

Cape Cod Food Access Guide January 2023

<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>Cape Cod Community College Family Pantry</u> Opened through the Wellness Office Nonperishable foods provided Please call the wellness office at 774-330-4550 or email the office at wellness@capecod.edu for an appointment.</p>	<p><u>Martha's Vineyard Island Food Pantry</u> 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 To preorder visit: https://www.igimv.org/preorder For assistance leave a message at 508-693-4764 or email: deliveries@islandfoodpantry.org</p>
<p><u>Cape Kid Meals</u> 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><u>Cape & Islands Veterans Outreach</u> <u>Martha's Vineyard (Vineyard Haven)</u> 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>
<p><u>Bourne Friends Food Pantry</u> 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</p>	



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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

JBCC Empowerment Center

1015 South Inner Road, Buzzards Bay
<https://mmsfi.org/empowerment-centers/>
Shelf-stable food boxes for veterans and active duty military and their families
Reservations are required prior to picking up food.
To schedule a reservation:
<https://mmsfi.org/empowerment-centers/>
Questions: email
sandwichempowerment@mmsfi.org
You must bring a printed or mobile copy of the Reservation confirmation to enter the Empowerment Center
You must also show ID (proof of service) upon checking in

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
Must bring a printed or mobile copy of the reservation confirmation and proof of ID

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

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

Mashpee Village Pantry

1 Wampanoag Drive, Mashpee
508-477-2200
Open for Mashpee Village Residents
Pantry Open Monday-Friday 8:30-4:30pm

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



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<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>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>Hands of Hope Food Pantry</u> Serving Sandwich 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 Reopens after the holidays on January 3rd Thrift Shop hours: Tuesday, Wednesday & Thursdays 10am-1pm</p>	<p><u>First Lutheran Church</u> 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: January 14, 2023 Hot home cooked meal with dessert and live music No reservations or registration required</p>
<p><u>Family Table Collaborative</u> 1337 Route 28, South Yarmouth 781-248-5753 jeni@familytablecollaborative.com Check Facebook for the next meal distribution for January</p>	<p><u>Salvation Army Pantry & Soup Kitchen</u> 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 Shelf stable food, drinks, frozen meats, bread, fresh veggies & socks and bagged lunches for homeless Soup Kitchen Open: Monday-Friday Breakfast 8:30-9:30am Lunch 11:30-12:30pm</p>



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<p><u>Cape & Islands Veterans</u> 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: Open every Thursdays: 9am-1:00pm & 5pm-7:00pm Veterans can visit twice a month</p>	<p><u>First Baptist Church Pantry</u> 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><u>Faith Family Kitchen</u> 154 Bearses Way Hyannis 508-775-5073 www.capecodcouncilofchurches.org/faith-family-kitchen.org Facebook: Faith Family Kitchen cccouncilofchurches@gmail.com Mondays, Wednesdays & Fridays 5:30-6:30pm <i>Meals for all will be distributed at the back door of the church off Bacon Street</i> <i>Dine in or carry out options available</i></p>	<p><u>Yarmouth Food Pantry</u> 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</p>
<p><u>Barnstable Senior Center</u> <u>Brown Bag For Seniors & Families</u> 825 Falmouth Road, Hyannis 508-862-4754 Call for more information</p>	<p><u>St. Vincent De Paul Food Pantry</u> <u>St. Francis Xavier Church</u> 21 Cross Street, Hyannis 508-775-3073 Open Tuesday & Friday 10-12pm Perishables & Non-Perishable</p>
<p><u>St. Pius Food Pantry</u> 5 Barbara Street, South Yarmouth 508-394-2244 Open By Request</p>	<p><u>AIDS Support Group of Cape Cod</u> 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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<p><u>St. David's Episcopal Church</u> 205 Old Main St. South Yarmouth 508-394-4222 www.stdavidscapecod.org Open 3rd Wednesday of the month. Next one on January 18, 2023 from 1:00-3:00pm</p> <p>Paper Pantry and meals to go & personal hygiene products. Winter coats will also be distributed. to any resident of Cape Cod.</p>	<p><u>The Family Pantry of Cape Cod</u> <u>Serving Mid Cape</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>Canaan Church Food Pantry</u> 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: January 5th 10am-1:30pm January 19th 10am-1:30pm For emergency requests or for delivery, please call 508.266.1439 For delivery contact Andrea at 508-375-6944</p>	<p><u>Hands of Hope Food Pantry-</u> <u>Serving Mid Cape</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 & non-perishables, personal items, paper products Thrift Shop hours: Tuesday, Wednesday & Thursdays 10am-1pm For Delivery needs contact Andrea at 508-375-6944</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</p> <p>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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<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 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</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</p>



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<p><u>Orleans Farmers Market</u> 44 Main Street, Orleans-Located inside Saturdays January 6, 13, 20, & 27th, 9am-12pm</p> <p>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.</p> <p>More info at the Farmers' Market Table. Funded by Sustainable CAPE & HIP.</p>	<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</p> <p>Pantry Hours: Tuesday 10:00-12:00 Walk In Thursday 2:00-4:00 Walk In</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>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>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 www.lcoutreach.org/pantry-hours Client choice shopping- Grocery list available on website or at pantry All are welcome!</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 Client choice shopping- Grocery list available on website or at pantry All are welcome!</p>



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<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 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>
<p><u>Cape & Islands Veterans Outreach Center Mobile Pantry</u> Eastham Elks Club 10 McKoy Road, Eastham 2nd and 4th Tuesday of each month from 10am-1pm 508-778-1590 www.capeveterans.com Facebook: Cape & Island Veterans Email: Info@capeveterans.com Pantry Open to Veterans Only <u>Next Pantry dates: January 10th & 24th</u></p>	



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