

<i>Upper Cape</i>	<i>Hours of Operation</i>	<i>Eligible Participants</i>	<i>What is Provided</i>	<i>Program Needs</i>
<b>Bourne Friends Food Pantry</b> 20 Commerce Park Rd. Pocasset 508-759-3351 Facebook: Friends of Bourne	Every Tuesday 9:00-12:00pm Drive through pantry and limited delivery available	Residents of Bourne	Bags of groceries	Monetary donations greatly appreciated
<b>Falmouth Service Center</b> 611 Gifford St. Falmouth 508-548-2794 www.falmouthservicecenter.org Facebook: Falmouth Service Center	Hours of Operation: Tuesdays: 10am-12pm Wednesdays: 3:30-5:30pm Thursdays: 10am-12pm Fridays: 10am-12pm	Anyone in need from any town may access food There is a brief check in when driving through (Name, DOB, zip code and # in household). ***If picking up for another person, please provide the above information for each person picking up for	Pre-packaged bags including meal staples, milk, meat and fresh produce	Monetary donations greatly appreciated
<b>Mashpee: Christ the King Food Pantry</b> 5 Job's Fishing Rd. 508-477-7700 www.christthekingparish.com/st-vincent-de-paul	<b>Update:</b> Wednesdays 9am-12pm	Mashpee Residents	Pre-bagged groceries	Monetary donations greatly appreciated
<b>Mashpee Village</b> 1 Wampanoag Drive 508-477-2000	Daily during office hours: 8:30-4:30pm	Mashpee Village Residents	Food and toiletries	Accepts monetary and food donations
<b>Mashpee Tribal Council Food Pantry</b> 483 Great Neck Rd. South, Mashpee 508-477-0208 Ext. 189 www.mashpeewampanoagtribe-nsn.gov/food-pantry Facebook: Mashpee Wampanoag Tribe Food Pantry darlene.scott@mwtribe-NSN.gov	Tuesdays, Wednesdays & Thursdays 10:00-4:00 **Food pantry menu is on the door. Knock on door for access. Anyone entering the building must disinfect with hand sanitizer located above the ID scanner at the entrance	Must be a tribal member	Groceries and other needs	None identified
<b>Sandwich- Farmers to Families</b> Sandwich Empowerment Center 117 Rt. 6 508-775-5073 www.mmsfi.org	Tuesdays throughout January Required to register at www.mmsfi.org and bring confirmation to pick up	Must be a veteran	32 lb. Meal Boxes	Volunteers
<b>Sandwich Food Pantry</b> 331 Cotuit Rd. Sandwich 508-888-3816 www.sandwichfoodpantry.org Facebook: Sandwich Food Pantry, Inc.	Every Wednesday 10am-12pm Last Wednesday of the month 6:00-7:30 Third Saturday of the month 10:00-12:00	Residents of Sandwich-must register first as a client Drive around the back of the building Give the volunteer your name and size of your family	Pre-bagged groceries	Monetary donations and non-perishable food. Please check website for instructions
<i>Mid-Cape</i>	<i>Hours of Operation</i>	<i>Eligible Participants</i>	<i>What is Provided</i>	<i>Program Needs</i>
<b>First Lutheran Church</b> 1668 Main Street, West Barnstable 508-362-3161	<b>NEW: Drive thru lunch program</b> Every Saturday beginning January 2nd 11:30-12:30 Preregister by calling 508-362-3161	All are welcome	Homemade, hearty soups and stews to go	
<b>Patriot Farm Food Boxes</b> 98 Ridgewood Avenue, Barnstable www.mmsfi.org	<b>NEW:</b> Drive through food box distribution January 9, 16, 23	All are welcome. Must pre-register at www.mmsfi.org and bring confirmation with you of registration	Food box-meat, dairy, and produce	Volunteers

<b>Salvation Army</b> <b>100 North St. Hyannis</b> <b>508-775-0364</b>	Daily Operations Hours 8:30-1:30pm Food Pantry: Mondays-Thursdays 10:00-11:50am Tuesdays and Thursdays: Hot soup or stew and bagged lunch for homeless	All are welcome	Shelf stable food and drinks, frozen meats, breads and fresh veggies, socks and bag lunches for the homeless	Monetary donations
<b>Barnstable Public Schools Meal Bust Stop Delivery</b> <b>www.barnstable.k12.ma.us</b>	<b>See Website for Bus Route information Breakfast and lunches provided during remote learning</b>	Students and families	Monday-Thursday: 1 breakfast and 1 lunch Fridays: Multiple meals	
<b>Cape Organization for the Rights of the Disabled (CORD) Mobile Food Pantry</b> <b>508-775-8300/800-541-0282</b> <b>www.cordcapecod.org/mobile-food-pantry Facebook: CORD-Cape Organization for the Rights of the Disabled</b>	<b>Check Website for locations and times</b>	Someone in the household must have a disability. Register by calling CORD at (508) 775-8300 or go to a distribution site.	Non-perishable food items	Monetary donations can be made through the CORD website
<b>Faith Family Kitchen</b> <b>154 Bearses Way Hyannis</b> <b>508-775-5073</b> <b>www.capecodcouncilofchurches.org/faith-family-kitchen.org</b> <b>Facebook: Faith Family Kitchen</b> <b>cccouncilofchurches@gmail.com</b>	Mondays, Wednesdays, Fridays Families with children 5-5:45 Adults with out children 5:45-6:30	All are welcome	Hot meals to go, protein bars, smoothies, other packaged foods as available	Monetary donations or any food donations
<b>Family Table Collaborative</b> <b>Various locations</b> <b>508-775-5073</b> <b>cccouncilofchurches@gmail.com</b> <b>Facebook: Faith Family Kitchen and Cape Cod Culinary Incubator</b>	Tuesdays (locations vary) and Fridays at HYCC Tuesdays January 5th from 3-5pm Dennis Senior Center Fridays at Hyannis Youth and Community Center	All are welcome	Half trays to feed a family of 4- 2 meals through out the weekend	None identified
<b>First Baptist Church of Hyannis Food</b> <b>486 Main St. Hyannis</b> <b>508-775-1846</b> <b>www.fbchyannis.org/food-pantry</b>	Tuesdays 9:00-12:00	Town of Barnstable and Yarmouth residents	Pre-bagged groceries	Donations accepted
<b>St. Vincent DePaul Food Pantry</b> <b>21 Cross St. Hyannis</b> <b>508-775-3073</b>	Tuesday 9:30-12:00 and Friday 10:00-12:00	All are welcome	Pre-bagged groceries	Monetary donations
<b>Yarmouth Food Pantry</b> <b>Lighthouse Landing Plaza 845 Rt. 28 Units 14-16</b> <b>S.Yarmouth 508-394-0880</b> <b>www.yarmouthfoodpantry.org</b> <b>Facebook: Yarmouth Food Pantry</b>	Tuesday and Thursday 5:30-6:30 2nd Friday 3:00-4:00 3rd Saturday 10:00-11:00 4th Friday 10:00-11:00	Name, address and date of birth	Pre-made bags of food, meal of the month bag, frozen meat and child snack bags	Food donations accepted Monday-Friday 10am-Noon
<b>Cape Organization for the Rights of the Disabled (CORD) Mobile Food Pantry</b> <b>508-775-8300/800-541-0282</b> <b>www.cordcapecod.org/mobile-food-pantry Facebook: CORD-Cape Organization for the Rights of the Disabled</b>	Check Website for locations and times	Someone in the household must have a disability. Register by calling CORD at (508) 775-8300 or go to a distribution site.	Non-perishable food items	
<b>St. David's Episcopal Church</b> <b>205 Old Main St. South Yarmouth</b>	3rd Wednesday of the month Next one will be January 20th	All are welcome	Paper pantry and meals to go	Any donation

<i>Lower and Outer Cape</i>	<i>Hours of Operation</i>	<i>Eligible Participants</i>	<i>What is Provided</i>	<i>Program Needs</i>
<b>Family Table Collaborative</b> Various locations <b>508-775-5073</b> <a href="mailto:cccouncilofchurches@gmail.com">cccouncilofchurches@gmail.com</a> Facebook: Faith Family Kitchen and Cape Cod Culinary Incubator	Tuesdays (locations vary) and Fridays at HYCC Tuesdays January 5th from 3-5pm Dennis Senior Center Fridays at Hyannis Youth and Community Center	All are welcome	Half trays to feed a family of 4- 2 meals through out the weekend	None identified
<b>Cape Organization for the Rights of the Disabled (CORD)</b> <b>Mobile Food Pantry</b> <b>508-775-8300/800-541-0282</b> <a href="http://www.cordcapecod.org/mobile-food-pantry">www.cordcapecod.org/mobile-food-pantry</a> Facebook: <b>CORD-Cape Organization for the Rights of the Disabled</b>	Check Website for locations and times	Someone in the household must have a disability. Register by calling CORD at (508) 775-8300 or go to a distribution site.	Non-perishable food items	Any donation
<b>Little Free Pantry</b> <b>Unitarian Universalist Meeting House of Provincetown</b> <b>236 Commercial Street</b>	<b>New Information:</b> Unlocked shed open to all to the right of the main door.	All are welcome. Not registration required or any affiliation with other organizations necessary	Non-perishable food items, toilet paper, masks and hand sanitizer	Monetary donations or non-perishable food donations accepted Monday-Thursday 9:30-4pm
<b>Nauset Fellowship at Eastham's Chapel in the Pines</b> <b>220 Samoset Road, Eastham</b>	<b>New Information:</b> Community Food Exchange: Self service cupboard	All are welcome	Canned and packaged goods	Drop off donations and leave in the cupboard or call 508-246-4924 to arrange pick up

<b>LCOC- Brewster Baptist Church</b> <b>1848 Main St. #1827 Brewster</b> <b>508-240-0694</b> <a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a>	Thursdays 10:00-12:00	All are welcome	Pre-packaged bags	Donations accepted
<b>LCOC- Saint Christophers Church</b> <b>625 Main St. Chatham</b> <b>508-240-0694</b> <a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a>	Tuesdays 2:00-4:00 Appointment Only! Wednesdays 4:00-6:00 Walk ins welcome Thursdays 5:00 Appointments Only! an appointment clients must call 508-240-0694	3:00- For All are welcome. Photo ID required	Pre-packaged bags	None identified
<b>Elder Service of Cape Cod and the Islands</b> <b>68 Route 134 South Dennis</b> <b>508-394-4630</b> <a href="http://www.escci.org">www.escci.org</a>	Meals on wheels and some Councils on Aging and schools are doing grab and go programs for meal pick up	Guidelines for eligibility and senior needs to be referred for this service. Call (508) 394-4630 to make referral	Meals on Wheels provides cold meals that can be reheated	None identified
<b>LCOC- St. Peters Lutheran Church</b> <b>310 Rt. 137 Harwich</b> <b>508-240-0694</b> <a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a>	Thursdays 10:00-12:00	Valid photo ID	Pre-packaged bags	None identified
<b>Hands of Hope Food Pantry</b> <b>49 Rt. 28 West Harwich</b> <b>508-432-1312</b>	Monday and Friday 10:00-3:00 Tuesday, Wednesday, Thursday 1:00-3:00	Valid photo ID	Cold, shelf stable, produce, dairy, bakery, toilet paper, personal items	Food, volunteers, paper goods, personal items would all be helpful
<b>LCOC- Truro</b> <b>COA Parking Lot- 7 Standish Way, North Truro</b> <b>508-240-0694</b> <a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a>	Open Every other Friday 11:00-12:30pm January 8th and 22nd and every other week through April	Valid photo ID	Pre-packaged bags	None identified
<b>Truro Community Kitchen</b> <b>973-868-7526</b> <a href="http://www.trurocommunitykitchen.com">www.trurocommunitykitchen.com</a>	Tuesdays To register for a meal, email <a href="mailto:trurocommunitykitchen@gmail.com">trurocommunitykitchen@gmail.com</a> or call or text Eli at 973-868-7526	No documentation required No name or identifying information required	2 prepared meals per person Will try to accommodate allergies and dietary restrictions	moneytary donations
<b>Common Table at the Fox and Crow</b> <b>commontable6@gmail.com</b>	Monday-Friday 8am-9am For questions or delivery, please email <a href="mailto:commontable6@gmail.com">commontable6@gmail.com</a>	Free and open to all	Prepared meals	
<b>AIDS Support Group of Cape Cod</b> <b>96 Bradford St. Provincetown</b> <b>www.asgcc.org</b> <b>508-487-9445</b> <b>Facebook: AIDS Support Group of Cape Cod</b>	Monday-Friday 9am-3pm Delivery available to Provincetown and Truro clients	Must be receiving medical case management from ASGCC. Doctor's office provides eligibility	Non-perishable items paper goods, limited homeless packages. Sometime have perishable as available	Paper products, Ensure, Stop & Shop giff cards. They are not currently using volunteers
<b>Orleans LCOC Food Pantry</b> <b>19 Brewster Cross Rd. Orleans</b> <b>508-240-0694</b>	Mondays 1:00-3:00 Clients must call 508-240-0694	A valid ID	Pre-packaged bags	None identified
<b>Orleans LCOC- United Methodist Church</b> <b>73 Main St. Orleans</b> <b>508-240-0694</b> <a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a>	Tuesdays 10:00-12:00 Clients must call 508-240-0694	A valid ID	Pre-packaged bags	None identified

