



Cape Cod Food Access Guide March 2023

The Family Pantry of Cape Cod

133 Queen Anne Road, Harwich
508-432-6519 cmenard@thefamilypantry.com

Food Pantry Hours: Updated Hours:

Tuesdays 10am-3:30pm

Wednesdays 10-12pm

Thursdays 10am-7pm

Saturdays 9am-12pm

Curbside pick up during Covid-19. Client choice shopping list is on website or at Pantry

Thrift Store Hours: Mondays, Wednesdays & Fridays 8-10am

Cape Cod Community College Family Pantry

Opened through the Wellness Office

Nonperishable foods provided

Please call the wellness office at 774-330-4550 or email the office at wellness@capecod.edu for an appointment.

Cape Kid Meals

www.capekidmeals.org

Facebook: Cape Kid Meals

info@capekidmeals.org

Weekend meals for children through each school system's distribution program.

To sign up, please contact your child's school prior to each weekend.

Bourne Friends Food Pantry

121 Main Street, Buzzards Bay

508-759-3351

Facebook: Friends Food Pantry

Website:

www.friendsofbournecoa.org

Open For All Bourne Residents

PantryHours:

Tuesdays 9:00am-12:00pm with limited delivery

Martha's Vineyard Island Food Pantry

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

Cape & Islands Veterans Outreach

Martha's Vineyard (Vineyard Haven)

Steamship Authority Parking Lot

3rd Wednesday of the month, 10am – 1pm

Next Pantry Date: March 15th

To receive food, former military personnel must bring proof of their veteran status, such as a DD-214 (issued upon a service member's retirement, separation, or discharge from active duty), and they must meet criteria for assistance as defined by The Emergency Food Assistance Program



BARNSTABLE COUNTY

CAPE COD COOPERATIVE EXTENSION

Falmouth Service Center

611 Gifford St. Falmouth

508-548-2794

Facebook: Falmouth Service Center

Website: www.falmouthservicecenter.org

Open For All Massachusetts Residents

Service Center

Hours:

Tuesdays 10:00am-12:00pm

Wednesdays 3:30-5:30pm

Thursdays 10:00am-12:00pm

Fridays 10:00am-12:00pm

For delivery needs call Andrea at 508-375-6944

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 of each month 10am – 1pm

March Pantry Dates: March 7th & 21st

To receive food, former military personnel must bring proof of their veteran status, such as a DD-214 (issued upon a service member's retirement, separation, or discharge from active duty), 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

Mashpee Village Pantry

1 Wampanoag Drive, Mashpee

508-477-2200

Open for Mashpee Village Residents

Pantry Open Monday-Friday 8:30-4:30pm

Mashpee Tribal Council Food Pantry

483 Great Neck Rd. 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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Sandwich Food Pantry

331 Cotuit Rd. 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: Updated Hours:

Every Wednesday 10am-12pm

Last Wednesday of the month: 10am-1pm/ 6pm-8:00pm

3rd Saturday 10-12pm

St. Vincent DePaul Food Pantry

322 Quaker Meeting House Road, Sandwich- located at the rear of Mary's Closet

Thrift Store

508-833-1555

svdp@corpuschristiparish.org

Thursdays 9:30-12:00pm

Open to All Sandwich, Sagamore & Sagamore Beach Residents

Perishables and Non-Perishables Provided

Hands of Hope Food Pantry

Serving Sandwich

49 Rt. 28 West Harwich

508-432-1312

Pantry Hours: Updated Hours:

Mondays 10:00-3:00

Tuesdays 1:00-3:00

Wednesdays 1:00-3:00 & 4:00pm-6:00pm (until 3/31)

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

First Lutheran Church

Barnstable Café

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

Next Barnstable Café: Saturday, March 11th

Hot home cooked meal with dessert and live music
No reservations or registration required

Family Table Collaborative

1337 Route 28, South Yarmouth

781-248-5753

jeni@familytablecollaborative.com

www.facebook.com/familytablecollaborative

Need a free, healthy, delicious meal for yourself, family, friends?

TEXT: 774-251-9502 with first name and # of meals

PICK-UP: Thursday, March 9th and 23rd

PLACE: Hyannis Youth and Community Center

TIME: 4:30 - 5:30 PM drive through format

Salvation Army Pantry & Soup Kitchen

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



BARNSTABLE COUNTY

CAPE COD COOPERATIVE EXTENSION

Cape & Islands Veterans

247 Stevens Street, Hyannis 508-778-1590

www.capeveterans.com

Facebook: Cape & Island Veterans Email:

Info@capeveterans.com

Pantry Open to Veterans Only

Located at the side entrance of 247 Stevens Street Suite E

Pantry Hours: Updated Hours:

Open every Thursdays:

9am-6pm

Veterans can visit twice a month

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 Beares 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 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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St. David's Episcopal Church

205 Old Main St. South Yarmouth
508-394-4222

www.stdavidscapecod.org

Open 3rd Wednesday of the month.

Next one on March 15th 1:00-3:00pm

Paper Pantry and meals to go & personal hygiene products. Winter coats will also be distributed. to any resident of Cape Cod.

The Family Pantry of Cape Cod

Serving Mid

Cape

133 Queen Anne Road,
Harwich
508-432-
6519

cmenard@thefamilypantry.com

Food Pantry Hours: Updated Hours:

Tuesdays 10am-3:30pm

Wednesdays 10-12pm

Thursdays 10am-7pm

Saturdays 9am-12pm

Curbside pick up during Covid-19.

Client choice shopping list is on website or at Pantry

Thrift Store Hours:

Mondays, Wednesdays & Fridays 8-10am

Canaan Church Food Pantry

204 Route 28, West Yarmouth
Caribbean Food Options Available
Serving all Mid-Cape and Chatham
Pantry Hours:

Every other Thursday from 10am-1:30pm

Next Pantry Date:

March 2nd, March 16th & March 30th 10am-1:30pm

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: Updated Hours:

Mondays 10:00-3:00

Tuesdays 1:00-3:00

Wednesdays 1:00-3:00 & 4:00pm-6:00pm (until 3/31)

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 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



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<p><u>Harwich Pantry Lower Cape Outreach Council</u> 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!</p>	<p><u>Hands of Hope Food Pantry</u> 49 Rt. 28 West Harwich 508-432-1312 Pantry Hours: Updated Hours: Mondays 10:00-3:00 Tuesdays 1:00-3:00 Wednesdays 1:00-3:00 & 4:00pm-6:00pm (until 3/31) 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>Brewster Pantry Lower Cape Outreach Council</u> 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</p>	<p><u>Chatham Pantry Lower Cape Outreach Council</u> 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!</p>
<p><u>Orleans Pantry-Lower Cape Outreach Council</u> 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</p>	<p><u>St. Francis Food Pantry</u> 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.</p>
<p><u>Orleans Food Pantry- Main Pantry Lower Cape Outreach Council</u> 19 Brewster Cross Rd. Orleans 508-240-0694 www.lcoutreach.org/pantry-hours Mondays 1:00-3:00pm Walk In All are welcome!</p>	



<p><u>Orleans Farmers Market</u> 44 Main Street, Orleans-Located inside</p> <p>Earn free produce with a SNAP card at the Orleans Farmers' Market by shopping locally. In December receive up to \$70-\$120 (depending on family size) in local produce per family at no cost, while farmers are paid in full. Project Gratitude for veterans thanks vets with a gift of \$10/week in market tokens to spend with vendors.</p> <p>More info at the Farmers' Market Table. Funded by Sustainable CAPE & HIP.</p>	<p><u>Eastham Pantry-Lower Cape Outreach Council</u> Eastham United Methodist Church 3200 State Hwy, Route 6, Eastham No appointment needed 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>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>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 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>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>



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<p><u>Cape & Islands Veterans Outreach Center</u> <u>Mobile Pantry</u> Eastham Elks Club 10 McKoy Road, Eastham 2nd and 4th Tuesday of each month from 10am-1pm Next Pantry Dates: March 14th & March 28th 508-778-1590 www.capeveterans.com Facebook: Cape & Island Veterans Email: Info@capeveterans.com Pantry Open to Veterans Only</p>	<p><u>Unitarian Universalist Meeting House of Provincetown</u> 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</p>
<p><u>Provincetown Pantry Lower Cape Outreach Council</u> United Methodist Church 20 Shank Painter Rd. Provincetown 516-974-1524 www.lcoutreach.org/pantry-hours No appointment needed 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</p>	<p><u>Provincetown Council on Aging</u> 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 years old</p>
<p><u>Soup Kitchen in Provincetown (SKIP)</u> 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</p>	<p><u>AIDS Support Group of Cape Cod</u> 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</p>



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