



Cape Cod Food Access Guide Fall 2023

To add or update information, please email Andrea.marczely@capecod.gov

<p><u>The Family Pantry of Cape Cod</u> 133 Queen Anne Road, Harwich 508-432-6519 cmearnd@thefamilypantry.com Client choice shopping list is on website or at pantry www.thefamilypantry.com Serving all Cape Cod towns Food Pantry Hours: Tuesdays 10am-3:30pm Wednesdays 10-12pm Thursdays 10am-7pm Saturdays 9am-12pm For emergency delivery needs, call Andrea 508-375-6944</p>	<p><u>Cape Cod Community College Family Pantry</u> Opened through the Wellness Office Tuesdays 12pm-2pm & Wednesdays 11am-1pm Nonperishable foods provided Please call the wellness office at 774-330-4550 or email the office at wellness@capecod.edu for an appointment.</p> <p><u>Nantucket Food Pantry</u> 10 Washington Street To register call or email: food@assistanantucket.org 508-228-7438 Pantry Hours: Tuesdays, Wednesdays, Thursdays 3pm-6pm</p>
<p><u>Cape Kid Meals</u> 1336 Main Street, Osterville Mailing address: PO Box 36 Forestdale, MA 02644 (508) 419-1734 www.capekidmeals.org info@capekidmeals.org Facebook: Cape Kid Meals</p> <p>Weekend meals for children through each school system's distribution program.</p> <p>To sign up, please contact your child's school prior to each weekend.</p>	<p><u>Martha's Vineyard Island Food Pantry</u> PA Club 137 Vineyard Haven Road, Oak Bluffs 508-693-4764 info@islandfoodpantry.org http://islandfoodpantry.org/resources/ Pantry Hours: Mondays: 2:00pm-4:00pm Wednesdays: 1pm-6pm Fridays (Seniors only) 12pm-2pm Saturdays: 10am-1pm To preorder visit: https://www.igimv.org/preorder For assistance leave a message at 508-693-4764 or email: deliveries@islandfoodpantry.org</p>
<p><u>Meals on Wheels Elder Service of Cape Cod and the Islands</u> 68 Route 134 South Dennis 508-394-4630/800-244-4630 www.escci.org Senior Dining Centers, Senior Nutrition Program Meals Monday-Friday between 9am-12pm For people ages 60+ who are homebound and unable to prepare their own meals. Call (508) 394-4630 to make referral.</p>	<p><u>Friends Food Pantry, Bourne</u> 121 Main Street PO Box 144, Buzzards Bay 508-759-3351 Pantry Hours: Tuesdays from 9:00am-12:00pm</p>



BARNSTABLE COUNTY

CAPE COD COOPERATIVE EXTENSION

A Place At The Table

Saint Barnabas's Episcopal Church
91 Main Street ~ Across from the Village Green
Falmouth, MA
www.stbfalmouth.org ~ 508-548-3863
Hot lunches for the community. All are welcome!
No registration is required.
Lunch is served every Tuesday from 11:30 – 1:00.
Meals are served in the Parish House located behind the church on the Saint Barnabas's campus.

To volunteer or offer a donation please contact the church office at 508-548-3863.

JBCC Empowerment Center

1015 South Inner Road, Buzzards Bay
<https://mmsfi.org/empowerment-centers/>
Shelf-stable food boxes for veterans and active duty military and their families
Reservations are required prior to picking up food.
Limit: 1 visit per week
To schedule a reservation:
<https://mmsfi.org/empowerment-centers/>
Questions: email sandwichempowerment@mmsfi.org

You must bring a printed or mobile copy of the Reservation confirmation to enter the Empowerment Center
You must also show ID (proof of service) upon checking in

Cape & Islands Veterans Outreach

Mobile Food Pantry @ Falmouth AmVets
366 Palmer Ave, Falmouth
1st and 3rd Tuesday monthly 10am – 1pm
September 5th & 19th
October 3rd & 17th
November 7th & 21st
December 5th & 19th
To receive food, former military personnel must bring proof of their veteran status, such as a DD-214 and they must meet criteria for assistance as defined by The Emergency Food Assistance Program

Sandwich Empowerment Center

117 Route 6A, Sandwich
Shelf-stable food boxes for veterans and active duty military and their families who do not have access to JBCC.
Limit: 1 visit per week
To schedule a reservation for food:
<https://mmsfi.org/empowerment-centers/>
Questions: email sandwichempowerment@mmsfi.org
Must bring a printed or mobile copy of the reservation confirmation and proof of ID

Christ the King Food Pantry

5 Job's Fishing Road,
Mashpee
508-477-7700
www.christthekingparish.com/st-vincent-de-paul
Open for all Cape Residents
Client Choice, Drive through Distribution
Wednesdays 9:00am-12:00pm
Financial Assistance Hotline available to Mashpee residence, call 508-477-7700

For deliveries, please call Andrea at 508-375-6944

Mashpee Village Pantry

1 Wampanoag Drive, Mashpee
508-477-2200
Open for Mashpee Village residents
Pantry Open Monday-Friday 8:30-4:30pm

Mashpee Wampanoag Tribe Food Pantry

483 Great Neck Road South, Mashpee
508-477-0208 ext 189
www.mashpeewampanoagtribe-nsn.gov/food-pantry
Darlene.scott@mwtribe-nsn.gov
Pantry Hours: Tuesdays, Wednesdays, Thursdays 10:00am-4:00pm



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<p><u>Sandwich Food Pantry</u> 331 Cotuit Road, Sandwich 508-888-3816 www.sandwichfoodpantry.org Facebook: Sandwich Food Pantry, Inc. Open for All Sandwich Residents-to become a client, bring proof of residency Pantry Hours: Every Wednesday 10am-12pm Last Wednesday of the month: 10am-1pm/ 6pm-8:00pm 3rd Saturday 10-12pm</p>	<p><u>St. Vincent DePaul Food Pantry</u> 322 Quaker Meeting House Road, Sandwich Located at the rear of Mary's Closet Thrift Store 508-833-1555 sudp@corpuschristiparish.org Open to All Sandwich, Sagamore & Sagamore Beach Residents Perishables and Non-Perishables Provided Pantry Hours: Every Thursday 9:30-12pm</p>
<p><u>Hands of Hope Food Pantry</u> Serving Sandwich 49 Rt. 28 West Harwich 508-432-1312 Pantry Hours: Mondays 10:00-3:00 Tuesdays 1:00-3:00 Wednesdays 1:00-3:00 & 4:00pm-6:00pm Thursdays 1:00-3:00 Fridays 10am-1pm Meats, dairy, bakery, perishables and non- perishables, personal items, paper products Thrift Shop hours: Tuesday, Wednesday & Thursdays 10am-1pm</p>	<p><u>Barnstable Café at First Lutheran Church</u> 1663a Main Street West Barnstable, MA 02688 508-362-3161 www.firstcapecod.org www.facebook.com/flccapecod Every Second Saturday of the Month at 12pm Hot home cooked meal with dessert and live music No reservations or registration required</p>
<p><u>Family Table Collaborative</u> www.facebook.com/familytablecollaborative Hyannis Youth and Community Center 141 Bassett Lane, Hyannis Need a free, healthy, delicious meal for yourself, family, friends? Meal Distributions: 1st and 3rd Thursdays of the month 4:30-5:30pm, drive through format Register by texting: 508-348-9777 with the first name and # of meals Please check website or Facebook for up-to-date meal distribution information.</p>	<p><u>Salvation Army Pantry & Soup Kitchen</u> 100 North St. Hyannis 508-775-0364 www.SalvationArmyMA.org/Hyannis All are welcome! Office and Social Service Hours: Monday-Friday 9:00am-4:00pm Pantry Hours: Monday-Friday 10am-12:00pm Shelf stable food, drinks, frozen meats, bread, fresh veggies & socks and bagged lunches for homeless Miracle Kitchen Open: Monday-Friday Breakfast 8:30-9:30am Lunch 11:30-12:30pm</p>



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Cape & Islands Veterans

Pantry is at the CIVOC location:

223 Stevens Street, Hyannis 508-778-1590

www.capeveterans.com

Facebook: Cape & Island Veterans

Email: Info@capeveterans.com

Pantry is open to veterans and their families.

Pantry Hours: Weekly on Thursdays 9am-6pm

To receive food, former military personnel and family members must bring proof of their veteran status, such as a DD-214 and they must meet criteria for assistance as defined by The Emergency Food Assistance Program

First Baptist Church Pantry

486 Main Street, Hyannis

508-775-1846

Serving Barnstable & West Yarmouth Residents

Open Tuesdays 9am-12:00pm

What's provided:

Fresh Produce, perishables, and nonperishables

Faith Family Kitchen

154 Bearses Way Hyannis

508-775-5073

www.capecodcouncilofchurches.org/faith-family-kitchen.org

Facebook: Faith Family Kitchen

cccouncilofchurches@gmail.com

Mondays, Wednesdays & Fridays 5:30-6:30pm

Meals for all will be distributed at the back door of the church off of Bacon Street

Dine in or carry out options available.

Yarmouth Food Pantry

Lighthouse Landing Plaza

845 Rt. 28 Unit 16, S.Yarmouth

508-394-0880

www.yarmouthfoodpantry.org

Facebook: Yarmouth Food Pantry

Pantry Hours:

Tuesdays & Thursdays 5:30-6:30pm

2nd Friday of the month 3:00-4:00pm

3rd Saturday of the month 10-11am

4th Friday of the month 10:00-11:00am

Client Choice Shopping in Pantry

Barnstable Senior Center

Brown Bag For Seniors & Families

825 Falmouth Road, Hyannis

508-862-4754

Call for more information

St. Vincent De Paul Food Pantry

St. Francis Xavier Church

21 Cross Street, Hyannis

508-775-3073

Open Tuesday & Friday 10-12pm

Perishables & Non-Perishable

St. Pius Food Pantry

5 Barbara Street, South Yarmouth

508-394-2244

Open By Request

AIDS Support Group of Cape Cod

428 South Street, Hyannis

Monthly food pantry and emergency food

Contact Mimi Razon at 508-539-2364

For more information



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NourishHub Food Access Fridge at the Hyannis Public Library

401 Main Street, Hyannis

508-775-2280

www.hyannis.library.org

Free, healthy foods provided by Family Table Collaborative

All are welcome to enjoy!

Fridge is stocked every Monday & Thursday

Fridge is open during regular library hours:

Monday: 9:30am-5:00pm

Tuesday: 12:00pm-7:00pm

Wednesday: 12:00pm-7:00pm

Thursday: 9:30am-5:00pm

Friday: 9:30am-5:00pm

Saturday: 10:00am-4:00pm

Canaan Church Food Pantry

204 Route 28, West Yarmouth

Caribbean Food Options Available

Serving all Mid-Cape and Chatham

Fall Pantry Dates: Open 10am-1:30pm

September 14th & 28th

October 12th & 26th

November 9th & 30th

December 14th & 28th

For emergency requests or for delivery, please call 508.266.1439

For delivery contact Andrea at 508-375-6944

Hands of Hope Food Pantry- Serving Mid Cape

49 Rt. 28 West Harwich

508-432-1312

Pantry Hours:

Mondays 10:00-3:00

Tuesdays 1:00-3:00

Wednesdays 1:00-3:00

Thursdays 1:00-3:00

Fridays 10am-1pm

Meats, dairy, bakery, perishables and non- perishables, personal items, paper products

Thrift Shop hours: Tuesday, Wednesday & Thursdays 10am-1pm

Dennis Council on Aging

1045 Route 134 508-694-2004

MPerndergast@town.dennis.ma.us

Brown Bag Program is on the

1st Friday & 3rd of the month

sponsored by the Greater Boston Food Bank Delivery available for those who aren't able to drive

Mobile Food Pantry sponsored by the Family Pantry of Cape Cod- Please call for details

Healthy Meals in Motion Mobile Food Pantry

Family Pantry of Cape Cod

Registration is required

Call Andrea at 508- 487-7080

60+ years old; families with children

Food choice pantry – nonperishables, vegetables, dairy, meat and bakery items

Harwich Pantry Lower Cape Outreach Council

St. Peter's Lutheran Church

73 Main Street, Harwich

508-240-0694 www.lcoutreach.org/pantry-hours

Thursdays 10am-12pm Walk In

Client choice shopping- Grocery list available on website or at pantry All are welcome!



BARNSTABLE COUNTY

CAPE COD COOPERATIVE EXTENSION

Hands of Hope Food Pantry

49 Rt. 28 West Harwich
508-432-1312

Pantry Hours:

Mondays 10:00-3:00

Tuesdays 1:00-3:00

Wednesdays 1:00-3:00

Thursdays 1:00-3:00

Fridays 10am-1pm

Meats, dairy, bakery, perishables and non- perishables,
personal items, paper products

Brewster Pantry Lower Cape Outreach Council

Brewster Baptist Church
1848 Main St., Brewster
508-240-0694

www.lcoutreach.org/pantry-hours

No Appointment Needed

Pantry open:

Thursdays 10:00am-12:00pm

All are welcome!

Client choice shopping Produce, meats, perishables and
non-perishables

Chatham Pantry Lower Cape Outreach Council

St. Christopher's
625 Main St. Chatham
508-240-0694

www.lcoutreach.org/pantry-hours

Tuesdays 2pm-4pm Appointment required

Wednesdays 4:00-6:00pm No appointment required

Thursdays 3:00-5:00pm Appointment required

Client choice shopping- Grocery list available on website
or at pantry
All are welcome!

St. Francis Food Pantry

First United Methodist Church in Chatham
16 Cross Street, Chatham
Located in the Thrift Shop

Open Thursdays and Fridays from 11am – 2pm

ID is required, may be in the form of a utility bill if no
driver's license.

Orleans Pantry-Lower Cape Outreach Council

73 Main St. Orleans
Pantry located across from the library
508-240-0694

www.lcoutreach.org/pantry-hours

No Appointment Needed

Tuesdays 10:00am-12:00pm Walk In

Orleans Food Pantry- Main Pantry Lower Cape Outreach Council

19 Brewster Cross Rd. Orleans
508-240-0694

www.lcoutreach.org/pantry-hours

Mondays 1:00-3:00pm Walk In

All are welcome!



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<p><u>Sustainable CAPE</u> 8 Truro Center Road, Truro www.sustainableCAPE.org Farmers Markets accepting SNAP and HIP benefits Additional nutrition incentive programs to stretch your food dollar. See website for more information</p>	<p><u>Meals on Wheels Elder Service of Cape Cod and the Islands</u> 68 Route 134 South Dennis 508-394-4630/800-244-4630 www.escci.org Senior Dining Centers, Senior Nutrition Program Meals delivered Monday-Friday between 9am-12pm For people ages 60+ who are homebound and unable to prepare their own meals. Call (508) 394-4630 to make referral</p>
<p><u>Eastham Pantry-Lower Cape Outreach Council</u> Eastham United Methodist Church 3200 State Hwy, Route 6, Eastham 508-240-0694 www.lcoutreach.org/pantry-hours Pantry Hours: Tuesday 10:00-12:00 Walk In Thursday 2:00-4:00 Walk In</p>	<p><u>Nauset Fellowship at Eastham's Chapel in the Pines</u> 220 Samoset Road, Eastham Community Food Exchange All are welcome! Take what you want or leave any canned and packaged non-perishable items Call 508-246-4924 to arrange donation pick up if needed</p>
<p><u>Truro Community Kitchen</u> Operating out of Christian Union Church 27 Shore Road, Truro 973-868-7526 Tuesdays for deliveries only To register for a meal, email trurocommunitykitchen@gmail.com or call or text Eli at 973-868-7526 No documentation required 2 prepared meals will try to accommodate dietary needs</p>	<p><u>Wellfleet Pantry-Lower Cape Outreach Council</u> Grace Chapel 25 Lieutenant Island Rd. Wellfleet (Located at the corner of Lieutenant Island Road and Route 6) No appointment needed 508-240-0694 www.lcoutreach.org/pantry-hours Mondays 3pm-6pm Walk In Wednesdays 4pm-6pm Walk In Thursdays 10:00-12:00pm Walk In Client choice shopping- Grocery list available on website or at pantry All are welcome!</p>
<p><u>Truro Pantry- Lower Cape Outreach Council</u> Community Center 7 Standish Way, Truro No Appointment Needed Tuesdays 10am-12:30pm Walk In Wednesdays 10-12:30pm Walk In www.lcoutreach.org/pantry-hours Client choice shopping- Grocery list available on website or at pantry All are welcome!</p>	<p><u>Crop Swap at the Provincetown Library</u> 356 Commercial Street, Provincetown 508-487-7094 www.provincetownlibrary.org Facebook: Crop Swap Community fridge filled with fresh produce Open to all during regular library hours: Monday: 10:00am-5:00pm Tuesday-Thursday: 10:00am-8:00pm Friday: 10:00am-5:00pm Saturday & Sunday: 1:00pm-5:00pm</p>



BARNSTABLE COUNTY

CAPE COD COOPERATIVE EXTENSION

Cape & Islands Veterans Outreach Center

Mobile Pantry

Eastham Elks Club

10 McKoy Road, Eastham

2nd and 4th Tuesday of each month from 10am-1pm

Next Pantry Dates: May 2nd & May 16th

508-778-1590 www.capeveterans.com

Facebook: Cape & Island Veterans

Email: Info@capeveterans.com

Pantry Open to Veterans Only

Unitarian Universalist Meeting House of Provincetown

236 Commercial Street

PO Box 817

Provincetown, MA 02657

<https://www.uumh.org/>

Small free food pantry that is available 24/7,

Office hours: 9am-4pm, Monday through Thursday

Provincetown Pantry Lower Cape Outreach Council

United Methodist Church

20 Shank Painter Rd. Provincetown

516-974-1524

www.lcoutreach.org/pantry-hours

Wednesdays 10-2pm Walk In

Thursdays 10-12pm Walk In

Choice pantry-shopping list is posted on the website and is given out upon arrival

Provincetown Council on Aging

2 Mayflower Street, Provincetown

508-487-7080

Monday-Thursday 8am-5pm &

Friday 8am-12pm

Call ahead for pick up or delivery Non-Perishables & Personal care products as available for people over 60 year old

Soup Kitchen in Provincetown (SKIP)

20 Shank Painter Road, Provincetown

508-487-8331

email: skipfood@gmail.com

Regular hours serving hot meals:

Monday through Friday 12-1:30pm

Soup Kitchen in Provincetown

AIDS Support Group of Cape Cod

96 Bradford St. Provincetown www.asgcc.org

508-487-9445

Facebook: AIDS Support Group of Cape Cod

Monday-Friday 9am-3pm

Delivery available to Provincetown and Truro clients. Call to schedule delivery