

Cape Cod Food Access Guide December 6, 2022

Joint Base Cape Cod Children's Holiday/Christmas Party

Open to all Military and Coast Guard Personnel
Assigned to JBCC and USCG Sector Southeastern
New England

WHEN: Sunday December 11th 12-3 PM

WHERE: The Gym on Connery Ave

**WHAT: Santa & Mrs. Claus, Face Painting, Balloon
Animals, Pony Rides, Petting Zoo,
Bike Raffle, Gifts for babies to teens Pizza, Ice Cream,
and more!**

**PLEASE REGISTER BELOW NO LATER THAN
December 8th** so we may have an accurate count
for gifts and food to accommodate all families We
look forward to seeing you there!

REGISTER: [Joint Base Cape Cod Children's
Holiday/Christmas Party 12/11/2022 - Formstack](#)
**Posted in [Otis ANG Base - Military & Family
Readiness Program Facebook Page](#) by
[Massachusetts Military Support Foundation, INC.](#)**

**Please print out and bring a copy of your
confirmation email.**

Sponsored By [Cape Cod Military Support
Foundation Inc.](#) [Massachusetts Military Support
Foundation Inc.](#) [Otis Civilian Advisory Council Inc.](#)

Martha's Vineyard Island Food Pantry

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

Cape & Islands Veterans Outreach Martha's Vineyard (Vineyard Haven)

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

Cape Kid Meals

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.

Nantucket Food Pantry

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



Cape Cod Neighborhood Support Coalition

Holiday gift cards for food (Stop and Shop) to families on the Cape with children under 18 years of age. Supply of approximately 25 cards worth \$25 each.

Cut off for receiving the cards would be **Dec. 16th**, in order to get them to the family in time.

They can request a card by emailing info@capecoalition.com

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

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

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

HOLIDAY:

Families and any one in need of Holiday food assistance should come directly to our Pantry Monday and Friday 10-3 and Tuesday, Wednesday, and Thursday 1-3. We will have plenty of Holiday food items, choose what you would like, until December 22nd when we will close for the Holidays and re-open on January 3rd.

Beginning November 1st, we have been taking names of families who would like to make an appointment for Christmas assistance. Families should call our Center at 508-432-1312 and they will be given a date, time, and location to come and chose some gifts for their children. Families should be in need of this assistance, have children 18 and under living in their home, and live in the areas we can help: Harwich Center, Harwichport or West Harwich, Dennis, Yarmouth, all Barnstable Villages including Hyannis, Mashpee and Sandwich.



BARNSTABLE COUNTY
CAPE COD COOPERATIVE EXTENSION

**Meals on Wheels Elder Service
of Cape Cod and the Islands**

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

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, call Andrea 508.375.6944

Bourne Friends Food Pantry

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

Mashpee Village Pantry

1 Wampanoag Drive, Mashpee
508-477-2200

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 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

Mashpee Tribal Council Food Pantry

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**



BARNSTABLE COUNTY
CAPE COD COOPERATIVE EXTENSION

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

PantryHours:

Every Wednesday 10:00am-12pm

Last Wednesday of the month 6pm- 7:30pm

3rd Saturday 10-12pm

JBCC Food Assistance

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

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

Perishables and Non-Perishables Provided

First Lutheran Church

Barnstable Café

1663a Main Street

West Barnstable, MA 02688

508-362-3161

www.firstcapecod.org

www.facebook.com/flccapecod

Every Second Saturday of the Month at 12pm

Next Barnstable Café: December 10th

Hot home cooked meal with dessert and live music

No reservations or registration required

Sandwich Empowerment Center

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



BARNSTABLE COUNTY
CAPE COD COOPERATIVE EXTENSION

Family Table Collaborative

1337 Route 28, South Yarmouth
781-248-5753
jeni@familytablecollaborative.com

The Family Table Collaborative will be providing its next prepared meal distribution, a traditional Thanksgiving feast, on **Friday, December 23rd at HYCC.**

If you want to pick up meals on Friday, December 23rd, just send a text message to (774) 251-9502 by 6pm on **Monday, December 19th.**

Text the name and # of people you are feeding. It is open to anyone on Cape Cod who needs a meal.

You will text back an acknowledgement – then come by the Hyannis Youth and Community Center between 4:30-5:30 pm on Friday, December 23rd. This will be a drive thru and pick-up format.

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-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

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 & 5pm-7:00pm

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 COUNTY
CAPE COD COOPERATIVE EXTENSION

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

Barnstable Senior Center

Brown Bag For Seniors & Families

825 Falmouth Road, Hyannis
508-862-4754

Call for more information

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

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:

December 15th 10am-1:30pm

December 29th:00-1:30pm

For emergency requests or for delivery, please call
508.266.1439

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



BARNSTABLE COUNTY
CAPE COD COOPERATIVE EXTENSION

St. David's Episcopal Church

205 Old Main St. South Yarmouth
508-394-4222

www.stdavidscapecod.org

Open 3rd Wednesday of the month.

Next one on December 21st 1:00-3:00pm

Paper Pantry and meals to go & personal hygiene products. Winter coats will also be distributed. to any resident of Cape Cod.

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

St. Pius Food Pantry

5 Barbara Street, South Yarmouth
508-394-2244 Open By Request

**Yarmouth Senior Center-
Brown Bag Program**

Not currently operating. Please contact Yarmouth Senior Center for more Information

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**

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



BARNSTABLE COUNTY

CAPE COD COOPERATIVE EXTENSION

<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>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>
<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: 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> 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>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>St. Francis Food Pantry</u> First United Methodist Church in Chatham 16 Cross Street, Chatham Located in the Thrift Shop Open Thursdays and Fridays from 11am – 2pm ID is required, may be in the form of a utility bill if no driver's license.</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>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>



Orleans Farmers Market

44 Main Street, Orleans-Located inside

Saturdays December 3, 10, 17, 9am-12pm

Earn free produce with a SNAP card at the Orleans Farmers' Market by shopping locally.

In December receive up to \$70-\$120 (depending on family size) in local produce per family at no cost, while farmers are paid in full.

Project Gratitude for veterans thanks vets with a gift of \$10/week in market tokens to spend with vendors.

More info at the Farmers' Market Table. Funded by Sustainable CAPE & HIP.

Eastham Pantry-Lower Cape Outreach Council

Eastham United Methodist Church
3200 State Hwy, Route 6, Eastham

No appointment needed

508-240-0694

www.lcoutreach.org/pantry-hours

Pantry Hours:

Tuesday 10:00-12:00 Walk In

Thursday 2:00-4:00 Walk In

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

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

Truro Pantry- Lower Cape Outreach Council

Community Center

7 Standish Way, Truro

No Appointment Needed

Tuesdays 10am-12:30pm Walk In

Wednesdays 10-12:30pm Walk In

www.lcoutreach.org/pantry-hours

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

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

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



BARNSTABLE COUNTY
CAPE COD COOPERATIVE EXTENSION

<p><u>The Church of Saint Mary of the Harbor</u> 517 Commercial Street, Provincetown 508-487-2622 stmaryoftheharbor.org</p> <p>Free hot lunches on the Saturdays in January and February. Served at noon for Provincetown residents.</p>	<p><u>Unitarian Universalist Meeting House of Provincetown</u> 236 Commercial Street PO Box 817 Provincetown, MA 02657 https://www.uumh.org/ Small free food pantry that is available 24/7, Office hours: 9am-4pm, Monday through Thursday</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>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>Soup Kitchen in Provincetown (SKIP)</u> 20 Shank Painter Road, Provincetown 508-487-8331 email: skipfood@gmail.com Christmas dinner on Friday the 23rd Regular hours serving hot meals: Monday through Friday 12-1:30pm Soup Kitchen in Provincetown</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>