



## Cape Cod Food Access Guide Fall 2023

To add or update information, please email [Andrea.marczely@capecod.gov](mailto:Andrea.marczely@capecod.gov)

<p><b><u>The Family Pantry of Cape Cod</u></b> 133 Queen Anne Road, Harwich 508-432-6519 <a href="mailto:cmearnd@thefamilypantry.com">cmearnd@thefamilypantry.com</a> Client choice shopping list is on website or at pantry <a href="http://www.thefamilypantry.com">www.thefamilypantry.com</a> Serving all Cape Cod towns <b>Food Pantry Hours:</b> <b>Tuesdays 10am-3:30pm</b> <b>Wednesdays 10-12pm</b> <b>Thursdays 10am-7pm</b> <b>Saturdays 9am-12pm</b> For emergency delivery needs, call Andrea 508-375-6944</p>	<p><b><u>Cape Cod Community College Family Pantry</u></b> Opened through the Wellness Office Tuesdays 12pm-2pm &amp; Wednesdays 11am-1pm Nonperishable foods provided Please call the wellness office at 774-330-4550 or email the office at <a href="mailto:wellness@capecod.edu">wellness@capecod.edu</a> for an appointment.</p> <p><b><u>Nantucket Food Pantry</u></b> 10 Washington Street To register call or email: <a href="mailto:food@assistanantucket.org">food@assistanantucket.org</a> 508-228-7438 <b>Pantry Hours:</b> <b>Tuesdays, Wednesdays, Thursdays 3pm-6pm</b></p>
<p><b><u>Cape Kid Meals</u></b> 1336 Main Street, Osterville Mailing address: PO Box 36 Forestdale, MA 02644 (508) 419-1734 <a href="http://www.capekidmeals.org">www.capekidmeals.org</a> <a href="mailto:info@capekidmeals.org">info@capekidmeals.org</a> Facebook: Cape Kid Meals</p> <p>Weekend meals for children through each school system's distribution program.</p> <p>To sign up, please contact your child's school prior to each weekend.</p>	<p><b><u>Martha's Vineyard Island Food Pantry</u></b> 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>Fridays (Seniors only) 12pm-2pm</b> <b>Saturdays: 10am-1pm</b> To preorder visit: <a href="https://www.igimv.org/preorder">https://www.igimv.org/preorder</a> For assistance leave a message at 508-693-4764 or email: <a href="mailto:deliveries@islandfoodpantry.org">deliveries@islandfoodpantry.org</a></p>
<p><b><u>Meals on Wheels Elder Service of Cape Cod and the Islands</u></b> 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 <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><b><u>Friends Food Pantry, Bourne</u></b> 121 Main Street PO Box 144, Buzzards Bay 508-759-3351 <b>Pantry Hours:</b> <b>Tuesdays from 9:00am-12:00pm</b></p>



# BARNSTABLE COUNTY

CAPE COD COOPERATIVE EXTENSION

## **A Place At The Table**

Saint Barnabas's Episcopal Church  
91 Main Street ~ Across from the Village Green  
Falmouth, MA  
[www.stbfalmouth.org](http://www.stbfalmouth.org) ~ 508-548-3863  
Hot lunches for the community. All are welcome!  
No registration is required.  
Lunch is served every Tuesday from 11:30 – 1:00.  
Meals are served in the Parish House located behind the church on the Saint Barnabas's campus.

To volunteer or offer a donation please contact the church office at 508-548-3863.

## **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.  
**Limit: 1 visit per week**  
To schedule a reservation:  
<https://mmsfi.org/empowerment-centers/>  
Questions: email [sandwichempowerment@mmsfi.org](mailto: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

## **Cape & Islands Veterans Outreach**

Mobile Food Pantry @ Falmouth AmVets  
366 Palmer Ave, Falmouth  
1st and 3rd Tuesday monthly 10am – 1pm  
**September 5<sup>th</sup> & 19<sup>th</sup>**  
**October 3<sup>rd</sup> & 17<sup>th</sup>**  
**November 7<sup>th</sup> & 21<sup>st</sup>**  
**December 5<sup>th</sup> & 19<sup>th</sup>**  
To receive food, former military personnel must bring proof of their veteran status, such as a DD-214 and they must meet criteria for assistance as defined by The Emergency Food Assistance Program

## **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.  
**Limit: 1 visit per week**  
To schedule a reservation for food:  
<https://mmsfi.org/empowerment-centers/>  
Questions: email [sandwichempowerment@mmsfi.org](mailto: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](http://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 deliveries, please call Andrea at 508-375-6944

## **Mashpee Village Pantry**

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

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## **Mashpee Wampanoag Tribe Food Pantry**

483 Great Neck Road South, Mashpee  
508-477-0208 ext 189  
[www.mashpeewampanoagtribe-nsn.gov/food-pantry](http://www.mashpeewampanoagtribe-nsn.gov/food-pantry)  
[Darlene.scott@mwtribe-nsn.gov](mailto:Darlene.scott@mwtribe-nsn.gov)  
**Pantry Hours: Tuesdays, Wednesdays, Thursdays 10:00am-4:00pm**



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## **Sandwich Food Pantry**

331 Cotuit Road, Sandwich

508-888-3816

[www.sandwichfoodpantry.org](http://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 10am-12pm**

**Last Wednesday of the month: 10am-1pm/ 6pm-8:00pm**

**3rd Saturday 10-12pm**

## **St. Vincent DePaul Food Pantry**

322 Quaker Meeting House Road, Sandwich

Located at the rear of Mary's Closet Thrift Store

508-833-1555

[sudp@corpuschristiparish.org](mailto:sudp@corpuschristiparish.org)

Open to All Sandwich, Sagamore & Sagamore Beach Residents

Perishables and Non-Perishables Provided

### **Pantry Hours:**

**Every Thursday 9:30-12pm**

## **Hands of Hope Food Pantry**

### ***Serving Sandwich***

49 Rt. 28 West Harwich

508-432-1312

### **Pantry Hours:**

**Mondays 10:00-3:00**

**Tuesdays 1:00-3:00**

**Wednesdays 1:00-3:00 & 4:00pm-6:00pm**

**Thursdays 1:00-3:00**

**Fridays 10am-1pm**

Meats, dairy, bakery, perishables and non-perishables, personal items, paper products

**Thrift Shop hours: Tuesday, Wednesday & Thursdays 10am-1pm**

## **Barnstable Café at First Lutheran Church**

1663a Main Street

West Barnstable, MA 02688

508-362-3161

[www.firstcapecod.org](http://www.firstcapecod.org)

[www.facebook.com/flccapecod](https://www.facebook.com/flccapecod)

Every Second Saturday of the Month at 12pm  
Hot home cooked meal with dessert and live music  
No reservations or registration required

## **Family Table Collaborative**

[www.facebook.com/familytablecollaborative](https://www.facebook.com/familytablecollaborative)

Hyannis Youth and Community Center

141 Bassett Lane, Hyannis

Need a free, healthy, delicious meal for yourself, family, friends?

**Meal Distributions: 1<sup>st</sup> and 3<sup>rd</sup> Thursdays of the month**

4:30-5:30pm, drive through format

**Register by texting: 508-348-9777 with the first name and # of meals**

Please check website or Facebook for up-to-date meal distribution information.

## **Salvation Army Pantry & Soup Kitchen**

100 North St. Hyannis 508-775-0364

[www.SalvationArmyMA.org/Hyannis](http://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

### **Miracle Kitchen Open:**

**Monday-Friday**

**Breakfast 8:30-9:30am**

**Lunch 11:30-12:30pm**



**BARNSTABLE COUNTY**  
CAPE COD COOPERATIVE EXTENSION

**Cape & Islands Veterans**

Pantry is at the CIVOC location:  
223 Stevens Street, Hyannis 508-778-1590  
[www.capeveterans.com](http://www.capeveterans.com)

Facebook: Cape & Island Veterans

Email: [Info@capeveterans.com](mailto:Info@capeveterans.com)

Pantry is open to veterans and their families.

**Pantry Hours: Weekly on Thursdays 9am-6pm**

To receive food, former military personnel and family members must bring proof of their veteran status, such as a DD-214 and they must meet criteria for assistance as defined by The Emergency Food Assistance Program

**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

**Faith Family Kitchen**

154 Bearses Way Hyannis  
508-775-5073

[www.capecodcouncilofchurches.org/faith-family-kitchen.org](http://www.capecodcouncilofchurches.org/faith-family-kitchen.org)

Facebook: Faith Family Kitchen

[cccouncilofchurches@gmail.com](mailto:cccouncilofchurches@gmail.com)

***Mondays, Wednesdays & Fridays 5:30-6:30pm***

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

*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](http://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

**St. Pius Food Pantry**

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

**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



# BARNSTABLE COUNTY

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## **NourishHub Food Access Fridge at the Hyannis Public Library**

401 Main Street, Hyannis  
508-775-2280

[www.hyannis.library.org](http://www.hyannis.library.org)

Free, healthy foods provided by Family Table Collaborative

All are welcome to enjoy!

Fridge is stocked every Monday & Thursday

**Fridge is open during regular library hours:**

Monday: 9:30am-5:00pm

Tuesday: 12:00pm-7:00pm

Wednesday: 12:00pm-7:00pm

Thursday: 9:30am-5:00pm

Friday: 9:30am-5:00pm

Saturday: 10:00am-4:00pm

## **Canaan Church Food Pantry**

204 Route 28, West Yarmouth

Caribbean Food Options Available

Serving all Mid-Cape and Chatham

**Fall Pantry Dates: Open 10am-1:30pm**

**September 14<sup>th</sup> & 28<sup>th</sup>**

**October 12<sup>th</sup> & 26<sup>th</sup>**

**November 9<sup>th</sup> & 30<sup>th</sup>**

**December 14<sup>th</sup> & 28<sup>th</sup>**

For emergency requests or for delivery, please call 508.266.1439

**For delivery contact Andrea at 508-375-6944**

## **Hands of Hope Food Pantry- Serving Mid Cape**

49 Rt. 28 West Harwich

508-432-1312

**Pantry Hours:**

**Mondays 10:00-3:00**

**Tuesdays 1:00-3:00**

**Wednesdays 1:00-3:00**

**Thursdays 1:00-3:00**

**Fridays 10am-1pm**

Meats, dairy, bakery, perishables and non- perishables, personal items, paper products

**Thrift Shop hours: Tuesday, Wednesday & Thursdays 10am-1pm**

## **Dennis Council on Aging**

1045 Route 134 508-694-2004

[MPerndergast@town.dennis.ma.us](mailto:MPerndergast@town.dennis.ma.us)

Brown Bag Program is on the

**1st Friday & 3<sup>rd</sup> 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

## **Harwich Pantry Lower Cape Outreach Council**

St. Peter's Lutheran Church

73 Main Street, Harwich

508-240-0694 [www.lcoutreach.org/pantry-hours](http://www.lcoutreach.org/pantry-hours)

**Thursdays 10am-12pm** Walk In

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



# BARNSTABLE COUNTY

CAPE COD COOPERATIVE EXTENSION

## Hands of Hope Food Pantry

49 Rt. 28 West Harwich

508-432-1312

### **Pantry Hours:**

**Mondays 10:00-3:00**

**Tuesdays 1:00-3:00**

**Wednesdays 1:00-3:00**

**Thursdays 1:00-3:00**

**Fridays 10am-1pm**

Meats, dairy, bakery, perishables and non-perishables, personal items, paper products

## Brewster Pantry Lower Cape Outreach Council

Brewster Baptist Church

1848 Main St., Brewster

508-240-0694

[www.lcoutreach.org/pantry-hours](http://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

## Chatham Pantry Lower Cape Outreach Council

St. Christopher's

625 Main St. Chatham

508-240-0694

[www.lcoutreach.org/pantry-hours](http://www.lcoutreach.org/pantry-hours)

**Tuesdays 2pm-4pm** Appointment required

**Wednesdays 4:00-6:00pm** No appointment required

**Thursdays 3:00-5:00pm** Appointment required

Client choice shopping- Grocery list available on website or at pantry

All are welcome!

## St. Francis Food Pantry

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.

## Orleans Pantry-Lower Cape Outreach Council

73 Main St. Orleans

Pantry located across from the library

508-240-0694

[www.lcoutreach.org/pantry-hours](http://www.lcoutreach.org/pantry-hours)

**No Appointment Needed**

**Tuesdays 10:00am-12:00pm** Walk In

## Orleans Food Pantry- Main Pantry Lower Cape Outreach Council

19 Brewster Cross Rd. Orleans

508-240-0694

[www.lcoutreach.org/pantry-hours](http://www.lcoutreach.org/pantry-hours)

**Mondays 1:00-3:00pm** Walk In

All are welcome!





# BARNSTABLE COUNTY

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## Sustainable CAPE

8 Truro Center Road, Truro

[www.sustainableCAPE.org](http://www.sustainableCAPE.org)

Farmers Markets accepting SNAP and HIP benefits  
Additional nutrition incentive programs to stretch your food dollar. See website for more information

## 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](http://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

## Eastham Pantry-Lower Cape Outreach Council

Eastham United Methodist Church

3200 State Hwy, Route 6, Eastham

508-240-0694

[www.lcoutreach.org/pantry-hours](http://www.lcoutreach.org/pantry-hours)

### **Pantry Hours:**

**Tuesday 10:00-12:00 Walk In**

**Thursday 2:00-4:00 Walk In**

## 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 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

## 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](http://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!

## 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](http://www.lcoutreach.org/pantry-hours)

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

## Crop Swap at the Provincetown Library

356 Commercial Street, Provincetown

508-487-7094

[www.provincetownlibrary.org](http://www.provincetownlibrary.org)

Facebook: Crop Swap

Community fridge filled with fresh produce

Open to all during regular library hours:

Monday: 10:00am-5:00pm

Tuesday-Thursday: 10:00am-8:00pm

Friday: 10:00am-5:00pm

Saturday & Sunday: 1:00pm-5:00pm



# BARNSTABLE COUNTY

CAPE COD COOPERATIVE EXTENSION

## **Cape & Islands Veterans Outreach Center**

### **Mobile Pantry**

Eastham Elks Club

10 McKoy Road, Eastham

2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month from 10am-1pm

**Next Pantry Dates: May 2<sup>nd</sup> & May 16<sup>th</sup>**

508-778-1590 [www.capeveterans.com](http://www.capeveterans.com)

Facebook: Cape & Island Veterans

Email: [Info@capeveterans.com](mailto:Info@capeveterans.com)

Pantry Open to Veterans Only

## **Unitarian Universalist Meeting House of Provincetown**

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

## **Provincetown Pantry Lower Cape Outreach Council**

United Methodist Church

20 Shank Painter Rd. Provincetown

516-974-1524

[www.lcoutreach.org/pantry-hours](http://www.lcoutreach.org/pantry-hours)

**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

## **Provincetown Council on Aging**

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 year old

## **Soup Kitchen in Provincetown (SKIP)**

20 Shank Painter Road, Provincetown

508-487-8331

email: [skipfood@gmail.com](mailto:skipfood@gmail.com)

Regular hours serving hot meals:

Monday through Friday 12-1:30pm

Soup Kitchen in Provincetown

## **AIDS Support Group of Cape Cod**

96 Bradford St. Provincetown [www.asgcc.org](http://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