

**“Healthy and Happy Eating For All” Program Sites: Lower-Cape Cod Region**

**\$\$ For Food**

***Benefits Assistance***

**Harwich Council on Aging**

Council on Aging provides congregate meals, nutrition sites, home delivered meals, senior ride programs, benefit assistance, elder law, activities of daily living assessment, health insurance information/ counseling, recreational activities/ sports, senior centers, specialized information and referral. Also provides AARP tax aide program sites and VITA programs.

60+

Town of Harwich, Council on Aging

100 Oak Street

Harwich

(508) 430-7550

bfoley@town.harwich.ma.us

<http://www.town.harwich.ma.us>



***Benefits Assistance***

**Chatham Council on Aging**

Council on Aging provides congregate meals, nutrition sites, home delivered meals, senior ride programs, benefit assistance, elder law, activities of daily living assessment, health insurance information/ counseling, recreational activities/ sports, senior centers, specialized information and referral. Also provides AARP tax aide program sites and VITA programs.

Call for more info.

Town of Chatham, Council on Aging

193 Stony Hill Road

Chatham

(508) 945-5190

eford@chatham-ma.gov

<http://www.town.chatham.ma.us>



***Benefits Assistance***

**Hands of Hope Outreach Center**

The Hands of Hope Outreach Center is a multi-service outreach center serving the needs of low income families in the Mid-Cape area. Has the following services available: Food Pantry serving low income families from Harwich to Mashpee; financial Assistance with utility shut-offs, fuel, and rent; clothing for families and singles; Furniture donations; donations from member churches and the community. Also assists with diapers, prescriptions, food stamp applications, and day care information. Has ongoing outreach and opportunity for general counseling. The Outreach Center is staffed by over 80 volunteers. Services include: Food Pantries, Rent Payment Assistance, Electric Bill Payment Assistance, Gas Bill Payment Assistance, Heating Fuel Bill Payment Assistance, Furniture, Diapers, General

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Clothing Provision, Benefits Assistance, General Counseling Services, and Prescription Expense Assistance.

Call for information.

Hands of Hope Outreach Center

49 Route 28

West Harwich

(508) 394-6361

churcheshoh@comcast.net

<http://www.capecodhungernetwork.org/hands-of-hope.html>

**Benefits Assistance**

**Brewster Council on Aging**

Council on Aging provides congregate meals, nutrition sites, home delivered meals, senior ride programs, benefit assistance, elder law, activities of daily living assessment, health insurance information/ counseling, recreational activities/ sports, senior centers, specialized information and referral. Also provides AARP tax aide program sites and VITA programs.

60+

Town of Brewster, Council on Aging

1673 Main Street

Brewster

(508) 896-2737

[bcoa@town.brewster.ma.us](mailto:bcoa@town.brewster.ma.us)

<http://www.town.brewster.ma.us/>

**Benefits Assistance**

**Orleans Council on Aging**

Council on Aging provides congregate meals, nutrition sites, home delivered meals, senior ride programs, benefit assistance, elder law, activities of daily living assessment, health insurance information/ counseling, recreational activities/ sports, senior centers, specialized information and referral. Also provides AARP tax aide program sites and VITA programs.

60+

Town of Orleans, Council on Aging

150 Rock Harbor Road

Orleans

(508) 255-6333

<http://www.town.orleans.ma.us>

**Women, Infants and Children (WIC)**

**Outer Cape Health Services - WIC**

WIC (Women, Infants and Children) is a maternal/child nutrition program, which is FREE to eligible infants and children up to their 5th birthday, as well as to pregnant/breastfeeding women. Eligibility is based on income test by household size,

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or automatic if Mass Health participant. Nutrition information and checks for food (such as eggs, milk, cheese, cereal, juice) provided each month, referral to other services as needed. Breastfeeding advice and/or infant formula also available. Note: Fathers, guardians or foster parents may apply for WIC for their children.

Pregnant women. Children 0-5 years

Outer Cape Health Services

79 Finlay Road, Unit 2

Post Office Box 2841 Orleans

(508) 240-0853

wic@outercape.org

<http://www.outercape.org>



**Benefits Assistance**

**SNAP (Food Stamps) Application Assistance**

Assists income-eligible residents to complete Supplemental Nutrition Assistance Program (SNAP)--formerly Food Stamps, applications.

Age 60+, income eligible

Elder Services of Cape Cod & Islands (ESCCI)

Clinical Director

Various

(508) 394-4630, 9800) 244-4630

<http://www.escci.org/>



**Food Vouchers**

**Farmers' Market Coupons**

Distribution of \$30 in coupons (six \$5.00 coupons) to be spent at participating Massachusetts farmers' markets in July - October.

Age 60+, income eligible, and Mass. State resident.

Elder Services of Cape Cod & Islands (ESCCI)

Various

(508) 394-4630, 9800) 244-4630 Ext. 401

[linda.zevitas@escci.org](mailto:linda.zevitas@escci.org)

<http://www.escci.org/>

