



# BARNSTABLE COUNTY

CAPE COD COOPERATIVE EXTENSION

FOOD ACCESS GUIDE

July 2022

## Cape Wide

## The Islands

<p style="text-align: center;"><b><u>Cape Kid Meals</u></b></p> <p><a href="http://www.capekidmeals.org">www.capekidmeals.org</a>          Facebook: Cape Kid Meals  <a href="mailto:info@capekidmeals.org">info@capekidmeals.org</a>          Weekend meals for children through each school system's distribution program.          To sign up, please contact your child's school prior to each weekend.</p>	<p style="text-align: center;"><b><u>Nantucket Food Pantry</u></b></p> <p>10 Washington Street, Nantucket          508-228-7438  <b>Tuesdays, Wednesdays, and Thursdays 3-6pm</b></p> <p>To register, email: <a href="mailto:food@assistnantucket.org">food@assistnantucket.org</a></p> <p>Dry goods, fresh produce, dairy, eggs and meats provided</p>
<p style="text-align: center;"><b><u>The Family Pantry of Cape Cod</u></b></p> <p>133 Queen Anne Road, Harwich          508-432-6519 <a href="mailto:cmenard@thefamilypantry.com">cmenard@thefamilypantry.com</a>  <b>Food Pantry Hours:</b>  <b>Tuesdays 10am-3:30pm</b>  <b>Wednesdays 10-12pm</b>  <b>Thursdays 10am-3:30 &amp; 5pm-7pm</b>  <b>Saturdays 10-12pm</b>          Curbside pick up during Covid-19. Client choice shopping list is on website or at Pantry  <b>Thrift Store Hours: Mondays, Wednesdays &amp; Fridays 8-10am</b></p>	<p style="text-align: center;"><b><u>Martha's Vineyard Island Food Pantry</u></b></p> <p>PA Club 137 Vineyard Haven Road, Oak Bluffs          508-693-4764  <a href="mailto:info@islandfoodpantry.org">info@islandfoodpantry.org</a>  <a href="http://islandfoodpantry.org/resources/">http://islandfoodpantry.org/resources/</a>  <b>Pantry Hours:</b>  <b>Mondays: 2:00pm-4:00pm</b>  <b>Wednesdays: 1pm-6pm</b>  <b>Saturdays: 10am-1pm</b>          Choice pantry. Please allow extra time due to Covid guidelines. One shopper allowed per family</p>
<p style="text-align: center;"><b><u>Meals on Wheels Elder Service of Cape Cod and the Islands</u></b></p> <p>68 Route 134 South Dennis          508-394-4630/800-244-4630  <a href="http://www.escci.org">www.escci.org</a>          Senior Dining Centers, Senior Nutrition Program Meals delivered  <b>Monday-Friday between 9am-12pm</b>          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;"><b><u>Cape &amp; Islands Veterans Outreach Martha's Vineyard (Vineyard Haven)</u></b></p> <p>Steamship Authority Parking Lot  <b>3<sup>rd</sup> Wednesday of each month, 10am – 1pm</b>          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](mailto:andrea.marczely@barnstablecounty.org) or call 508.375.6944



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## Upper Cape

<p><b><u>Bourne Friends Food Pantry</u></b>          20 Commerce Park Road, Pocasset          508-759-3351          Facebook: Friends Food Pantry Website:  <a href="http://www.friendsofbournecoa.org">www.friendsofbournecoa.org</a>          Open For All Bourne Residents  <b>Pantry Hours:</b>  <b><i>Tuesdays 9:00am-12:00pm with limited delivery options available</i></b>          Bagged Groceries and Pantry Supplies</p>	<p><b><u>Christ the King Food Pantry</u></b>          5 Job's Fishing Road, Mashpee          508-477-7700  <a href="http://www.christthekingparish.com/st-vincent-de-paul">www.christthekingparish.com/st-vincent-de-paul</a>          Open for all Cape Residents          Client Choice, Drive through          Distribution  <b><i>Wednesdays 9:00am-12:00pm</i></b>          Financial Assistance Hotline available to Mashpee residence, call 508-477-7700          For Delivery, call Andrea 508.375.6944</p>
<p><b><u>Falmouth Service Center</u></b>          611 Gifford St. Falmouth          508-548-2794          Facebook: Falmouth Service Center Website:  <a href="http://www.falmouthservicecenter.org">www.falmouthservicecenter.org</a>          Open For All Massachusetts Residents  <b>Service Center Hours:</b>  <b><i>Tuesdays 10:00am-12:00pm</i></b>  <b><i>Wednesdays 3:30-5:30pm</i></b>  <b><i>Thursdays 10:00am-12:00pm</i></b>  <b><i>Fridays 10:00am-12:00pm</i></b></p>	<p><b><u>Mashpee Village Pantry</u></b>          1 Wampanoag Drive, Mashpee          508-477-2200          Open for Mashpee Village Residents  <b><i>Pantry Open Monday-Friday 8:30-4:30pm</i></b></p>
<p><b><u>Cape &amp; Islands Veterans Outreach</u></b>          Mobile Food Pantry @ Falmouth AmVets          366 Palmer Ave, Falmouth  <b>1st and 3rd Tuesday of each month 10am – 1pm</b>          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>	<p><b><u>Mashpee Tribal Council Food Pantry</u></b>          483 Great Neck Rd. South, Mashpee          508-477-0208 Ext. 189  <a href="http://www.mashpeewampanoagtribe-nsn.gov/food-pantry">www.mashpeewampanoagtribe-nsn.gov/food-pantry</a> Facebook: Mashpee Wampanoag Tribe Food Pantry  <a href="mailto:darlene.scott@mwtribe-NSN.gov">darlene.scott@mwtribe-NSN.gov</a>  <b><i>Pantry Hours: Tuesdays, Wednesdays, Thursdays 10:00am-4:00pm</i></b>          Pantry Menu Posted on Door, Knock for</p>

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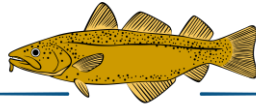
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## Upper Cape

<p><b><u>Sandwich Food Pantry</u></b> 331 Cotuit Rd. Sandwich 508-888-3816 <a href="http://www.sandwichfoodpantry.org">www.sandwichfoodpantry.org</a> Facebook: Sandwich Food Pantry, Inc. Open for All Sandwich Residents-to become a client, bring proof of residency <b>Pantry Hours:</b> <b>Every Wednesday 10:00am-12pm</b> <b>Last Wednesday of the month 6-7:30pm</b> <b>3rd Saturday 10-12pm</b></p>	<p><b><u>Hands of Hope Food Pantry</u></b> Serving Sandwich area 49 Rt. 28 West Harwich 508-432-1312 <b>Pantry Hours:</b> <b>Monday and Friday 10:00-3:00</b> <b>Tuesday, Wednesday, Thursday 1:00-3:00</b> Meats, dairy, bakery, perishables and non-perishables, personal items, paper products Thrift Shop hours: Tuesday, Wednesday &amp; Thursdays 10am-1pm <i>For delivery needs call Andrea at 508.375.6944</i></p>
<p><b><u>St. Vincent DePaul Food Pantry</u></b> 322 Quaker Meeting House Road, Sandwich-located at the rear of Mary's Closet Thrift Store 508-833-1555 <a href="mailto:svdp@corpuschristiparish.org">svdp@corpuschristiparish.org</a> <b>Thursdays 9:30-12:00pm</b> Open to All Sandwich, Sagamore &amp; Sagamore Beach Residents Perishables and Non-Perishables Provided</p>	<p><b><u>A Place At The Table</u></b> St. Barnabas Episcopal Church 91 Main Street, Falmouth 508-548-3863 Enjoy a free hot meal to anyone in need Starting March 8th Open 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month from 11:30-1:30pm</p>

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## Mid-Cape

<p><b><u>Family Table Collaborative</u></b></p> <p>1337 Route 28, South Yarmouth 781-248-5753 <a href="mailto:jeni@familytablecollaborative.com">jeni@familytablecollaborative.com</a></p> <p>Hot Meals to Go <b>For more information and dates of next meal distribution, check their website or Facebook page.</b> <b>Facebook: Family Table Collaborative</b> <a href="https://www.familytablecollaborative.org">https://www.familytablecollaborative.org</a></p>	<p><b><u>Salvation Army Pantry &amp; Soup Kitchen</u></b></p> <p>100 North St. Hyannis 508-775-0364 <a href="http://www.SalvationArmyMA.org/Hyannis">www.SalvationArmyMA.org/Hyannis</a></p> <p>All are welcome! Office and Social Service Hours: Monday-Friday 9:00am-4:00pm <b>Pantry Hours:</b> <b>Monday-Friday 10am-11:30am</b></p> <p>What's provided: Shelf stable food, drinks, frozen meats, bread, fresh veggies &amp; socks and bagged lunches for the homeless</p> <p><b>Soup Kitchen Open:</b> <b>Monday-Friday</b> <b>Breakfast 8:30-9:30am</b> <b>Lunch 11:30-12:15pm</b></p>
<p><b><u>Cape &amp; Islands Veterans</u></b></p> <p>247 Stevens Street, Hyannis 508-778-1590 <a href="http://www.capeveterans.com">www.capeveterans.com</a> Facebook: Cape &amp; Island Veterans Email: <a href="mailto:Info@capeveterans.com">Info@capeveterans.com</a></p> <p>Pantry Open to Veterans Only Located at the side entrance of 247 Stevens Street Suite E</p> <p><b>Pantry Hours:</b> <b>Thursdays 9am-1:00pm</b></p> <p>Veterans can visit twice a month</p>	<p><b><u>First Baptist Church Pantry</u></b></p> <p>486 Main Street, Hyannis 508-775-1846</p> <p>Serving Barnstable &amp; West Yarmouth Residents <b>Open Tuesdays 9am-12:00pm</b></p> <p>What's provided: Fresh Produce, perishables and nonperishables</p>
<p><b><u>Barnstable Senior Center</u></b> <b><u>Brown Bag For Seniors &amp; Families</u></b></p> <p>825 Falmouth Road, Hyannis 508-862-4754</p> <p><b>Available on the first Friday of each month</b> 1 bag of Groceries provided</p>	<p><b><u>St. Vincent De Paul Food Pantry</u></b> <b><u>St. Francis Xavier Church</u></b></p> <p>21 Cross Street, Hyannis 508-775-3073</p> <p><b>Open Tuesday &amp; Friday 10-12pm</b> Perishables &amp; Non-Perishable</p>

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<p style="text-align: center;"><b><u>Faith Family Kitchen</u></b></p> <p>154 Bearses Way Hyannis 508-775-5073 <a href="http://www.capecodcouncilofchurches.org/faith-family-kitchen.org">www.capecodcouncilofchurches.org/faith-family-kitchen.org</a> Facebook: Faith Family Kitchen cccouncilofchurches@gmail.com <b>Mondays, Wednesdays &amp; Fridays</b> <b>Meals for all will be distributed at the back door of the church off of Bacon Street</b> <b>5:30-6:30pm all meals are served to-go</b></p>	<p style="text-align: center;"><b><u>Yarmouth Food Pantry</u></b></p> <p>Lighthouse Landing Plaza 845 Rt. 28 Unit 16, S.Yarmouth 508-394-0880 <a href="http://www.yarmouthfoodpantry.org">www.yarmouthfoodpantry.org</a> Facebook: Yarmouth Food Pantry <b>Pantry Hours:</b> <b>Tuesdays &amp; Thursdays 5:30-6:30pm</b> <b>2nd Friday of the month 3:00-4:00pm</b> <b>3rd Saturday of the month 10-11am</b> <b>4th Friday of the month 10:00-11:00am</b> Client Choice Shopping in Pantry</p>
<p style="text-align: center;"><b><u>Hands of Hope Food Pantry- Serving Mid Cape</u></b></p> <p>49 Rt. 28 West Harwich 508-432-1312 <b>Pantry Hours:</b> <b>Monday and Friday 10:00-3:00</b> <b>Tuesday, Wednesday, Thursday 1:00-3:00</b> Meats, dairy, bakery, perishables &amp; non-perishables, personal items, paper products Thrift Shop hours: Tuesday, Wednesday &amp; Thursdays 10am-1pm</p>	<p style="text-align: center;"><b><u>Canaan Church Food Pantry</u></b></p> <p>204 Route 28, West Yarmouth Caribbean Food Options Available Serving all Mid-Cape and Chatham <b>Pantry Hours:</b> <b>Every other Thursday from 10am-2pm.</b> <b>Next Pantry Date is July 14<sup>th</sup> &amp; 28<sup>th</sup></b> <b>Second Wednesday of the Month 5pm-7pm</b> Open to All- No registration required or questions asked For emergency requests or for delivery, please call 508.266.1439</p>
<p style="text-align: center;"><b><u>St. David's Episcopal Church</u></b></p> <p>205 Old Main St. South Yarmouth 508-394-4222 <a href="http://www.stdavidscapecod.org">www.stdavidscapecod.org</a> <b>Open 3rd Wednesday of the month.</b> <b>Next Pantry is on July 20th from 1:00-3:00pm</b> Paper Pantry and meals to go</p>	<p style="text-align: center;"><b><u>AIDS Support Group of Cape Cod</u></b></p> <p>428 South Street, Hyannis Monthly food pantry and emergency food Contact Mimi Razon at 508-539-2364 for more information</p>

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## Mid-Cape

## Outer & Lower Cape

<p><b><u>St. Pius Food Pantry</u></b> 5 Barbara Street, South Yarmouth 508-394-2244 Open By Request</p> <p><b><u>Yarmouth Senior Center- Brown Bag Program</u></b> 528 Forest Road, West Yarmouth <b>First Friday of the month from 2pm-4pm</b> 508-394-7606</p>	<p><b><u>The Family Pantry of Cape Cod</u></b> 133 Queen Anne Road, Harwich 508-432-6519 cmenard@thefamilypantry.com <b>Food Pantry Hours:</b> <b>Tuesdays 10am-3:30pm</b> <b>Wednesdays 10-12pm</b> <b>Thursdays 10am-3:30 &amp; 5pm-7pm</b> <b>Saturdays 10-12pm</b> Curbside pick up during Covid-19. Client choice shopping list is on website or at Pantry <b>Thrift Store Hours: Mondays, Wednesdays &amp; Fridays 8-10am</b></p>
<p><b><u>Dennis Council on Aging</u></b> 1045 Route 134 508-694-2004 <a href="mailto:MPerndergast@town.dennis.ma.us">MPerndergast@town.dennis.ma.us</a> Brown Bag Program is on the <b>1st Friday of the month</b> 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><b><u>Healthy Meals in Motion Mobile Food Pantry</u></b> 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>
<p><b><u>Eastham Pantry-Lower Cape Outreach Council</u></b> Eastham United Methodist Church 3200 State Hwy, Route 6, Eastham <b>No appointment needed</b> 508-240-0694 <a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a> <b>Pantry Hours:</b> <b>Tuesday 10:00-12:00 Walk In</b> <b>Thursday 2:00-4:00 Walk In</b></p>	<p><b><u>Hands of Hope Food Pantry</u></b> 49 Rt. 28 West Harwich 508-432-1312 <b>Pantry Hours:</b> <b>Monday and Friday 10:00-3:00</b> <b>Tuesday, Wednesday, Thursday 1:00-3:00</b> Meats, dairy, bakery, perishables and non-perishables, personal items, paper products <b>Thrift Shop hours: Tuesday, Wednesday &amp; Thursdays 10am-1pm</b> For delivery needs call Andrea at 508.375.6944</p>

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## Outer & Lower Cape

<p><b><u>Wellfleet Pantry-Lower Cape Outreach Council</u></b>          Grace Chapel          25 Lieutenant Island Rd. Wellfleet          (Located at the corner of Lieutenant Island Road and Route 6)  <b>No appointment needed</b>          508-240-0694  <a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a>  <b>Mondays 3pm-6pm</b> Walk In  <b>Wednesdays 4pm-6pm</b> Walk In  <b>Thursdays 10:00-12:00pm</b> Walk In          Client choice shopping- Grocery list available on website or at pantry All are welcome!</p>	<p><b><u>Provincetown Pantry Lower Cape Outreach Council</u></b>          United Methodist Church          20 Shank Painter Rd. Provincetown          516-974-1524  <a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a>  <b>No appointment needed</b>  <b>Wednesdays 10-2pm</b> Walk In  <b>Thursdays 10-12pm</b> Walk In          Choice pantry-shopping list is posted on the website and is given out upon arrival</p>
<p><b><u>Orleans Food Pantry- Main Pantry Lower Cape Outreach Council</u></b>          19 Brewster Cross Rd. Orleans          508-240-0694  <a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a>  <b>Mondays 1:00-3:00pm</b> Walk In          All are welcome!</p>	<p><b><u>Provincetown Council on Aging</u></b>          2 Mayflower Street, Provincetown          508-487-7080  <b>Monday-Thursday 8am-5pm &amp; Friday 8am-12pm</b>          Call ahead for pick up or delivery Non-Perishables &amp; Personal care products as available for people over 60 years old</p>
<p><b><u>Orleans Pantry-Lower Cape Outreach Council</u></b>          73 Main St. Orleans          508-240-0694  <a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a>  <b>No Appointment Needed</b>  <b>Tuesdays 10:00am-12:00pm</b> Walk In          Pantry located across from the library          All are welcome!</p>	<p><b><u>AIDS Support Group of Cape Cod</u></b>          96 Bradford St. Provincetown <a href="http://www.asgcc.org">www.asgcc.org</a>          508-487-9445          Facebook: AIDS Support Group of Cape Cod  <b>Monday-Friday 9am-3pm</b>          Delivery available to Provincetown and Truro clients. Call to schedule delivery</p>
<p><b><u>Orleans Farmers Market</u></b>          21 Old Colony Way  <a href="http://www.orleansfarmersmarket.com">www.orleansfarmersmarket.com</a></p>	<p><b><u>Truro Pantry- Lower Cape Outreach Council</u></b>          Community Center- 7 Standish Way, Truro  <b>No Appointment Needed</b>  <b>Tuesdays 10am-12:30pm</b> Walk In  <b>Wednesdays 10-12:30pm</b> Walk In</p>

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<p><b><u>Brewster Pantry Lower Cape Outreach Council</u></b>          Brewster Baptist Church          1848 Main St., Brewster          508-240-0694  <a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a>  <b>No Appointment Needed</b>  <b>Pantry open:</b>  <b>Thursdays 10:00am-12:00pm</b> Walk In          All are welcome!          Client choice shopping Produce, meats, perishables and non-perishables</p>	<p><b><u>Chatham Pantry Lower Cape Outreach Council</u></b>          St. Christopher's          625 Main St. Chatham          508-240-0694  <a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a>  <b>No Appointment Needed</b>  <b>Wednesdays 4:00-6:00pm</b> Walk In  <b>Thursdays 3:00-5:00pm</b> Walk In          Client choice shopping- Grocery list available on website or at pantry          All are welcome!</p>
<p><b><u>Harwich Pantry Lower Cape Outreach Council</u></b>          St. Peter's Lutheran Church          310 Rt. 137 Harwich 508-240-0694  <a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a>  <b>Mondays 1pm-3pm</b> Walk In  <b>Wednesdays 2pm-4pm</b> Walk In  <b>Thursdays 11:30-1:30pm</b> Walk In  <b>Fridays 10am-12pm</b> Walk In          Client choice shopping- Grocery list available on website or at pantry All are welcome!</p>	<p><b><u>Truro Community Kitchen</u></b>          Operating out of Christian Union Church          27 Shore Road, Truro          973-868-7526  <b>Tuesdays for deliveries only</b>          To register for a meal, email <a href="mailto:trurocommunitykitchen@gmail.com">trurocommunitykitchen@gmail.com</a> or call or text Eli at 973-868-7526          No documentation required          2 prepared meals will try to accommodate dietary needs</p>
<p><b><u>Sustainable CAPE &amp; Outer Cape Health Fruit &amp; Vegetable Prescription Program</u></b>  <a href="mailto:crnavigator@outercape.org">crnavigator@outercape.org</a>  <a href="http://www.sustainableCAPE.org">www.sustainableCAPE.org</a>          Free Clinician prescribed fruits and vegetables for seniors who have cadiometabolic disease, are SNAP clients &amp; are at risk for social isolation          12 weeks worth of fresh, seasonal vegetables from the Truro Farmers Market</p>	<p><b><u>Nauset Fellowship at Eastham's Chapel in the Pines</u></b>          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>

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