



# BARNSTABLE COUNTY

CAPE COD COOPERATIVE EXTENSION

FOOD ACCESS GUIDE

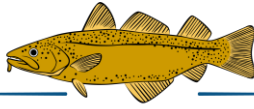
May 2022

## Cape Wide

## The Islands

<p style="text-align: center;"><b><u>Cape Kid Meals</u></b></p> <p><a href="http://www.capekidmeals.org">www.capekidmeals.org</a>          Facebook: Cape Kid Meals  <a href="mailto:info@capekidmeals.org">info@capekidmeals.org</a>          Weekend meals for children through each school system's distribution program. Some districts may be able to deliver if needed.          To sign up, please contact your child's school Prior to each weekend in conjunction with school system meal distribution Additional information can be found on each school system's homepage</p>	<p style="text-align: center;"><b><u>Nantucket Food Pantry</u></b></p> <p>10 Washington Street, Nantucket          508-228-7438  <b>Tuesdays, Wednesdays, and Thursdays 3-6pm</b>           To register, email: <a href="mailto:food@assistnantucket.org">food@assistnantucket.org</a>           Dry goods, fresh produces, dairy, eggs and meats provided</p>
<p style="text-align: center;"><b><u>The Family Pantry of Cape Cod</u></b></p> <p>133 Queen Anne Road, Harwich          508-432-6519 <a href="mailto:cmenard@thefamilypantry.com">cmenard@thefamilypantry.com</a>  <b>Food Pantry Hours:</b>  <b>Tuesdays 10am-3:30pm</b>  <b>Wednesdays 10-12pm</b>  <b>Thursdays 10am-3:30 &amp; 5pm-7pm</b>  <b>Saturdays 10-12pm</b>          Curbside pick up during Covid-19. Client choice shopping list is on website or at Pantry  <b>Thrift Store Hours: Mondays, Wednesdays &amp; Fridays 8-10am</b></p>	<p style="text-align: center;"><b><u>Martha's Vineyard Island Food Pantry</u></b></p> <p>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>Saturdays: 10am-1pm</b>          Choice pantry. Please allow extra time due to Covid guidelines. One shopper allowed per family</p>
<p style="text-align: center;"><b><u>Meals on Wheels Elder Service of Cape Cod and the Islands</u></b></p> <p>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 delivered  <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 style="text-align: center;"><b><u>Cape &amp; Islands Veterans Outreach Martha's Vineyard (Vineyard Haven)</u></b></p> <p>Steamship Authority Parking Lot          3<sup>rd</sup> Wednesday of each month, 10am – 1pm          To receive food, former military personnel must bring proof of their veteran status, such as a DD-214 (issued upon a service member's retirement, separation, or discharge from active duty), and they must meet criteria for assistance as defined by The Emergency Food Assistance Program</p>

Food Pantry Delivery Options Available. For more information contact Andrea Marczely at [andrea.marczely@barnstablecounty.org](mailto:andrea.marczely@barnstablecounty.org) or call 508.375.6944



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May 2022

## Upper Cape

### **Bourne Friends Food Pantry**

20 Commerce Park Road, Pocasset  
508-759-3351

Facebook: Friends Food Pantry Website:  
[www.friendsofbournecoa.org](http://www.friendsofbournecoa.org)  
Open For All Bourne Residents

#### ***Pantry Hours:***

***Tuesdays 9:00am-12:00pm with limited delivery options available***

Bagged Groceries and Pantry Supplies

### **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 delivery needs call Andrea at 508.375.6944

### **Falmouth Service Center**

611 Gifford St. Falmouth  
508-548-2794

Facebook: Falmouth Service Center Website:  
[www.falmouthservicecenter.org](http://www.falmouthservicecenter.org)

Open For All Massachusetts Residents

#### ***Service Center Hours:***

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

***Wednesdays 3:30-5:30pm***

***Thursdays 10:00am-12:00pm***

***Fridays 10:00am-12:00pm***

For delivery needs call Andrea at 508.375.6944

### **Food4Vets**

Sandwich Empowerment Center 117 Rt. 6  
[www.mmsfi.org](http://www.mmsfi.org)

***May 3<sup>rd</sup>, 17<sup>th</sup>, 31<sup>st</sup>***  
***from 10am-12pm***

For Veterans Only, Pre-Registration Required.

**To Register visit [www.mmsfi.org](http://www.mmsfi.org)** and bring confirmation email or a mobile device to expedite pick up

Shelf Stable Food Boxes for a two week supply for 2 Adults

### **Mashpee Village Pantry**

1 Wampanoag Drive, Mashpee  
508-477-2000

Open for Mashpee Village Residents

***Pantry Open Monday-Friday 8:30-4:30pm***

### **Mashpee Tribal Council Food Pantry**

483 Great Neck Rd. South, Mashpee  
508-477-0208 Ext. 189

[www.mashpeewampanoagtribe-nsn.gov/food-pantry](http://www.mashpeewampanoagtribe-nsn.gov/food-pantry) Facebook: Mashpee Wampanoag Tribe Food Pantry

[darlene.scott@mwtribe-NSN.gov](mailto:darlene.scott@mwtribe-NSN.gov)

***Pantry Hours: Tuesdays, Wednesdays, Thursdays 10:00am-4:00pm***

Pantry Menu Posted on Door, Knock for Access Groceries and Other Supplies

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FOOD ACCESS GUIDE

May 2022

## Upper Cape

### **Sandwich Food Pantry**

331 Cotuit Rd. 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 10:00am-12pm**  
**Last Wednesday of the month 6-7:30pm**  
**3rd Saturday 10-12pm**

### **Hands of Hope Food Pantry**

Serving Sandwich area  
49 Rt. 28 West Harwich  
508-432-1312  
**Pantry Hours:**  
**Monday and Friday 10:00-3:00**  
**Tuesday, Wednesday, Thursday 1:00-3:00** Meats, dairy, bakery, perishables and non-perishables, personal items, paper products  
**Thrift Shop hours: Tuesday, Wednesday & Thursdays 10am-1pm**  
*For delivery needs call Andrea at 508.375.6944*

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

322 Quaker Meeting House Road, Sandwich-located at the rear of Mary's Closet  
Thrift Store  
508-833-1555  
[svdp@corpuschristiparish.org](mailto:svdp@corpuschristiparish.org)  
**Thursdays 9:30-12:00pm**  
Open to All Sandwich, Sagamore & Sagamore Beach Residents  
Perishables and Non-Perishables Provided

### **A Place At The Table**

St. Barnabas Episcopal Church  
91 Main Street, Falmouth  
508-548-3863  
Enjoy a free hot meal to anyone in need

**Open 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month from 11:30-1:30pm**

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

Mobile Food Pantry @ Falmouth AmVets  
366 Palmer Ave, Falmouth  
**1st and 3rd Tuesday of each month 10am - 1pm**  
To receive food, former military personnel must bring proof of their veteran status, such as a DD-214 (issued upon a service member's retirement, separation, or discharge from active duty), and they must meet criteria for assistance as defined by The Emergency Food Assistance Program

Food Pantry Delivery Options Available. For more information contact Andrea Marczely at [andrea.marczely@barnstablecounty.org](mailto:andrea.marczely@barnstablecounty.org) or call 508.375.6944



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May 2022

## Mid-Cape

<p align="center"><b><u>Family Table Collaborative</u></b></p> <p>1337 Route 28, South Yarmouth 781-248-5753 <a href="mailto:jeni@familytablecollaborative.com">jeni@familytablecollaborative.com</a> Hot Meals to Go</p> <p><b><i>For more information and dates of next meal distribution, check their website or Facebook page.</i></b></p> <p><b><i>Facebook: Family Table Collaborative</i></b> <a href="https://www.familytablecollaborative.org">https://www.familytablecollaborative.org</a></p>	<p align="center"><b><u>Salvation Army Pantry &amp; Soup Kitchen</u></b></p> <p>100 North St. Hyannis 508-775-0364 <a href="http://www.SalvationArmyMA.org/Hyannis">www.SalvationArmyMA.org/Hyannis</a> All are welcome! Office and Social Service Hours: Monday-Friday 9:00am-4:00pm <b><i>Pantry Hours:</i></b> <b><i>Monday-Friday 10am-11:30am</i></b> What's provided: Shelf stable food, drinks, frozen meats, bread, fresh veggies &amp; socks and bagged lunches for the homeless <b><i>Soup Kitchen Open: Monday-Friday</i></b> <b><i>Breakfast 8:30-9:30am</i></b> <b><i>Lunch 11:30-12:15pm</i></b></p>
<p align="center"><b><u>Cape &amp; Islands Veterans</u></b></p> <p>247 Stevens Street, Hyannis 508-778-1590 <a href="http://www.capeveterans.com">www.capeveterans.com</a> Facebook: Cape &amp; Island Veterans Email: <a href="mailto:Info@capeveterans.com">Info@capeveterans.com</a> Pantry Open to Veterans Only Side entrance of 247 Stevens Street Suite E <b><i>Pantry Hours:</i></b> <b><i>Thursdays 9am-1:00pm &amp; 5:00-7:00pm</i></b> Veterans can visit twice a month. Must bring proof of their veteran status, such as a DD-214 (issued upon a service member's retirement, separation, or discharge from active duty), and they must meet criteria for assistance as defined by The Emergency Food Assistance Program (TEFAP)</p>	<p align="center"><b><u>First Baptist Church Pantry</u></b></p> <p>486 Main Street, Hyannis 508-775-1846 Serving Barnstable &amp; West Yarmouth Residents <b><i>Open Tuesdays 9am-12:00pm</i></b> What's provided: Fresh Produce, perishables and nonperishables</p>

Food Pantry Delivery Options Available. For more information contact Andrea Marczely at [andrea.marczely@barnstablecounty.org](mailto:andrea.marczely@barnstablecounty.org) or call 508.375.6944



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CAPE COD COOPERATIVE EXTENSION

FOOD ACCESS GUIDE

May 2022

## Mid-Cape

### Faith Family Kitchen

154 Beares 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

**Mondays, Wednesdays & Fridays**

**Meals served to go**

**5:30-6:30pm at back door of the church**

**All are welcome**

### 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

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

49 Rt. 28 West Harwich

508-432-1312

**Pantry Hours:**

**Monday and Friday 10:00-3:00**

**Tuesday, Wednesday, Thursday 1:00-3:00**

Meats, dairy, bakery, perishables & non-perishables, personal items, paper products Thrift

Shop hours: Tuesday, Wednesday & Thursdays

10am-1pm

### Canaan Church Food Pantry

204 Route 28, West Yarmouth

Caribbean Food Options Available

Serving all Mid-Cape and Chatham

**Pantry Hours:**

**Every other Thursday from 10am-2pm.**

**Next Pantry Dates are Thursday, May 12<sup>th</sup> & 26<sup>th</sup>**

**Second Wednesday of the Month 5pm-7pm**

Open to All- No registration required or questions asked

For emergency requests or for delivery, please call 508.266.1439

### St. David's Episcopal Church

205 Old Main St. South Yarmouth

508-394-4222

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

**Open 3rd Wednesday of the month.**

**Next Pantry is on May 18th from 1:00-3:00pm**

Paper Pantry and meals to go

### 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

Food Pantry Delivery Options Available. For more information contact Andrea Marczely at [andrea.marczely@barnstablecounty.org](mailto:andrea.marczely@barnstablecounty.org) or call 508.375.6944



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May 2022

**Mid-Cape**

**Outer & Lower Cape**

<p><b><u>St. Pius Food Pantry</u></b> 5 Barbara Street, South Yarmouth 508-394-2244 Open By Request</p> <p><b><u>Barnstable Senior Center</u></b> <b><u>Brown Bag For Seniors &amp; Families</u></b> 825 Falmouth Road, Hyannis 508-862-4754 <b>Available on the first Friday of each month</b> 1 bag of Groceries provided</p> <p><b><u>St. Vincent De Paul Food Pantry</u></b> <b><u>St. Francis Xavier Church</u></b> 21 Cross Street, Hyannis 508-775-3073 <b>Open Tuesday &amp; Friday 10-12pm</b> Perishables &amp; Non-Perishable</p>	<p><b><u>The Family Pantry of Cape Cod</u></b> 133 Queen Anne Road, Harwich 508-432-6519 cmenard@thefamilypantry.com <b>Food Pantry Hours:</b> <b>Tuesdays 10am-3:30pm</b> <b>Wednesdays 10-12pm</b> <b>Thursdays 10am-3:30 &amp; 5pm-7pm</b> <b>Saturdays 10-12pm</b> Curbside pick up during Covid-19. Client choice shopping list is on website or at Pantry <b>Thrift Store Hours: Mondays, Wednesdays &amp; Fridays 8-10am</b></p>
<p><b><u>Dennis Council on Aging</u></b> 1045 Route 134 508-694-2004 <a href="mailto:MPerndergast@town.dennis.ma.us">MPerndergast@town.dennis.ma.us</a> Brown Bag Program is on the <b>1st Friday of the month</b> 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</p>	<p><b><u>Healthy Meals in Motion Mobile Food Pantry</u></b> 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</p>

Food Pantry Delivery Options Available. For more information contact Andrea Marczely at [andrea.marczely@barnstablecounty.org](mailto:andrea.marczely@barnstablecounty.org) or call 508.375.6944



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CAPE COD COOPERATIVE EXTENSION

FOOD ACCESS GUIDE

May 2022

## Outer & Lower Cape

<p><b><u>Hands of Hope Food Pantry</u></b>          49 Rt. 28 West Harwich          508-432-1312  <b>Pantry Hours:</b>  <b>Monday and Friday 10:00-3:00</b>  <b>Tuesday, Wednesday, Thursday 1:00-3:00</b>          Meats, dairy, bakery, perishables and non-perishables, personal items, paper products  <b>Thrift Shop hours: Tuesday, Wednesday &amp; Thursdays 10am-1pm</b>          For delivery needs call Andrea at 508.375.6944</p>	<p><b><u>Provincetown Pantry Lower Cape Outreach Council</u></b>          United Methodist Church          20 Shank Painter Rd. Provincetown          516-974-1524  <a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a>  <b>No appointment needed</b>  <b>Wednesdays 10-2pm</b> Walk In  <b>Thursdays 10-12pm</b> Walk In          Choice pantry-shopping list is posted on the website and is given out upon arrival</p>
<p><b><u>Orleans Food Pantry- Main Pantry Lower Cape Outreach Council</u></b>          19 Brewster Cross Rd. Orleans          508-240-0694  <a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a>  <b>Mondays 1:00-3:00pm</b> Walk In          All are welcome!</p>	<p><b><u>Provincetown Council on Aging</u></b>          2 Mayflower Street, Provincetown          508-487-7080  <b>Monday-Thursday 8am-5pm &amp; Friday 8am-12pm</b>          Call ahead for pick up or delivery Non-Perishables &amp; Personal care products as available for people over 60 years old</p>
<p><b><u>Orleans Pantry-Lower Cape Outreach Council</u></b>          73 Main St. Orleans          508-240-0694  <a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a>  <b>No Appointment Needed</b>  <b>Tuesdays 10:00am-12:00pm</b> Walk In          Pantry located across from the library          All are welcome!</p>	<p><b><u>AIDS Support Group of Cape Cod</u></b>          96 Bradford St. Provincetown <a href="http://www.asgcc.org">www.asgcc.org</a>          508-487-9445          Facebook: AIDS Support Group of Cape Cod  <b>Monday-Friday 9am-3pm</b>          Delivery available to Provincetown and Truro clients. Call to schedule delivery</p>
<p><b><u>Orleans Farmers Market</u></b>          21 Old Colony Way  <a href="http://www.orleansfarmersmarket.com">www.orleansfarmersmarket.com</a></p>	<p><b><u>Truro Pantry- Lower Cape Outreach Council</u></b>          Community Center- 7 Standish Way, Truro  <b>No Appointment Needed</b>          Tuesdays 10am-12:30pm Walk In          Wednesdays 10-12:30pm Walk In</p>

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FOOD ACCESS GUIDE

May 2022

## Outer & Lower Cape

<p><b><u>Brewster Pantry Lower Cape Outreach Council</u></b>          Brewster Baptist Church          1848 Main St., Brewster          508-240-0694  <a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a>  <b>No Appointment Needed</b>  <b>Pantry open:</b>  <b>Thursdays 10:00am-12:00pm</b> Walk In          All are welcome!          Client choice shopping Produce, meats, perishables and non-perishables</p>	<p><b><u>Chatham Pantry Lower Cape Outreach Council</u></b>          St. Christopher's          625 Main St. Chatham          508-240-0694  <a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a>  <b>No Appointment Needed</b>  <b>Wednesdays 4:00-6:00pm</b> Walk In  <b>Thursdays 3:00-5:00pm</b> Walk In          Client choice shopping- Grocery list available on website or at pantry          All are welcome!</p>
<p><b><u>Harwich Pantry Lower Cape Outreach Council</u></b>          St. Peter's Lutheran Church          310 Rt. 137 Harwich 508-240-0694  <a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a>  <b>Mondays 1pm-3pm</b> Walk In  <b>Wednesdays 2pm-4pm</b> Walk In  <b>Thursdays 11:30-1:30pm</b> Walk In  <b>Fridays 10am-12pm</b> Walk In          Client choice shopping- Grocery list available on website or at pantry All are welcome!</p>	<p><b><u>Truro Community Kitchen</u></b>          Operating out of Christian Union Church          27 Shore Road, Truro          973-868-7526  <b>Tuesdays for deliveries only</b>          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          2 prepared meals will try to accommodate dietary needs</p>
<p><b><u>Sustainable CAPE &amp; Outer Cape Health Fruit &amp; Vegetable Prescription Program</u></b>  <a href="mailto:crnavigator@outercape.org">crnavigator@outercape.org</a>  <a href="http://www.sustainableCAPE.org">www.sustainableCAPE.org</a>          Free Clinician prescribed fruits and vegetables for seniors who have cardiometabolic disease, are SNAP clients &amp; are at risk for social isolation          12 weeks worth of fresh, seasonal vegetables from the Truro Farmers Market</p>	<p><b><u>Nauset Fellowship at Eastham's Chapel in the Pines</u></b>          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</p>

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CAPE COD COOPERATIVE EXTENSION

FOOD ACCESS GUIDE

May 2022

## **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!

## **Eastham Pantry-Lower Cape Outreach Council**

United Methodist Church  
3200 State Highway Route 6, Eastham

**No appointment needed**

508-240-0694

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

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

**Thursdays 2pm-4pm** Walk In

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