



Cape Cod Food Access Guide Spring 2024

To add or update information, please email Andrea.marczely@capecod.gov

Updated March 1, 2024

<p><u>The Family Pantry of Cape Cod</u> 133 Queen Anne Road, Harwich 508-432-6519 cmenard@thefamilypantry.com</p> <p>Food Pantry Hours: Tuesdays 10am-3:30pm Wednesdays 10-12pm Thursdays 10am-7pm Saturdays 9am-12pm</p> <p>Client choice shopping list is on the website or at The Pantry</p> <p>For emergency delivery needs: call Andrea 508-375-6944</p> <p>Donation Hours for Food, Clothing, Housewares etc. Tues and Wed 8-3:30, Wed & Sat 8-Noon at the rear of the Family Pantry.</p>	<p><u>Cape Cod Community College Family Pantry</u> Opened through the Wellness Office Tuesdays 12pm-2pm & Wednesdays 11am-1pm 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>Nantucket Food Pantry</u> 10 Washington Street To learn more about services, qualifications for assistance, fill out the form found on website www.assistnantucket.org Or email: food@assistnantucket.org 508-228-7438</p>
<p><u>Falmouth Service Center</u> 611 Gifford Street, Falmouth 508-548-2794 www.falmouthservicecenter.org</p> <p>Food Pantry Hours: Tuesdays: 10am-12pm Wednesdays: 3:30pm-5:30pm Thursdays: 10am-12pm Fridays: 10am-12pm</p> <p>Client choice shopping list on the website or at the pantry.</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/</p> <p>Pantry Hours: Mondays: 2:00pm-4:00pm Wednesdays: 1pm-6pm Fridays (Seniors only) 12pm-2pm Saturdays: 10am-12pm</p> <p>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>Meals on Wheels Elder Service of Cape Cod and the Islands</u> 68 Route 134 South Dennis 508-394-4630/800-244-4630 www.escci.org</p> <p>Senior Dining Centers, Senior Nutrition Program Meals 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>Friends Food Pantry, Bourne</u> 121 Main Street PO Box 144, Buzzards Bay 508-759-3351</p> <p>Pantry Hours: Tuesdays from 9:00am-12:00pm Call between Monday and Wednesday for more information.</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 ~ 508-548-3863
Hot lunches for the community. All are welcome!
No registration is required.

**Lunch is served every Tuesdays & Thursdays
11:30 – 1:30pm.**

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.
To schedule a reservation:
<https://mmsfi.org/empowerment-centers/>
Questions: email sandwichempowerment@mmsfi.org

Limit: 1 visit per week
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
March 5th & March 19th
April 2nd & April 16th
May 7th & May 21st
June 4th & June 18th
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

Cape Kid Meals

1336 Main Street, Osterville
Mailing address: PO Box 36
Forestdale, MA 02644
(508) 419-1734
www.capekidmeals.org
info@capekidmeals.org
Facebook: Cape Kid Meals
Weekend meals for children through each school system's distribution program.

To sign up, please contact your child's school prior to each weekend **Falmouth Service Center**

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 deliveries for Mashpee, Cotuit and parts of Marstons Mills, 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

Mashpee Wampanoag Tribe Food Pantry

483 Great Neck Road South, Mashpee
508-477-0208 ext 189
www.mashpeewampanoagtribe-nsn.gov/food-pantry
Darlene.scott@mwtribe-nsn.gov
**Pantry Hours: Tuesdays, Wednesdays, Thursdays
12pm-4:00pm**



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<p><u>Sandwich Food Pantry</u> 331 Cotuit Road, 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 Pantry Hours: <i>Every Wednesday 10am-12pm</i> <i>Last Wednesday of the month: 10am-1pm/ 6pm-8:00pm</i> <i>3rd Saturday 10-12pm</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 sudp@corpuschristiparish.org Open to All Sandwich, Sagamore & Sagamore Beach Residents Perishables and Non-Perishables Provided Pantry Hours: <i>Every Thursday 9:30-12pm</i></p>
<p><u>Hands of Hope Food Pantry</u> <i>Serving Sandwich</i> 49 Rt. 28 West Harwich 508-432-1312 Pantry Hours: <i>Mondays 10:00-3:00</i> <i>Tuesdays 1:00-3:00</i> <i>Wednesdays 1:00-3:00 & 4:00pm-6:00pm</i> <i>Thursdays 1:00-3:00</i> <i>Fridays 10am-1pm</i> Meats, dairy, bakery, perishables and non- perishables, personal items, paper products Thrift Shop hours: Tuesday, Wednesday & Thursdays 10am-1pm</p>	<p><u>Barnstable Public Schools</u> For students and families enrolled in Barnstable Public Schools. To register: Contact Moira Bundschuh, Family and Community Engagement Coordinator, 141 Bassett Ln, Hyannis, MA 02601, bundschuh_moira@mybps.us or 508-790-6345 x117. Pantry Hours: <i>Mondays 8am-11:45am or 3:00pm-4:45pm</i> Delivery options are available for those without transportation. Families are eligible for food every other week.</p>
<p><u>Family Table Collaborative</u> 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: 1st and 3rd Thursdays of the month 4:30-5:30pm, drive through format In order to sign up, text 508-348-9777 with your first name, number of meals needed, and any food allergy information. Please check website or Facebook for up-to-date meal distribution information.</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: <i>Monday-Friday 10am-1pm</i> Shelf stable food, drinks, frozen meats, bread, fresh veggies & socks and bagged lunches for homeless Miracle Kitchen Open: <i>Monday-Friday</i> <i>Breakfast 8:30-9:30am</i> <i>Lunch 11:30-12:30pm</i></p>



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Cape & Islands Veterans

Pantry is at the CIVOC location:
223 Stevens Street, Hyannis 508-778-1590

www.capeveterans.com

Facebook: Cape & Island Veterans

Email: 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

Facebook: Faith Family Kitchen

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

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

Senior Hours: 2nd & 4th Wednesdays 10am-12pm

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

CAPE COD COOPERATIVE EXTENSION

[NourishHub Food Access Fridge at the Hyannis Public Library](#)

401 Main Street, Hyannis

508-775-2280

www.hyannislibrary.org

Free, healthy foods provided by Family Table Collaborative

All are welcome to enjoy!

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

Spring Pantry Dates: Open 10am-1:30pm

March 7th & March 21st

April 4th & 18th

May 2nd & May 16th

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:

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

Brown Bag Program is on the

1st Friday & 3rd 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

Mondays: 1pm-3pm

Tuesdays: 3:30pm-5pm

Wednesdays: 12:30-2:30pm

Fridays: 10am-12pm

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

Chatham Pantry Lower Cape Outreach Council

St. Christopher's
625 Main St. Chatham
508-240-0694

www.lcoutreach.org/pantry-hours

Tuesdays 2pm-4pm

Thursdays 3:00-5:00pm

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

Orleans Pantry-Lower Cape Outreach Council

Orleans Methodist Church
73 Main St. Orleans
Pantry located across from the library
508-240-0694

www.lcoutreach.org/pantry-hours

No Appointment Needed

Tuesdays 10:00am-12:00pm

1st and 3rd Thursdays: 4pm-6pm

Brewster Pantry Lower Cape Outreach Council

Brewster Baptist Church
1848 Main St., Brewster
508-240-0694

www.lcoutreach.org/pantry-hours

No Appointment Needed

Pantry open:

Mondays: 10am-12pm

Thursdays 10:00am-12:00pm

All are welcome!

Client choice shopping Produce, meats, perishables and
non-perishables

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 Food Pantry- Main Pantry Lower Cape Outreach Council

19 Brewster Cross Rd. Orleans
508-240-0694

www.lcoutreach.org/pantry-hours

Mondays-Fridays 9:30am-12pm

Wednesdays: 4pm-6pm

All are welcome!



BARNSTABLE COUNTY

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Sustainable CAPE

8 Truro Center Road, Truro

www.sustainableCAPE.org

Farmers Markets accepting SNAP and HIP benefits

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

Eastham Pantry-Lower Cape Outreach Council

Eastham United Methodist Church

3200 State Hwy, Route 6, Eastham

508-240-0694

www.lcoutreach.org/pantry-hours

Pantry Hours:

Mondays: 4pm-6pm

Tuesday 10:00am-12:00pm

Thursday 2:00pm-4:00pm

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

Mondays 3pm-6pm

Wednesdays 4pm-6pm

Thursdays 10:00-12:00pm

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

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

The 246 Community Kitchen

246 Main St

Wellfleet, MA 02667

<http://www.246kitchen.org/>

info@246kitchen.org

Free hot dinner cooked and served by teams of community members

Meals served October through April

Tuesdays 4 PM - 6 PM



BARNSTABLE COUNTY

CAPE COD COOPERATIVE EXTENSION

Cape & Islands Veterans Outreach Center

Mobile Pantry

Eastham Elks Club

10 McKoy Road, Eastham

2nd and 4th Tuesday of each month from 10am-1pm

Next Pantry Dates:

March 12th & 26th

April 9th & 23rd

May 14th & 28th

508-778-1590 www.capeveterans.com

Facebook: Cape & Island Veterans

Email: Info@capeveterans.com

Pantry Open to Veterans Only

Provincetown Pantry Lower Cape Outreach Council

United Methodist Church

20 Shank Painter Rd. Provincetown

516-974-1524

www.lcoutreach.org/pantry-hours

Wednesdays 10-2pm

Thursdays 10-12pm

Choice pantry-shopping list is posted on the website and is given out upon arrival

Soup Kitchen in Provincetown (SKIP)

20 Shank Painter Road, Provincetown

508-487-8331

email: skipfood@gmail.com

Regular hours serving hot meals:

Monday through Friday 12:30-1:30pm

November through April

Soup Kitchen in Provincetown

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 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

AIDS Support Group of Cape Cod

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



BARNSTABLE COUNTY
CAPE COD COOPERATIVE EXTENSION

Crop Swap at the Provincetown Library

356 Commercial Street, Provincetown

508-487-7094

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

Mom's Meals

Serves nationwide.

8:00 AM – 5:00 PM

*Delivery available

Mom's Meals Long Term Services and Support/Home and Community Based Services Program

www.momsmeals.com

Provides refrigerated, home-delivered meals to the elderly, disabled, and individuals in poor health, who are eligible for economic assistance through Medicaid Waiver or other government-funded nutrition programs.

Payment options include:

Medicaid, Medicare or Self Pay