

BARNSTABLE COUNTY

CAPE COD COOPERATIVE EXTENSION

FOOD ACCESS GUIDE

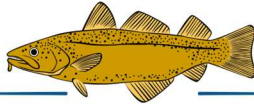
November 2022

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.</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 To register, email: food@assistnantucket.org 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 Curbside pick up during Covid-19. 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 Fridays (Seniors only) 12pm-2pm 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>Falmouth Service Center</u></p> <p>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</p>	<p style="text-align: center;"><u>Cape & Islands Veterans Outreach</u> <u>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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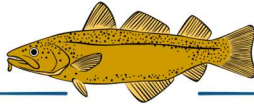
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<p><u>Meals on Wheels Elder Service of Cape Cod and the Islands</u></p> <p>68 Route 134 South Dennis 508-394-4630/800-244-4630 www.escci.org Senior Dining Centers, Senior Nutrition Program Meals delivered Monday-Friday between 9am-12pm For people ages 60+ who are homebound and unable to prepare their own meals. Call (508) 394-4630 to make referral</p>	<p><u>Christ the King Food Pantry</u></p> <p>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, call Andrea 508.375.6944</p>
<p><u>Bourne Friends Food Pantry *New Location</u></p> <p>121 Main Street, Buzzards Bay 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</p>	<p><u>Mashpee Village Pantry</u></p> <p>1 Wampanoag Drive, Mashpee 508-477-2200 Open for Mashpee Village Residents Pantry Open Monday-Friday 8:30-4:30pm</p>
<p><u>Cape & Islands Veterans Outreach</u></p> <p>Mobile Food Pantry @ Falmouth AmVets 366 Palmer Ave, Falmouth 1st and 3rd Tuesday of each month 11am - 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>	<p><u>Mashpee Tribal Council Food Pantry</u></p> <p>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</p>

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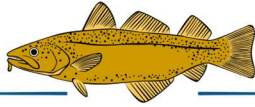
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Upper Cape

<p><u>Sandwich Food Pantry</u> 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 PantryHours: Every Wednesday 10:00am-12pm Last Wednesday of the month 6pm-7:30pm 3rd Saturday 10-12pm</p>	<p><u>Hands of Hope Food Pantry</u> 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 <i>For delivery needs call Andrea at 508.375.6944</i></p>
<p><u>St. Vincent DePaul Food Pantry</u> 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</p>	<p><u>JBCC Food Assistance</u> 1015 South Inner Road, Buzzards Bay Shelf-stable food boxes for veterans and active duty military and their families To schedule a reservation for food: https://mmsfi.org/empowerment-centers/ Questions: email sandwichempowerment@mmsfi.org</p>
<p><u>Sandwich Empowerment Center</u> 117 Route 6A, Sandwich Shelf-stable food boxes for veterans and active duty military and their families who do not have access to JBCC. To schedule a reservation for food: https://mmsfi.org/empowerment-centers/ Questions: email sandwichempowerment@mmsfi.org</p>	

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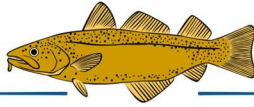
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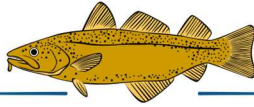
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Mid-Cape

<p align="center"><u>Family Table Collaborative</u></p> <p>1337 Route 28, South Yarmouth 781-248-5753 jeni@familytablecollaborative.com</p> <p>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</p>	<p align="center"><u>Salvation Army Pantry & Soup Kitchen</u></p> <p>100 North St. Hyannis 508-775-0364 www.SalvationArmyMA.org/Hyannis</p> <p>All are welcome! Office and Social Service Hours: Monday-Friday 9:00am-4:00pm Pantry Hours: Monday-Friday 10am-12:00pm 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 11:30-12:30pm</p>
<p align="center"><u>Cape & Islands Veterans</u></p> <p>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 & 5pm-7:00pm Veterans can visit twice a month</p>	<p align="center"><u>First Baptist Church Pantry</u></p> <p>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</p>
<p align="center"><u>Barnstable Senior Center</u> <u>Brown Bag For Seniors & Families</u></p> <p>825 Falmouth Road, Hyannis 508-862-4754 Call for more information</p>	<p align="center"><u>St. Vincent De Paul Food Pantry</u> <u>St. Francis Xavier Church</u></p> <p>21 Cross Street, Hyannis 508-775-3073 Open Tuesday & Friday 10-12pm Perishables & Non-Perishable</p>

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Mid-Cape

Faith Family Kitchen

154 Bearses Way Hyannis
508-775-5073

www.capecodcouncilofchurches.org/faith-family-kitchen.org

Facebook: Faith Family Kitchen
cccouncilofchurches@gmail.com

Mondays, Wednesdays & Fridays

Meals for all will be distributed at the back door of the church off Bacon Street

5:30-6:30pm

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

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-1:30pm.

Next Pantry Date:

November 3rd 10am-1:30pm

November 17th 10:00-1:30pm

Stay tuned for Thanksgiving meal distribution date

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 November 16th

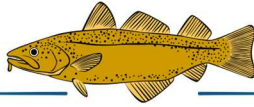
from 1:00-3:00pm

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

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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Mid-Cape

Outer & Lower Cape

<p><u>St. Pius Food Pantry</u> 5 Barbara Street, South Yarmouth 508-394-2244 Open By Request</p> <p><u>Yarmouth Senior Center- Brown Bag Program</u> Not currently operating. Please contact Yarmouth Senior Center for more Information</p>	<p><u>The Family Pantry of Cape Cod</u> 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</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>



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Outer & Lower Cape

<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>	<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>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>

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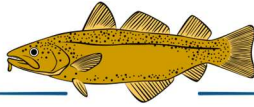
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Outer & Lower Cape

<p><u>Brewster Pantry Lower Cape Outreach Council</u></p> <p>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 Walk In All are welcome! Client choice shopping Produce, meats, perishables and non-perishables</p>	<p><u>Chatham Pantry Lower Cape Outreach Council</u></p> <p>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 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></p> <p>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></p> <p>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></p> <p>crnavigator@outercape.org www.sustainableCAPE.org Free Clinician prescribed fruits and vegetables for seniors who have cadiometabolic 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></p> <p>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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<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: <i>Tuesday 10:00-12:00 Walk In</i> <i>Thursday 2:00-4:00 Walk In</i></p>	<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 Thrift Shop hours: Tuesday, Wednesday & Thursdays 10am-1pm For delivery needs call Andrea at 508.375.6944</p>
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