### Cape Wide

#### Cape Kid Meals
- **Website**: [www.capekidmeals.org](http://www.capekidmeals.org)
- **Facebook**: Cape Kid Meals
- **Email**: 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 in conjunction with school system meal distribution, additional information can be found on each school system's homepage.

#### The Family Pantry of Cape Cod
- **Address**: 133 Queen Anne Road, Harwich
- **Phone**: 508-432-6519
- **Email**: cmenard@thefamilypantry.com

**Food Pantry Hours:**
- **Tuesdays**: 10am-3:30pm
- **Wednesdays**: 10-12pm
- **Thursdays**: 10am-3:30 & 5pm-7pm
- **Saturdays**: 10-12pm

Client choice shopping list is on website or at Pantry. **Thrift Store Hours**: Mondays, Wednesdays & Fridays 8-10am

#### Meals on Wheels Elder Service of Cape Cod and the Islands
- **Address**: 68 Route 134 South Dennis
- **Phone**: 508-394-4630/800-244-4630
- **Website**: [www.escci.org](http://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**

### The Islands

#### Nantucket Food Pantry
- **Address**: 10 Washington Street, Nantucket
- **Phone**: 508-228-7438

**Tuesdays, Wednesdays, and Thursdays 3-6pm**

To register, email: food@assistnantucket.org

Dry goods, fresh produces, dairy, eggs and meats provided.

#### Martha's Vineyard Island Food Pantry
- **Address**: PA Club 137 Vineyard Haven Road, Oak Bluffs
- **Phone**: 508-693-4764
- **Email**: info@islandfoodpantry.org
- **Website**: [http://islandfoodpantry.org/resources/](http://islandfoodpantry.org/resources/)

**Pantry Hours:**
- **Mondays**: 2:00pm-4:00pm
- **Wednesdays**: 1pm-6pm
- **Saturdays**: 10am-1pm

Choice pantry. Please allow extra time due to Covid guidelines. One shopper allowed per family.

#### Cape & Islands Veterans Outreach Martha’s Vineyard (Vineyard Haven)
- **Address**: Steamship Authority Parking Lot
- **Date**: 3rd Wednesday of each month, 10am – 1pm

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.

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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
FOOD ACCESS GUIDE

Upper Cape

<table>
<thead>
<tr>
<th><strong>Bourne Friends Food Pantry</strong></th>
<th><strong>Christ the King Food Pantry</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>20 Commerce Park Road, Pocasset</td>
<td>5 Job's Fishing Road, Mashpee</td>
</tr>
<tr>
<td>508-759-3351</td>
<td>508-477-7700</td>
</tr>
<tr>
<td>Facebook: Friends Food Pantry</td>
<td><a href="http://www.christthekingparish.com/st-vincent-de-paul">www.christthekingparish.com/st-vincent-de-paul</a></td>
</tr>
<tr>
<td>Open For All Bourne Residents</td>
<td>Open for all Cape Residents</td>
</tr>
<tr>
<td><strong>Pantry Hours:</strong></td>
<td><strong>Client Choice, Drive through</strong></td>
</tr>
<tr>
<td>Tuesdays 9:00am-12:00pm with limited delivery options available</td>
<td>Distribution</td>
</tr>
<tr>
<td>Bagged Groceries and Pantry Supplies</td>
<td>Wednesdays 9:00am-12:00pm</td>
</tr>
<tr>
<td></td>
<td>Financial Assistance Hotline available to Mashpee resident, call 508-477-7700</td>
</tr>
<tr>
<td></td>
<td>For delivery needs call Andrea at 508.375.6944</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Falmouth Service Center</strong></th>
<th><strong>Mashpee Tribal Council Food Pantry</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>611 Gifford St, Falmouth</td>
<td>483 Great Neck Rd. South, Mashpee</td>
</tr>
<tr>
<td>508-548-2794</td>
<td>508-477-0208 Ext. 189</td>
</tr>
<tr>
<td>Facebook: Falmouth Service Center</td>
<td><a href="http://www.mashpeewampanoagtribe-nsn.gov/food-pantry">www.mashpeewampanoagtribe-nsn.gov/food-pantry</a></td>
</tr>
<tr>
<td>Open For All Massachusetts Residents</td>
<td>Facebook: Mashpee Wampanoag Tribe Food Pantry</td>
</tr>
<tr>
<td><strong>Service Center Hours:</strong></td>
<td><a href="mailto:darlene.scott@mwtribe-NSN.gov">darlene.scott@mwtribe-NSN.gov</a></td>
</tr>
<tr>
<td>Tuesdays 10:00am-12:00pm</td>
<td><a href="http://www.mashpeewampanoagtribe-nsn.gov/food-pantry">Pantry Hours: Tuesdays, Wednesdays, Thursdays 10:00am-4:00pm</a></td>
</tr>
<tr>
<td>Wednesdays 3:30-5:30pm</td>
<td>Pantry Menu Posted on Door, Knock for Access</td>
</tr>
<tr>
<td>Thursdays 10:00am-12:00pm</td>
<td>Groceries and Other Supplies</td>
</tr>
<tr>
<td>Fridays 10:00am-12:00pm</td>
<td></td>
</tr>
<tr>
<td>For delivery needs call Andrea at 508.375.6944</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
FOOD ACCESS GUIDE

Mashpee Village Pantry
1 Wampanoag Drive, Mashpee
508-477-2000
Open for Mashpee Village Residents
Pantry Open Monday-Friday 8:30-4:30pm

Cape & Islands Veterans Outreach
Mobile Food Pantry @ Falmouth AmVets
366 Palmer Ave, Falmouth
1st and 3rd Tuesday of each month 10am – 1pm
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

Upper Cape

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:
Every Wednesday 10:00am-12pm
Last Wednesday of the month 6-7:30pm
3rd Saturday 10-12pm

Hands of Hope Food Pantry
Serving Sandwich area
49 Rt. 28 West
Harwich
508-432-1312
Pantry Hours:
Monday and Friday 10:00-3:00
Tuesday, Wednesday, Thursday 1:00-3:00
Meats, dairy, bakery, perishables and non-perishables, personal items, paper products
Thrift Shop hours: Tuesday, Wednesday & Thursdays 10am-1pm
For delivery needs call Andrea at 508.375.6944

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

A Place At The Table
St. Barnabas Episcopal Church
91 Main Street, Falmouth
508-548-3863
Enjoy a free hot meal to anyone in need
Open 2nd and 4th Tuesday of the month from 11:30-1:30pm

Food Pantry Delivery Options Available. For more information contact Andrea Marczely at andrea.marczely@barnstablecounty.org or call 508.375.6944
Perishables and Non-Perishables Provided

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.*

**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-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*
# FOOD ACCESS GUIDE

**Cape & Islands Veterans**

247 Stevens Street, Hyannis 508-778-1590  
[www.capeveterans.com](http://www.capeveterans.com)  
Facebook: Cape & Island Veterans  
Email: [Info@capeveterans.com](mailto:Info@capeveterans.com)  
Pantry Open to Veterans Only  
Side entrance of 247 Stevens Street Suite E  
**Pantry Hours:**  
*Thursdays 9am-1:00pm & 5:00-7:00pm*  
 Veterarians can visit twice a month. 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 (TEFAP)

**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

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**Mid-Cape**

**Faith Family Kitchen**

154 Bearses Way Hyannis 508-775-5073  
[www.capecodcouncilofchurches.org/faith-family-kitchen.org](http://www.capecodcouncilofchurches.org/faith-family-kitchen.org)  
Facebook: Faith Family Kitchen  
cccouncilofchurches@gmail.com  
**Mondays, Wednesdays & Fridays**  
**Meals served to go**  
5:30-6:30pm at back door of the church for all groups  
All are welcome

**Yarmouth Food Pantry**

Lighthouse Landing Plaza  
845 Rt. 28 Unit 16, S.Yarmouth 508-394-0880  
[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

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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
## FOOD ACCESS GUIDE

**Hands of Hope Food Pantry - Serving Mid Cape**
49 Rt. 28 West Harwich  
508-432-1312  
**Pantry Hours:**  
**Monday and Friday 10:00-3:00**  
**Tuesday, Wednesday, Thursday 1:00-3:00**  
Meats, dairy, bakery, perishables & non-perishables, personal items, paper products  
Thrift Shop hours: Tuesday, Wednesday & Thursdays 10am-1pm

**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-2pm.*  
*Next Pantry Dates are Thursday, June 23rd Second Wednesday of the Month 5pm-7pm*  
Open to All- No registration required or questions asked  
For emergency requests or for delivery, please call 508.266.1439

**St. David's Episcopal Church**
205 Old Main St. South Yarmouth  
508-394-4222  
[www.stdavidscapecod.org](http://www.stdavidscapecod.org)  
**Open 3rd Wednesday of the month.**  
**Next Pantry is on May 18th from 1:00-3:00pm**  
Paper Pantry and meals to go

**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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### Mid-Cape

**St. Pius Food Pantry**
5 Barbara Street, South Yarmouth  
508-394-2244  
Open By Request

**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

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### Outer & Lower Cape

**The Family Pantry of Cape Cod**
133 Queen Anne Road, Harwich  
508-432-6519  
cmenard@thefamilypantry.com  
**Food Pantry Hours:**  
*Tuesdays 10am-3:30pm*  
*Wednesdays 10-12pm*  
*Thursdays 10am-3:30 & 5pm-7pm*  
*Saturdays 10-12pm*  
Curbside pick up during Covid-19.  
Client choice shopping list is on website or at Pantry  
**Thrift Store Hours:** *Mondays, Wednesdays & Fridays 8-10am*

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

21 Cross Street, Hyannis
508-775-3073
Open Tuesday & Friday 10-12pm
Perishables & Non-Perishables

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

Outer & Lower Cape

Hands of Hope Food Pantry
49 Rt. 28 West Harwich
508-432-1312
Pantry Hours:
Monday and Friday 10:00-3:00
Tuesday, Wednesday, Thursday 1:00-3:00
Meats, dairy, bakery, perishables and non-perishables, personal items, paper products

Provincetown Pantry Lower Cape Outreach Council
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
Food Pantry Delivery Options Available. For more information contact Andrea Marczely at andrea.marczely@barnstablecounty.org or call 508.375.6944

<table>
<thead>
<tr>
<th>Thrift Shop hours: Tuesday, Wednesday &amp; Thursdays 10am-1pm</th>
<th>Choice pantry-shopping list is posted on the website and is given out upon arrival</th>
</tr>
</thead>
<tbody>
<tr>
<td>Orleans Food Pantry- Main Pantry Lower Cape Outreach Council</td>
<td>Provincetown Council on Aging</td>
</tr>
<tr>
<td>19 Brewster Cross Rd. Orleans</td>
<td>2 Mayflower Street, Provincetown</td>
</tr>
<tr>
<td>508-240-0694</td>
<td>508-487-7080</td>
</tr>
<tr>
<td><a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a></td>
<td>Monday-Thursday 8am-5pm &amp; Friday 8am-12pm</td>
</tr>
<tr>
<td>Tuesdays 1:00-3:00pm Walk In All are welcome!</td>
<td>Call ahead for pick up or delivery Non-Perishables &amp; Personal care products as available for people over 60 years old</td>
</tr>
</tbody>
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<thead>
<tr>
<th>Orleans Pantry-Lower Cape Outreach Council</th>
<th>AIDS Support Group of Cape Cod</th>
</tr>
</thead>
<tbody>
<tr>
<td>73 Main St. Orleans</td>
<td>96 Bradford St. Provincetown <a href="http://www.asgcc.org">www.asgcc.org</a></td>
</tr>
<tr>
<td>508-240-0694</td>
<td>508-487-9445</td>
</tr>
<tr>
<td><a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a></td>
<td>Facebook: AIDS Support Group of Cape Cod</td>
</tr>
<tr>
<td>No Appointment Needed</td>
<td>Monday-Friday 9am-3pm</td>
</tr>
<tr>
<td>Tuesdays 10:00am-12:00pm Walk In Pantry located across from the library All are welcome!</td>
<td>Delivery available to Provincetown and Truro clients. Call to schedule delivery</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Orleans Farmers Market</th>
<th>Truro Pantry- Lower Cape Outreach Council</th>
</tr>
</thead>
<tbody>
<tr>
<td>21 Old Colony Way</td>
<td>Community Center- 7 Standish Way, Truro</td>
</tr>
<tr>
<td><a href="http://www.orleansfarmersmarket.com">www.orleansfarmersmarket.com</a></td>
<td>No Appointment Needed</td>
</tr>
<tr>
<td></td>
<td>Tuesdays 10am-12:30pm Walk In Wednesdays 10-12:30pm Walk In</td>
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<thead>
<tr>
<th>Outer &amp; Lower Cape</th>
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<thead>
<tr>
<th>Brewster Pantry Lower Cape Outreach Council</th>
<th>Chatham Pantry Lower Cape Outreach Council</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brewster Baptist Church</td>
<td>St. Christopher’s</td>
</tr>
<tr>
<td>1848 Main St., Brewster</td>
<td>625 Main St. Chatham</td>
</tr>
<tr>
<td>508-240-0694</td>
<td>508-240-0694</td>
</tr>
<tr>
<td><a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a></td>
<td><a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a></td>
</tr>
<tr>
<td>No Appointment Needed</td>
<td>No Appointment Needed</td>
</tr>
<tr>
<td>Pantry open:</td>
<td>Wednesdays 4:00-6:00pm Walk In</td>
</tr>
</tbody>
</table>

Food Pantry Delivery Options Available. For more information contact Andrea Marczely at andrea.marczely@barnstablecounty.org or call 508.375.6944
FOOD ACCESS GUIDE

**Thursdays 10:00am-12:00pm** Walk In
All are welcome!
Client choice shopping Produce, meats, perishables and non-perishables

**Thursdays 3:00-5:00pm** Walk In
Client choice shopping- Grocery list available on website or at pantry
All are welcome!

**Harwich Pantry Lower Cape Outreach Council**
St. Peter’s Lutheran Church
310 Rt. 137 Harwich 508-240-0694
www.lcoutreach.org/pantry-hours
**Mondays 1pm-3pm** Walk In
**Wednesdays 2pm-4pm** Walk In
**Thursdays 11:30-1:30pm** Walk In
**Fridays 10am-12pm** Walk In
Client choice shopping- Grocery list available on website or at pantry All are welcome!

**Truro Community Kitchen**
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

**Sustainable CAPE & Outer Cape Health Fruit & Vegetable Prescription Program**
crnavigator@outercape.org
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

**Nauset Fellowship at Eastham's Chapel in the Pines**
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

**Wellfleet Pantry-Lower Cape Outreach Council**
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

**Eastham Pantry-Lower Cape Outreach Council**
United Methodist Church
3200 State Highway Route 6, Eastham
**No appointment needed**
508-240-0694
www.lcoutreach.org/pantry-hours
**Tuesdays 10am-12pm** Walk In
**Thursdays 2pm-4pm** Walk In
Client choice shopping- Grocery list available on website or at pantry All are welcome!

Food Pantry Delivery Options Available. For more information contact Andrea Marczely at andrea.marczely@barnstablecounty.org or call 508.375.6944
<table>
<thead>
<tr>
<th><strong>FOOD ACCESS GUIDE</strong></th>
<th><strong>June 2022</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Client choice shopping- Grocery list available on website or at pantry All are welcome!</td>
<td></td>
</tr>
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