



BARNSTABLE COUNTY

CAPE COD COOPERATIVE EXTENSION

FOOD ACCESS GUIDE

June 2022

Cape Wide

The Islands

<p style="text-align: center;"><u>Cape Kid Meals</u></p> <p>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 in conjunction with school system meal distribution Additional information can be found on each school system's homepage</p>	<p style="text-align: center;"><u>Nantucket Food Pantry</u></p> <p>10 Washington Street, Nantucket 508-228-7438 Tuesdays, Wednesdays, and Thursdays 3-6pm</p> <p>To register, email: food@assistnantucket.org</p> <p>Dry goods, fresh produces, dairy, eggs and meats provided</p>
<p style="text-align: center;"><u>The Family Pantry of Cape Cod</u></p> <p>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 Client choice shopping list is on website or at Pantry Thrift Store Hours: Mondays, Wednesdays & Fridays 8-10am</p>	<p style="text-align: center;"><u>Martha's Vineyard Island Food Pantry</u></p> <p>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 Saturdays: 10am-1pm Choice pantry. Please allow extra time due to Covid guidelines. One shopper allowed per family</p>
<p style="text-align: center;"><u>Meals on Wheels Elder Service of Cape Cod and the Islands</u></p> <p>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 style="text-align: center;"><u>Cape & Islands Veterans Outreach Martha's Vineyard (Vineyard Haven)</u></p> <p>Steamship Authority Parking Lot 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</p>

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



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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

For delivery needs call Andrea at

508.375.6944

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

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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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

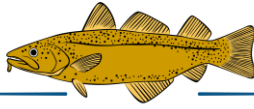
91 Main Street, Falmouth

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



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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.

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



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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

Side entrance of 247 Stevens Street Suite E

Pantry Hours:

Thursdays 9am-1:00pm & 5:00-7:00pm

Veterans 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

Mid-Cape

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

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.yarmouthfoodpanty.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

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



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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

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

Mid-Cape

Outer & Lower 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

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

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



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<p>21 Cross Street, Hyannis 508-775-3073 Open Tuesday & Friday 10-12pm Perishables & Non-Perishable</p>	
<p><u>Dennis Council on Aging</u> 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</p>	<p><u>Healthy Meals in Motion Mobile Food Pantry</u> 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</p>

Outer & Lower Cape

<p><u>Hands of Hope Food Pantry</u> 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</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</p>
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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



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<p>Thrift Shop hours: Tuesday, Wednesday & Thursdays 10am-1pm For delivery needs call Andrea at 508.375.6944</p>	<p>Choice pantry-shopping list is posted on the website and is given out upon arrival</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>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>Orleans Pantry-Lower Cape Outreach Council</u> 73 Main St. Orleans 508-240-0694 www.lcoutreach.org/pantry-hours No Appointment Needed Tuesdays 10:00am-12:00pm Walk In Pantry located across from the library All are welcome!</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>
<p><u>Orleans Farmers Market</u> 21 Old Colony Way www.orleansfarmersmarket.com</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</p>

Outer & Lower Cape

<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:</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 No Appointment Needed Wednesdays 4:00-6:00pm Walk In</p>
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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



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<p>Thursdays 10:00am-12:00pm Walk In All are welcome! Client choice shopping Produce, meats, perishables and non-perishables</p>	<p>Thursdays 3:00-5:00pm Walk In Client choice shopping- Grocery list available on website or at pantry All are welcome!</p>
<p><u>Harwich Pantry Lower Cape Outreach Council</u> 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!</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>Sustainable CAPE & Outer Cape Health Fruit & Vegetable Prescription Program</u> 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</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>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</p>	<p><u>Eastham Pantry-Lower Cape Outreach Council</u> 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!</p>

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



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