cumberland County, 12 of which are in the Lakes Region.
- There were 32 summer food sites during the 2011 summer, 5 of which are in the Lakes Region.
- There are, in addition, at least 19 community meal sites around the county, roughly half of which appear to be in the Lakes Region. These are operated by agencies such as the Southern Maine Area Agency on Aging or Wayside Food Programs. The data is too incomplete to map.
- The Maine Department of Health and Human Services has renamed the Office of Integrated Access and Support. It is now named the Office of Family Independence. The Portland District Office remains at 161 Marginal Way.
**Map Description**

This compilation of micro-maps depicts various proxies or stand-ins often used for the food insecure. The first row depicts the geographic concentration of particular vulnerable populations such as the elderly or single-parent households. The second row depicts percentage rates of community characteristics that often indicate that residents may be experiencing food insecurity, such as school food eligibility. In most cases it was possible to use data from the 2010 Census.

**Tips on reading this map**

- Try to identify patterns. For instance, the Lakes Region towns stand out in the poverty, unemployment, and SNAP maps. Or, notice when a town suddenly does not seem to follow the pattern. For instance, Portland seems to have moderate unemployment, yet high poverty and SNAP rates.
- Now, take the patterns and/or the absence of patterns and try and determine what they represent and if there is a gap in service or an unmet need that could be addressed.
- Many other populations and rates could have been chosen. For instance, immigrant and refugee populations could have been mapped, or Child and Adult Care Food Program rates. The challenge to understanding food insecurity at the local level is determining how all of these factors interact, and how governments and/or communities are behaving in response. It is also useful to map data over time to determine trends.

**Quick Facts**

- Town poverty rates varied from 2.5 to 16.9% in Cumberland County in 2010.
- Average unemployment rates by town in 2010 varied from 3.5 to 9.4%. The county average was 6.3%.
- The percent of students eligible for free or reduced price meals in October 2010 varied from 5 to 70% across public school districts.
- The number of individuals receiving SNAP benefits in January 2011 varied from 2.5 to 23.9% of the population by town.
**Map Description**
Access to the ocean and to best-quality soils is important for food production in Cumberland County. This map is a starting point for visualizing existing resources. Waterfront access points are in red and the soils are highlighted in green. Existing farms are included as gray dots. The Lakes Region is outlined to distinguish it from the rest of the county. The Portland peninsula is inset to enable a higher scale because the data points are generally denser.

**Tips on reading this map**
- This map depicts soils, but not what is on top of the soils. Thus it is not possible to determine how much of the land is able to be farmed. Certainly, the Portland peninsula is largely built-out, and would require urban agriculture-style strategies to increase production. In other parts of the county, local zoning ordinances may not allow for farming even where land is apparently abundant.
- Notice the relative scarcity of top-quality soils in the Lakes Region.

**Quick Facts**
- The two classifications of soil types included here, prime and statewide importance, have the greatest potential value for farmers. According to Natural Resources Conservation Service data, approximately 6% of the soils in Cumberland County are prime, and 22% are soils of statewide importance (data includes a small piece of Oxford County).
- Public waterfront access points are the places where the public can access the water without permission, as opposed to private or restricted access points. The Island Institute estimates that there are only 3.2 linear miles of public access in Cumberland County, or between 0.5 and 0.7% of the total coastline, islands included.
- According to the Department of Agriculture, there are roughly 360 farms in the county, 77 (26%) of which are in the Lakes Region (2007 Agricultural Census data differs). 45% of the farms in Cumberland County are very small, earning less than $2,500 annually. Only 18% earn more than $25,000.
- Forage crops, such as silage and hay, make up the largest portion of crop acreage. Vegetable crops come in second. Fruit and berries are also significant. Beef and laying hens are the top two livestock raised in the county.

**Data Sources:**
- Maine Office of GIS
- Maine Department of Agriculture
- USGS Agricultural Research Service
- US Census Bureau

**Map produced by GIS Analyst Corey Gray for the Mapping Food Insecurity in Cumberland County project. Support provided by the Muskie School of Public Service, the Good Shepherd Food-Bank, and Healthy Lakes, Healthy Lives, a health promotion program of the Muskie Regional Opportunity Program. For more information, please visit http://muskie.usm.maine.edu/mappingfood.**
Map Description
This map captures most of the locations where a consumer can purchase fresh food, such as standard grocers or farmers’ markets. This information is layered on a depiction of vehicles per person in the county, since most food in the county is accessed by vehicle. Public transportation is included where it exists. The Lakes Region is outlined to distinguish it from the rest of the county. The Portland peninsula is inset to enable a higher scale because the data points are generally denser.

Tips on reading this map
This map says nothing about the quality or cost of the food at any of the locations. Further, without a car, many of these locations are inaccessible. Standard public transportation is limited to the greater Portland area. Therefore, the apparent density of locations in some parts of the county does not necessarily imply convenience or even accessibility, especially for people with limited mobility.

Quick Facts
• The Regional Transportation Program (RTP), a non-profit agency that supplies low-cost transportation, provides some service to the Lakes Region.
• 7.6% of county residents do not own a vehicle.
• Community Supported Agriculture (CSA) is a model of direct purchasing from farms. Consumers buy a share in the farm in advance of the growing season in return for weekly shares of product throughout the season. Community Supported Fisheries (CSF) offer a somewhat similar model. There are only 2 CSAs in the Lakes Region, and no CSF distribution points.
• The Senior FarmShare program is available to age and income eligible seniors to receive produce ‘shares’ from local farms. At this point, many more seniors are qualified than there are shares to distribute.
Map Description

Institutions such as schools and hospitals represent a potential market for farmers. However, institutions generally cannot purchase raw product. Processing of some sort is necessary to render the product usable. This map depicts several pieces of the food system, including production (farms), processing, and consumption (institutions). The locations are layered on a depiction of population density. The Lakes Region is outlined to distinguish it from the rest of the county. The Portland peninsula is inset to enable a higher scale because the data points are generally denser.

Tips on reading this map

- This map includes “commercial food processors,” as defined by a licensing agreement with the Department of Agriculture Division of Quality Assurance. This is one of 15 food establishment licenses. So, for instance, beverage plants, abattoirs, and home food processors are not included in this category. It does include bakeries, canneries, vegetable processors, some manufacturers of products such as jams, some forms of meat and seafood processing, and distilleries and wineries.
- Proximity does not imply a business relationship. In other words, just because a farm is close to a processor, it does not follow that the processor handles produce; nor, even if it did, that it would buy its produce from that farm. Very often, product from a given area is shipped large distances for processing, and the economic value of that work ‘leaks’ out of the area.

Quick Facts

- Two of the school districts operating in the Lakes Region combined with the region’s 30 summer camps have an estimated food purchasing power of $3.75 million. Increasing production, processing, and food storage capacity in the area might create jobs and generate wealth.
- There are 618 commercial food processors in Maine, 127 are in Cumberland County and 12 in the Lakes Region. Most processors cluster around Portland (a population hub) or along the interstate (a major transportation corridor).
Map Description

Many communities are taking steps to grow or procure their own food locally. This map portrays the locations of community and school gardens, as well as co-ops and buying clubs. This information is layered on a depiction of population per square mile. The Lakes Region is outlined to distinguish it from the rest of the county. The Portland peninsula is inset to enable a higher scale because the data points are generally denser.

Tips on reading this map
• There are a number of grow- or supply-your-own strategies at the household level that do not lend themselves to mapping, i.e., individual gardens or “putting-by” for a later date (canning, freezing, etc.).
• Data in this area was particularly hard to find as there is no license or registry. These are community-level activities that impact a small number of individuals, and operate largely “under the radar.”

Quick Facts
• 23 community gardens, 36 school gardens, and two co-ops were identified for this project.
• In the Lakes Region, eight community gardens were established between the 2010 and 2011 growing seasons. In one year, the Windham Community Garden went from having one rented plot to 44. The Raymond Community Garden doubled in size in its second year.
• A food-based buying club is a group of people who come together to buy food in bulk, thus leveraging the purchasing power of the group to obtain discounts and to enable access to specific food distributors based on the size of the combined purchase.
• Gardens are often the result of a desire to “cultivate community” and develop or retain skills in addition to producing food. Many residents of both rural and urban areas no longer know how to grow their own food, a community garden can provide a space for residents to pool and share knowledge.
• All of the current Lakes Region community gardens grow food for their local food pantries; some gardens grow food exclusively to help support food security in their communities.