<table>
<thead>
<tr>
<th><strong>Cape Wide</strong></th>
<th><strong>The Islands</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cape Kid Meals</strong></td>
<td><strong>Nantucket Food Pantry</strong></td>
</tr>
<tr>
<td><a href="http://www.capekidmeals.org">www.capekidmeals.org</a></td>
<td>10 Washington Street, Nantucket</td>
</tr>
<tr>
<td>Facebook: Cape Kid Meals</td>
<td>508-228-7438</td>
</tr>
<tr>
<td><a href="mailto:info@capekidmeals.org">info@capekidmeals.org</a></td>
<td><strong>Tuesdays, Wednesdays, and Thursdays 3-6pm</strong></td>
</tr>
<tr>
<td>Weekend meals for children through each school system's distribution program. Some districts may be able to deliver if needed. To sign up, please contact your child's school. Prior to each weekend in conjunction with school system meal distribution Additional information can be found on each school system's homepage.</td>
<td>To register, email: <a href="mailto:food@assistnantucket.org">food@assistnantucket.org</a></td>
</tr>
<tr>
<td><strong>The Family Pantry of Cape Cod</strong></td>
<td><strong>Martha's Vineyard Island Food Pantry</strong></td>
</tr>
<tr>
<td>133 Queen Anne Road, Harwich</td>
<td>PA Club 137 Vineyard Haven Road, Oak Bluffs</td>
</tr>
<tr>
<td>508-432-6519</td>
<td>508-693-4764</td>
</tr>
<tr>
<td><a href="mailto:cmenard@thefamilypantry.com">cmenard@thefamilypantry.com</a></td>
<td><a href="mailto:info@islandfoodpantry.org">info@islandfoodpantry.org</a></td>
</tr>
<tr>
<td><strong>Food Pantry Hours:</strong></td>
<td><strong><a href="http://islandfoodpantry.org/resources/">http://islandfoodpantry.org/resources/</a></strong></td>
</tr>
<tr>
<td><strong>Tuesdays 10am-3:30pm</strong></td>
<td><strong>Pantry Hours:</strong></td>
</tr>
<tr>
<td><strong>Wednesdays 10-12pm</strong></td>
<td><strong>Mondays: 2:00pm-4:00pm</strong></td>
</tr>
<tr>
<td><strong>Thursdays 10am-3:30 &amp; 5pm-7pm</strong></td>
<td><strong>Wednesdays: 1pm-6pm</strong></td>
</tr>
<tr>
<td>** Saturdays 10-12pm**</td>
<td><strong>Saturdays: 10am-1pm</strong></td>
</tr>
<tr>
<td>Curbside pick up during Covid-19. Client choice shopping list is on website or at Pantry</td>
<td>Choice pantry. Please allow extra time due to Covid guidelines. One shopper allowed per family</td>
</tr>
<tr>
<td><strong>Thrift Store Hours: Mondays, Wednesdays &amp; Fridays 8-10am</strong></td>
<td><strong>Meals on Wheels Elder Service of Cape Cod and the Islands</strong></td>
</tr>
<tr>
<td><strong>Martha's Vineyard Island Food Pantry</strong></td>
<td>68 Route 134 South Dennis</td>
</tr>
<tr>
<td>PA Club 137 Vineyard Haven Road, Oak Bluffs</td>
<td>508-394-4630/800-244-4630</td>
</tr>
<tr>
<td>508-693-4764</td>
<td><a href="http://www.escci.org">www.escci.org</a></td>
</tr>
<tr>
<td><a href="mailto:info@islandfoodpantry.org">info@islandfoodpantry.org</a></td>
<td>Senior Dining Centers, Senior Nutrition Program Meals delivered</td>
</tr>
<tr>
<td><a href="http://islandfoodpantry.org/resources/">http://islandfoodpantry.org/resources/</a></td>
<td><strong>Monday-Friday between 9am-12pm</strong></td>
</tr>
<tr>
<td><strong>Pantry Hours:</strong></td>
<td>For people ages 60+ who are homebound and unable to prepare their own meals.</td>
</tr>
<tr>
<td><strong>Mondays: 2:00pm-4:00pm</strong></td>
<td>Call (508) 394-4630 to make referral</td>
</tr>
<tr>
<td><strong>Wednesdays: 1pm-6pm</strong></td>
<td><strong>Saturdays: 10am-1pm</strong></td>
</tr>
<tr>
<td><strong>Saturdays: 10am-1pm</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Meals on Wheels Elder Service of Cape Cod and the Islands</strong></td>
<td>Food Pantry Delivery Options Available. For more information contact Andrea Marczely at <a href="mailto:andrea.marczely@barnstablecounty.org">andrea.marczely@barnstablecounty.org</a> or call 508.375.6944</td>
</tr>
</tbody>
</table>
## Upper Cape

### Bourne Friends Food Pantry
20 Commerce Park Road, Pocasset  
508-759-3351  
Facebook: Friends Food Pantry  
Website: www.friendsofbournecoa.org  
Open For All Bourne Residents  
**Pantry Hours:**  
**Tuesdays 9:00am-12:00pm with limited delivery options available**  
Bagged Groceries and Pantry Supplies

### 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

### 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**

### Food4Vets
Sandwich Empowerment Center 117 Rt. 6  
www.mmsfi.org  
**February 8th & 22nd from 10am-12pm**  
For Veterans Only, Pre-Registration Required.  
To Register visit www.mmsfi.org and bring confirmation email or a mobile device to expedite pick up  
Shelf Stable Food Boxes for a two week supply for 2 Adults

### Mashpee Village Pantry
1 Wampanoag Drive, Mashpee  
508-477-2000  
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  
Facebook: Mashpee Wampanoag Tribe Food Pantry  
darlene.scott@mwtribe-NSN.gov  
**Pantry Hours: Tuesdays, Wednesdays, Thursdays 10:00am-4:00pm**  
Pantry Menu Posted on Door, Knock for Access  
Groceries and Other Supplies

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Food Pantry Delivery Options Available. For more information contact Andrea Marczely at andrea.marczely@barnstablecounty.org or call 508.375.6944
### Upper Cape

<table>
<thead>
<tr>
<th><strong>Sandwich Food Pantry</strong></th>
<th><strong>Hands of Hope Food Pantry</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>331 Cotuit Rd. Sandwich</td>
<td>Serving Sandwich area</td>
</tr>
<tr>
<td>508-888-3816</td>
<td>49 Rt. 28 West Harwich</td>
</tr>
<tr>
<td><a href="http://www.sandwichfoodpantry.org">www.sandwichfoodpantry.org</a></td>
<td>508-432-1312</td>
</tr>
<tr>
<td>Facebook: Sandwich Food Pantry, Inc.</td>
<td><em>Pantry Hours:</em></td>
</tr>
<tr>
<td>Open for All Sandwich Residents-to become a client, bring proof of residency</td>
<td><em>Monday and Friday 10:00-3:00</em></td>
</tr>
<tr>
<td><strong>Pantry Hours:</strong></td>
<td><em>Tuesday, Wednesday, Thursday 1:00-3:00</em></td>
</tr>
<tr>
<td><em>Every Wednesday 10:00am-12pm</em></td>
<td>Meats, dairy, bakery, perishables and non-perishables, personal items, paper products</td>
</tr>
<tr>
<td><em>Last Wednesday of the month 6-7:30pm</em></td>
<td>Thrift Shop hours:</td>
</tr>
<tr>
<td><em>3rd Saturday 10-12pm</em></td>
<td>Tuesday, Wednesday &amp; Thursdays 10am-1pm</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>St. Vincent DePaul Food Pantry</strong></th>
<th><strong>Thrift Shop hours:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>322 Quaker Meeting House Road, Sandwich-located at the rear of Mary's Closet Thrift Store</td>
<td></td>
</tr>
<tr>
<td>508-833-1555</td>
<td></td>
</tr>
<tr>
<td><a href="mailto:svdp@corpuschristiparish.org">svdp@corpuschristiparish.org</a></td>
<td></td>
</tr>
<tr>
<td><strong>Thursdays 9:30-12:00pm</strong></td>
<td></td>
</tr>
<tr>
<td>Open to All Sandwich, Sagamore &amp; Sagamore Beach Residents</td>
<td></td>
</tr>
<tr>
<td>Perishables and Non-Perishables Provided</td>
<td></td>
</tr>
</tbody>
</table>

Food Pantry Delivery Options Available. For more information contact Andrea Marczely at [andrea.marczely@barnstablecounty.org](mailto:andrea.marczely@barnstablecounty.org) or call 508.375.6944
## Mid-Cape

### Family Table Collaborative
1337 Route 28, South Yarmouth  
781-248-5753  
jeni@familytablecollaborative.com  
Hot Meals to Go  

*For more information and dates of next meal distribution, check their website or Facebook page.*  

**Facebook: Family Table Collaborative**  
https://www.familytablecollaborative.org

### 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-Thursday 10am-11:30am  
What’s provided: Shelf stable food, drinks, frozen meats, bread, fresh veggies & socks and bagged lunches for the homeless  

**Soup Kitchen Open:**  
Monday-Friday  
Breakfast 8:30-9:30am  
Lunch 11:30-12:15pm

### 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:**  
Thursdays 9am-1:00pm  
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

### Barnstable Senior Center  
**Brown Bag For Seniors & Families**
825 Falmouth Road, Hyannis  
508-862-4754  

*Available on the first Friday of each month*  
1 bag of Groceries provided

### 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

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Food Pantry Delivery Options Available. For more information contact Andrea Marczely at andrea.marczely@barnstablecounty.org or call 508.375.6944
## Mid-Cape

<table>
<thead>
<tr>
<th><strong>Faith Family Kitchen</strong></th>
<th><strong>Yarmouth Food Pantry</strong></th>
</tr>
</thead>
</table>
| **Address:** 154 Bearses Way Hyannis  
**Phone:** 508-775-5073  
**Website:** [www.capecodcouncilofchurches.org/faith-family-kitchen.org](http://www.capecodcouncilofchurches.org/faith-family-kitchen.org)  
**Facebook:** Faith Family Kitchen  
**Email:** cccouncilofchurches@gmail.com  
**Hours:** Mondays, Wednesdays & Fridays  
Families 5:30-6:30pm at front of church  
Adults without children- 5:30-6:30pm back door  
**Meals Served:** Meals served to go | **Address:** Lighthouse Landing Plaza  
**Phone:** 508-394-0880  
**Website:** [www.yarmouthfoodpantry.org](http://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 |

<table>
<thead>
<tr>
<th><strong>Hands of Hope Food Pantry- Serving Mid Cape</strong></th>
<th><strong>Canaan Food Pantry</strong></th>
</tr>
</thead>
</table>
| **Address:** 49 Rt. 28 West Harwich  
**Phone:** 508-432-1312  
**Pantry Hours:** Monday and Friday 10:00-3:00  
Tuesday, Wednesday, Thursday 1:00-3:00  
**Meals Served:** Meats, dairy, bakery, perishables & non-perishables, personal items, paper products  
**Thrift Shop Hours:** Tuesday, Wednesday & Thursdays 10am-1pm | **Address:** 204 Route 28, West Yarmouth  
**Caribbean Food Options Available:** Serving all Mid-Cape and Chatham  
**Pantry is open every other Thursday:**  
**Next Pantry Date:** February 17th & March 3rd 10am-2pm  
**Open to All- No registration required or questions asked:**  
**For emergency requests or for delivery, please call 508.266.1439** |

<table>
<thead>
<tr>
<th><strong>St. David's Episcopal Church</strong></th>
<th><strong>AIDS Support Group of Cape Cod</strong></th>
</tr>
</thead>
</table>
| **Address:** 205 Old Main St. South Yarmouth  
**Phone:** 508-394-4222  
**Website:** [www.stdavidscapecod.org](http://www.stdavidscapecod.org)  
**Open 3rd Wednesday of the month. Next Pantry is on December 15th from 1:00-3:00pm**  
**Paper Pantry and Meals to go** | **Address:** 428 South Street, Hyannis  
**Monthly Food Pantry and Emergency Food**  
**Contact Mimi Razon at 508-539-2364 for more information** |
### Mid-Cape

<table>
<thead>
<tr>
<th><strong>St. Pius Food Pantry</strong></th>
<th><strong>The Family Pantry of Cape Cod</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>5 Barbara Street, South Yarmouth</td>
<td>133 Queen Anne Road, Harwich</td>
</tr>
<tr>
<td>508-394-2244  Open By Request</td>
<td>508-432-6519  <a href="mailto:cmenard@thefamilypantry.com">cmenard@thefamilypantry.com</a></td>
</tr>
</tbody>
</table>

**Food4Vets at The Cape Cod Vet Center**

474 West Main Street, Hyannis

[www.mmsfi.org](http://www.mmsfi.org)

**February 16th**

**From 1:00-2:30pm**

For Veterans Only, Pre-Registration Required.

To Register visit [www.mmsfi.org](http://www.mmsfi.org) and bring confirmation email or a mobile device to expedite pick up

Shelf Stable Food Boxes for a two week supply for 2 Adults

<table>
<thead>
<tr>
<th><strong>Dennis Council on Aging</strong></th>
<th><strong>Healthy Meals in Motion Mobile Food Pantry</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1045 Route 134 508-694-2004  <a href="mailto:MPerndergast@town.dennis.ma.us">MPerndergast@town.dennis.ma.us</a></td>
<td><a href="#">Family Pantry of Cape Cod</a> Registration is required</td>
</tr>
<tr>
<td>Brown Bag Program is on the <strong>1st Friday of the month</strong> sponsored by the Greater Boston Food Bank</td>
<td>Call Andrea at 508- 487-7080</td>
</tr>
<tr>
<td>Delivery available for those who aren't able to drive</td>
<td>60+ years old; families with children</td>
</tr>
<tr>
<td>Mobile Food Pantry sponsored by the Family Pantry of Cape Cod- Please call for details</td>
<td>Food choice pantry – nonperishables, vegetables, dairy, meat and bakery items</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Yarmouth Senior Center- Brown Bag Program</strong></th>
<th><strong>Hands of Hope Food Pantry</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>528 Forest Road, West Yarmouth</td>
<td>49 Rt. 28 West Harwich</td>
</tr>
<tr>
<td><strong>First Friday of the month from 2pm-4pm</strong></td>
<td>508-432-1312</td>
</tr>
<tr>
<td>508-394-7606</td>
<td><strong>Pantry Hours:</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Monday and Friday 10:00-3:00</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Tuesday, Wednesday, Thursday 1:00-3:00</strong></td>
</tr>
<tr>
<td></td>
<td>Meats, dairy, bakery, perishables and non-perishables, personal items, paper products</td>
</tr>
<tr>
<td></td>
<td><strong>Thrift Shop hours: Tuesday, Wednesday &amp; Thursdays 10am-1pm</strong></td>
</tr>
</tbody>
</table>

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Food Pantry Delivery Options Available. For more information contact Andrea Marczely at [andrea.marczely@barnstablecounty.org](mailto:andrea.marczely@barnstablecounty.org) or call 508.375.6944
# Outer & Lower Cape

## Grace Chapel Food Pantry
**Lower Cape Outreach Council**
25 Lieutenant Island Rd. Wellfleet (Located at the corner of Lieutenant Island Road and Route 6)
508-240-0694  www.lcoutreach.org/pantry-hours
Mondays 3:00-6:00pm & Thursdays 10:00-12:00pm
Client choice shopping - Grocery list available on website or at pantry All are welcome! Must register to be a client by calling 508-240-0694

## United Methodist Church- Lower Cape Outreach Council
20 Shank Painter Rd. Provincetown
516-974-1524
www.lcoutreach.org/pantry-hours
Wednesdays 10-2pm Thursdays 10-12pm
Appointment needed. Established clients must call Provincetown Pantry Manager Nicola to schedule
Choice pantry-shopping list is posted on the website and is given out upon arrival

## Orleans Food Pantry - Main Pantry
**Lower Cape Outreach Council**
19 Brewster Cross Rd. Orleans
508-240-0694
www.lcoutreach.org/pantry-hours
**Open Mondays 1:00-3:00pm**
All are welcome! Must register to be a client by calling 508-240-069

## 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 years old

## United Methodist Church-Lower Cape Outreach Council
73 Main St. Orleans
508-240-0694
www.lcoutreach.org/pantry-hours
**Pantry Open Tuesdays 10:00am-12:00pm**
Pantry located across from the library
All are welcome! Must register to be a client by calling 508-240-0694

## 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

## Orleans Farmers Market
21 Old Colony Way
www.orleansfarmersmarket.com

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Food Pantry Delivery Options Available. For more information contact Andrea Marczely at andrea.marczely@barnstablecounty.org or call 508.375.6944
## Outer & Lower Cape

<table>
<thead>
<tr>
<th><strong>Brewster Baptist Church-Lower Cape Outreach Council</strong></th>
<th><strong>Saint Christopher’s Church-Lower Cape Outreach Council</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1848 Main St. #1827 Brewster 508-240-0694 <a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a></td>
<td>625 Main St. Chatham 508-240-0694 <a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a></td>
</tr>
</tbody>
</table>
| **Pantry open:**  
**Thursdays 10:00am-12:00pm**  
All are welcome!  
Register to be a client first by calling 508-240-0694  
Client choice shopping: Produce, meats, perishables and non-perishables | **Tuesdays 2:00-4:00pm (by appointment)**  
**Wednesdays 4:00-6:00pm (no appointment needed)**  
**Thursdays 3:00-5:00pm (by appointment)**  
Client choice shopping: Grocery list available on website or at pantry  
All are welcome!  
Must register to be a client by calling office |

<table>
<thead>
<tr>
<th><strong>St. Peters Lutheran Church-Lower Cape Outreach Council</strong></th>
<th><strong>Truro Community Kitchen</strong></th>
</tr>
</thead>
</table>
| 310 Rt. 137 Harwich 508-240-0694 [www.lcoutreach.org/pantry-hours](http://www.lcoutreach.org/pantry-hours) | 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 |
| **Thursdays 10:00am-12:00pm**  
Client choice shopping: Grocery list available on website or at pantry  
All are welcome!  
Must register to be a client by calling 508-240-0694 | |

<table>
<thead>
<tr>
<th><strong>Sustainable CAPE &amp; Outer Cape Health Fruit &amp; Vegetable Prescription Program</strong></th>
<th><strong>Nauset Fellowship at Eastham’s Chapel in the Pines</strong></th>
</tr>
</thead>
</table>
| crnavigator@outercape.org  
[www.sustainableCAPE.org](http://www.sustainableCAPE.org)  
Free Clinician prescribed fruits and vegetables for seniors who have cardiometabolic disease, are SNAP clients & are at risk for social isolation  
12 weeks worth of fresh, seasonal vegetables from the Truro Farmers Market | 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 |

Food Pantry Delivery Options Available. For more information contact Andrea Marczely at [andrea.marczely@barnstablecounty.org](mailto:andrea.marczely@barnstablecounty.org) or call 508.375.6944
Food Pantry Delivery Options Available. For more information contact Andrea Marczely at andrea.marczely@barnstablecounty.org or call 508.375.6944