



Cape Cod Food Pantries and Meal Programs as of March 2012

We provide three lists of Cape Cod food pantries and meal programs run by 28 different organizations.

The lists contain the same information but each is organized alphabetically by:

1. Towns served by the pantry or meal program (pages 3 – 6)
2. Town where the pantry or meal program is located (pages 7 – 9)
3. Name of the organization (pages 10 – 12)

Details on hours and location are available on the Cape Cod Hunger Network Website as well as by phoning individual pantries or food programs

www.capecodhungernetwork.org/FoodPantries.aspx

According to Project Bread's 2010 Cape Cod Report:

- Cape Cod pantries provide food to approximately:
 - ✓ 18,000 households (20% of all households)
 - ✓ 64,600 individuals (30% of the population)
- Cape Cod meal programs provide over 180,000 meals (excluding meals-on-wheels).

Other Food Assistance Programs

Meals on Wheels: Meals delivered to homebound people 60 years and older.

Elder Services of Cape Cod (508) 394-4630 or 1-800-244-4630

WIC Program: Food and other nutritional services for families with children under age 5 years and certain eligible adults.

Cape Cod WIC Program with sites in Hyannis, S. Yarmouth and Falmouth: (508) 771-7896

Outer Cape Health Services WIC Program serving Brewster, Chatham, Harwich, Orleans, Eastham, Wellfleet, Truro, and Provincetown: (508) 240-0853

SNAP (Food Stamps): For income eligible individuals and families.

Department of Transitional Assistance located in Hyannis: (508) 862-6600 or (800) 590-4820

Prepared by Barnstable County Department of Human Services
 With Reference to Cape Cod Hunger Network Information

Table 1: Alphabetically by Town Served (Check notes as some pantries limit services to clients of the organization)

For addresses & hours of operation go to www.capecodhungernetwork.org/FoodPantries.aspx or phone the pantry or food program

ORGANIZATION	TOWN SERVED	LOCATION	PHONE	WEBSITE	NOTES
AIDS Support Group of Cape Cod	Cape-wide	Barnstable – Hyannis Provincetown	(508) 778-1954 (508) 487-9445	AIDS Support Group-Cape Cod	Pantry, meals and other assistance for clients and their families
Calvary Baptist Church Pantry/Kitchen	Cape-wide	Barnstable - Hyannis	(508) 775-7018	None	Pantry and meals (temporarily closed)
Independence House	Cape-wide	Barnstable - Hyannis	(508) 771-6507	Independence House	Pantry for survivors of domestic violence and sexual assault
Missie's Closet	Cape-wide	Barnstable - Hyannis	(508) 771-1727 Ext. 146	Missies-Closet	Pantry, clothing and other necessities
Nam Vets Association of Cape & Islands	Cape-wide	Barnstable - Hyannis	(508) 778-1590 (508) 280-6026	Nam Vets-Pantry	Pantry for veterans and their families
Salvation Army	Cape-wide	Barnstable - Hyannis	(508) 775-0364	Salvation Army Hyannis	Pantry and soup kitchen by appointment
Elder Services of Cape Cod	Cape-wide	Dennis (South)	(508) 394-4630 1-800-244-4630	Elder Services Nutrition	Meals on wheels, dining program, and nutrition program for older adults
Family Pantry of Cape Cod	Cape-wide	Harwich	(508) 432-6519	Family Pantry of Cape Cod	Pantry
Mashpee Tribal Council Pantry	Cape-wide	Mashpee	(508) 477-0208 x222	Mashpee Wampanoag Tribe	Pantry for tribal members
St. Vincent DePaul / St. Joan of Arc Church	Cape-wide	Orleans	(508) 255-8080	St. Joan of Arc	Lunch and dinner and other food upon request

Prepared by Barnstable County Department of Human Services
 With Reference to Cape Cod Hunger Network Information

Table 1: Alphabetically by Town Served (Check notes as some pantries limit services to clients of the organization)

For addresses & hours of operation go to www.capecodhungernetwork.org/FoodPantries.aspx or phone the pantry or food program

ORGANIZATION	TOWN SERVED	LOCATION	PHONE	WEBSITE	NOTES
Barnstable Senior Services	Barnstable	Barnstable - Hyannis	(508) 862-4750	Barnstable Senior Services	Brown bag food delivery for older adults & other assistance
First Baptist Church	Barnstable	Barnstable - Hyannis	(508) 775-1846	First Baptist Church	Pantry
St. Vincent DePaul, St. Francis Xavier Church	Barnstable	Barnstable - Hyannis	(508) 775-3073	St. Vincent DePaul - Cape & Islands	Pantry
Hands of Hope Outreach	Barnstable	Harwich	(508) 432-1312	Hands of Hope	Pantry & other emergency assistance
Bourne Friends Food Pantry	Bourne	Bourne	(508) 759-3351	Bourne Friends	Pantry
Lower Cape Outreach Council	Brewster	Orleans Pantry hours in Brewster	(508) 240-0694	Lower Cape Outreach Pantries	Pantries in each lower and outer Cape town and other assistance
St. Vincent DePaul/Our Lady of the Cape Church	Brewster	Brewster	(508) 385-7582	St. Vincent DePaul - Cape & Islands	Pantry
Lower Cape Outreach Council	Chatham	Orleans Pantry hours in Chatham	(508) 240-0694	Lower Cape Outreach Pantries	Pantries in each lower and outer Cape town and other assistance
St. Christopher's Episcopal Church	Chatham	Chatham	(508) 240-0694	St.Christophers in Chatham	Pantry and meals
Hands of Hope Outreach	Dennis	Harwich	(508) 432-1312	Hands of Hope	Pantry & other emergency assistance
St. Vincent DePaul/Our Lady of the Cape Church	Dennis	Brewster	(508) 385-7582	St. Vincent DePaul - Cape & Islands	Pantry
Yarmouth Food Pantry	Dennis	Yarmouth	(508) 771-1135	Yarmouth Pantry	Pantry

Prepared by Barnstable County Department of Human Services
With Reference to Cape Cod Hunger Network Information

Table 1: Alphabetically by Town Served (Check notes as some pantries limit services to clients of the organization)

For addresses & hours of operation go to www.capecodhungernetwork.org/FoodPantries.aspx or phone the pantry or food program

ORGANIZATION	TOWN SERVED	LOCATION	PHONE	WEBSITE	NOTES
Lower Cape Outreach Council	Eastham	Orleans Pantry hours in Eastham	(508) 240-0694	Lower Cape Outreach Pantries	Pantries in each lower and outer Cape town and other assistance
Mustard Seed Kitchen	Eastham	Wellfleet	(508) 349-2049	Mustard Seed Kitchen	Meal delivery, nutritional snacks for young people after school
Falmouth Service Center	Falmouth	Falmouth	(508) 548-2794	Falmouth Service Center	Pantry and other assistance
Around the Table/St. Barnabus Church Parish House	Falmouth	Falmouth	(508) 548-3863 (508) 548-1520	Around the Table	Lunch meal program
Hands of Hope Outreach	Harwich	Harwich	(508) 432-1312	Hands of Hope	Pantry & other emergency assistance
Lower Cape Outreach Council	Harwich	Orleans Pantry hours in Harwich	(508) 240-0694	Lower Cape Outreach Pantries	Pantries in each lower and outer Cape town and other assistance
Falmouth Service Center	Mashpee	Falmouth	(508) 548-2794	Falmouth Service Center	Pantry and other assistance
Hands of Hope Outreach	Mashpee	Harwich	(508) 432-1312	Hands of Hope	Pantry & other emergency assistance
Mashpee Good Neighbor Food Pantry/First Pentecostal Church of Jesus Christ	Mashpee	Mashpee	(508) 477-7710 (508) 477-1505	None	Pantry
St. Vincent DePaul/Christ the King Church Food Pantry	Mashpee	Mashpee	(508) 477-7710	Christ the King / St. Vincent DePaul	Pantry and emergency assistance
Falmouth Service Center	Otis AFB	Falmouth	(508) 548-2794	Falmouth Service Center	Pantry and other assistance

Prepared by Barnstable County Department of Human Services
 With Reference to Cape Cod Hunger Network Information

Table 1: Alphabetically by Town Served (Check notes as some pantries limit services to clients of the organization)

For addresses & hours of operation go to www.capecodhungernetwork.org/FoodPantries.aspx or phone the pantry or food program

ORGANIZATION	TOWN SERVED	LOCATION	PHONE	WEBSITE	NOTES
Lower Cape Outreach Council	Orleans	Orleans	(508) 240-0694	Lower Cape Outreach Pantries	Pantries in each lower and outer Cape town and other assistance
Lower Cape Outreach Council	Provincetown	Orleans Pantry hours in Provincetown	(508) 240-0694	Lower Cape Outreach Pantries	Pantries in each lower and outer Cape town and other assistance
Soup Kitchen in Provincetown (SKIP) United Methodist Church	Provincetown	Provincetown	(508) 487-8331	United Methodist Church Provincetown	Lunch November to April
Sandwich Food Pantry	Sandwich	Sandwich	(508) 888-3816	Sandwich Pantry	Pantry
Lower Cape Outreach Council	Truro	Orleans Pantry hours in Truro	(508) 240-0694	Lower Cape Outreach Pantries	Pantries in each lower and outer Cape town and other assistance
Lower Cape Outreach Council	Wellfleet	Orleans	(508) 240-0694	Lower Cape Outreach Pantries	Pantries in each lower and outer Cape town and other assistance
Mustard Seed Kitchen	Wellfleet	Wellfleet	(508) 349-2049	Mustard Seed Kitchen	Meal delivery, nutritional snacks for young people after school
First Baptist Church	Yarmouth	Barnstable - Hyannis	(508) 775-1846	First Baptist Church	Pantry
Yarmouth Food Pantry	Yarmouth	Yarmouth (West)	(508) 771-1135	Yarmouth Pantry	Pantry
Yarmouth Senior Center	Yarmouth	Yarmouth (West)	(508) 394-7606	Yarmouth Senior Service	Brown Bag Program - food delivery for older adults
St. Pius X Parish	Yarmouth	Yarmouth (South)	(508) 394-2244	St. Pius X Parish	Pantry – upon request

Prepared by Barnstable County Department of Human Services
 With Reference to Cape Cod Hunger Network Information

Table 2: Alphabetically by Location of the Organization

For addresses & hours of operation go to www.capecodhungernetwork.org/FoodPantries.aspx or phone the pantry or food program

ORGANIZATION	LOCATION	TOWNS SERVED	PHONE	WEBSITE	NOTES
AIDS Support Group of Cape Cod	Barnstable – Hyannis Provincetown	Cape-wide	(508) 778-1954 (508) 487-9445	AIDS Support Group-Cape Cod	Pantry, meals and other assistance for clients and their families
Calvary Baptist Church Pantry/Kitchen	Barnstable - Hyannis	Cape-wide	(508) 775-7018	None	Pantry and meals (temporarily closed)
Independence House	Barnstable - Hyannis	Cape-wide	(508) 771-6507	Independence House	Pantry for survivors of domestic violence and sexual assault
Missie's Closet	Barnstable - Hyannis	Cape-wide	(508) 771-1727 Ext. 146	Missies-Closet	Pantry, clothing and other necessities
Nam Vets Association of Cape & Islands	Barnstable - Hyannis	Cape-wide	(508) 778-1590 (508) 280-6026	Nam Vets-Pantry	Pantry for veterans and their families
Salvation Army	Barnstable - Hyannis	Cape-wide	(508) 775-0364	Salvation Army Hyannis	Pantry and soup kitchen by appointment
Barnstable Senior Services	Barnstable - Hyannis	Barnstable	(508) 862-4750	Barnstable Senior Services	Brown bag food delivery for older adults & other assistance
First Baptist Church	Barnstable - Hyannis	Barnstable/Yarmouth	(508) 775-1846	First Baptist Church	Pantry
St. Vincent DePaul, St. Francis Xavier Church	Barnstable - Hyannis	Barnstable	(508) 775-3073	St. Vincent DePaul - Cape & Islands	Pantry
Bourne Friends Food Pantry	Bourne	Bourne	(508) 759-3351	Bourne Friends	Pantry
St. Vincent DePaul/Our Lady of the Cape Church	Brewster	Brewster, Dennis	(508) 385-7582	St. Vincent DePaul - Cape & Islands	Pantry

Prepared by Barnstable County Department of Human Services
 With Reference to Cape Cod Hunger Network Information

Table 2: Alphabetically by Location of the Organization

For addresses & hours of operation go to www.capecodhungernetwork.org/FoodPantries.aspx or phone the pantry or food program

ORGANIZATION	LOCATION	TOWNS SERVED	PHONE	WEBSITE	NOTES
St. Christopher's Episcopal Church	Chatham	Chatham	(508) 240-0694	St.Christophers in Chatham	Pantry and meals
Elder Services of Cape Cod	Dennis	Cape-wide	(508) 394-4630 1-800-244-4630	Elder Services Nutrition	Meals on wheels, dining program, and nutrition program for older adults
Falmouth Service Center	Falmouth	Falmouth, Mashpee, and Otis AFB	(508) 548-2794	Falmouth Service Center	Pantry and other assistance
Around the Table/St. Barnabus Church Parish House	Falmouth	Falmouth	(508) 548-3863 (508) 548-1520	Around the Table	Lunch meal program
Family Pantry of Cape Cod	Harwich	Cape-wide	(508) 432-6519	Family Pantry of Cape Cod	Pantry
Hands of Hope Outreach	Harwich	Barnstable, Dennis, Harwich, Mashpee, Yarmouth	(508) 432-1312	Hands of Hope	Pantry & other emergency assistance
Mashpee Tribal Council Pantry	Mashpee	Cape-wide	(508) 477-0208 x222	Mashpee Wampanoag Tribe	Pantry for tribal members
Mashpee Good Neighbor Food Pantry/First Pentecostal Church of Jesus Christ	Mashpee	Mashpee	(508) 477-7710 (508) 477-1505	None	Pantry
St. Vincent DePaul/Christ the King Church Food Pantry	Mashpee	Mashpee	(508) 477-7710	Christ the King / St. Vincent DePaul	Pantry and emergency assistance

Prepared by Barnstable County Department of Human Services
 With Reference to Cape Cod Hunger Network Information

Table 2: Alphabetically by Location of the Organization

For addresses & hours of operation go to www.capecodhungernetwork.org/FoodPantries.aspx or phone the pantry or food program

ORGANIZATION	LOCATION	TOWNS SERVED	PHONE	WEBSITE	NOTES
Lower Cape Outreach Council	Orleans	Brewster, Harwich, Chatham, Orleans, Eastham, Wellfleet, Truro & Provincetown	(508) 240-0694	Lower Cape Outreach Pantries	Pantries in each lower and outer Cape town and other assistance
St. Vincent DePaul / St. Joan of Arc Church	Orleans	Cape-wide	(508) 255-8080	St. Joan of Arc	Lunch and dinner and other food upon request
Soup Kitchen in Provincetown (SKIP) United Methodist Church	Provincetown	Provincetown	(508) 487-8331	United Methodist Church Provincetown	Lunch November to April
Sandwich Food Pantry	Sandwich	Sandwich	(508) 888-3816	Sandwich Pantry	Pantry
Mustard Seed Kitchen	Wellfleet	Eastham, Wellfleet	(508) 349-2049	Mustard Seed Kitchen	Meal delivery, nutritional snacks for young people after school
Yarmouth Food Pantry	Yarmouth (West)	Dennis, Yarmouth	(508) 771-1135	Yarmouth Pantry	Pantry
Yarmouth Senior Center	Yarmouth (West)	Yarmouth	(508) 394-7606	Yarmouth Senior Service	Brown Bag Program - food delivery for older adults
St. Pius X Parish	Yarmouth (South)	Yarmouth	(508) 394-2244	St. Pius X Parish	Pantry – upon request

Prepared by Barnstable County Department of Human Services
 With Reference to Cape Cod Hunger Network Information

Table 3: Alphabetically by name of the organization

For addresses & hours of operation go to www.capecodhungernetwork.org/FoodPantries.aspx or phone the pantry or food program

<u>ORGANIZATION</u>	<u>LOCATION</u>	<u>TOWNS SERVED</u>	<u>PHONE</u>	<u>WEBSITE</u>	<u>NOTES</u>
AIDS Support Group of Cape Cod	Barnstable – Hyannis Provincetown	Cape-wide	(508) 778-1954 (508) 487-9445	AIDS Support Group-Cape Cod	Pantry, meals and other assistance for clients and their families
Around the Table/St. Barnabus Church Parish House	Falmouth	Falmouth	(508) 548-3863 (508) 548-1520	Around the Table	Lunch meal program
Barnstable Senior Services	Barnstable - Hyannis	Barnstable	(508) 862-4750	Barnstable Senior Services	Brown bag food delivery for older adults & other assistance
Bourne Friends Food Pantry	Bourne	Bourne	(508) 759-3351	Bourne Friends	Pantry
Calvary Baptist Church Pantry/Kitchen	Barnstable - Hyannis	Cape-wide	(508) 775-7018	None	Pantry and meals (temporarily closed)
Elder Services of Cape Cod	Dennis	Cape-wide	(508) 394-4630 1-800-244-4630	Elder Services Nutrition	Meals on wheels, dining program, and nutrition program for older
Falmouth Service Center	Falmouth	Falmouth, Mashpee, and Otis AFB	(508) 548-2794	Falmouth Service Center	Pantry and other assistance
Family Pantry of Cape Cod	Harwich	Cape-wide	(508) 432-6519	Family Pantry of Cape Cod	Pantry
First Baptist Church	Barnstable - Hyannis	Barnstable/Yarmouth	(508) 775-1846	First Baptist Church	Pantry
Hands of Hope Outreach	Harwich (West)	Barnstable, Dennis, Harwich, Mashpee, Yarmouth	(508) 432-1312	Hands of Hope	Pantry & other emergency assistance

Prepared by Barnstable County Department of Human Services
 With Reference to Cape Cod Hunger Network Information

Table 3: Alphabetically by name of the organization

For addresses & hours of operation go to www.capecodhungernetwork.org/FoodPantries.aspx or phone the pantry or food program

<u>ORGANIZATION</u>	<u>LOCATION</u>	<u>TOWNS SERVED</u>	<u>PHONE</u>	<u>WEBSITE</u>	<u>NOTES</u>
Independence House	Barnstable - Hyannis	Cape-wide	(508) 771-6507	Independence House	Pantry for survivors of domestic violence and sexual assault
Lower Cape Outreach Council	Orleans	Brewster, Harwich, Chatham, Orleans, Eastham, Wellfleet, Truro & Provincetown	(508) 240-0694	Lower Cape Outreach Pantries	Pantries in each lower and outer Cape town and other assistance
Mashpee Tribal Council Pantry	Mashpee	Cape-wide	(508) 477-0208 x222	Mashpee Wampanoag Tribe	Pantry for tribal members
Mashpee Good Neighbor Food Pantry/First Pentecostal Church of Jesus Christ	Mashpee	Mashpee	(508) 477-7710 (508) 477-1505	None	Pantry
Missie's Closet	Barnstable - Hyannis	Cape-wide	(508) 771-1727 Ext. 146	Missies-Closet	Pantry, clothing and other necessities
Mustard Seed Kitchen	Wellfleet	Eastham, Wellfleet	(508) 349-2049	Mustard Seed Kitchen	Meal delivery, nutritional snacks for young people after school
Nam Vets Association of Cape & Islands	Barnstable - Hyannis	Cape-wide	(508) 778-1590 (508) 280-6026	Nam Vets-Pantry	Pantry for veterans and their families
Salvation Army	Barnstable - Hyannis	Cape-wide	(508) 775-0364	Salvation Army Hyannis	Pantry and soup kitchen by appointment
Sandwich Food Pantry	Sandwich	Sandwich	(508) 888-3816	Sandwich Pantry	Pantry
Soup Kitchen in Provincetown (SKIP) United Methodist Church	Provincetown	Provincetown	(508) 487-8331	United Methodist Church Provincetown	Lunch November to April

Prepared by Barnstable County Department of Human Services
 With Reference to Cape Cod Hunger Network Information

Table 3: Alphabetically by name of the organization

For addresses & hours of operation go to www.capecodhungernetwork.org/FoodPantries.aspx or phone the pantry or food program

<u>ORGANIZATION</u>	LOCATION	TOWNS SERVED	PHONE	WEBSITE	NOTES
St. Christopher's Episcopal Church	Chatham	Chatham	(508) 240-0694	St.Christophers in Chatham	Pantry and meals
St. Pius X Parish	Yarmouth (South)	Yarmouth	(508) 394-2244	St. Pius X Parish	Pantry – upon request
St. Vincent DePaul, St. Francis Xavier Church	Barnstable - Hyannis	Barnstable	(508) 775-3073	St. Vincent DePaul - Cape & Islands	Pantry
St. Vincent DePaul/Our Lady of the Cape Church	Brewster	Brewster, Dennis	(508) 385-7582	St. Vincent DePaul - Cape & Islands	Pantry
St. Vincent DePaul/Christ the King Church Food Pantry	Mashpee	Mashpee	(508) 477-7710	Christ the King / St. Vincent DePaul	Pantry and emergency assistance
St. Vincent DePaul / St. Joan of Arc Church	Orleans	Cape-wide	(508) 255-8080	St. Joan of Arc	Lunch and dinner and other food upon request
Yarmouth Food Pantry	Yarmouth (West)	Dennis, Yarmouth	(508) 771-1135	Yarmouth Pantry	Pantry
Yarmouth Senior Center	Yarmouth (West)	Yarmouth	(508) 394-7606	Yarmouth Senior Service	Brown Bag Program - food delivery for older adults