

<i>Upper Cape</i>	<i>Hours of Operation</i>	<i>Eligible Participants</i>	<i>What is Provided</i>	<i>Program Needs</i>
Farmers to Families Food Box Distribution Bourne High School 75 Waterhouse Road, Bourne www.mmsfi.org	Mondays, May 3rd & 10th From 10-11am All are welcome Must register at www.mmsfi.org and bring confirmation of registration for pickup	All are welcome	32 lbs. food box	volunteers
Bourne Friends Food Pantry 20 Commerce Park Rd. Pocasset 508-759-3351 Facebook: Friends of Bourne www.friendsofbournecoa.org	Every Tuesday 9:00-12:00pm Drive through pantry and limited delivery available	Residents of Bourne	Bags of groceries	Monetary donations greatly appreciated
Cape Organization for the Rights of the Disabled (CORD) Mobile Food Pantry 508-775-8300/800-541-0282 www.cordcapecod.org/mobile-food-pantry Facebook: CORD-Cape Organization for the Rights of the Disabled	Tuesdays, May 4th & 18th 10:30 Bourne Coady School 85 Cotuit Road 11:15 Roland Phinney Place 871 Shore Road, Bourne 12:00 Sandwich Housing Authority 20 Tom's Way	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
Falmouth Service Center 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
Mashpee: Christ the King Food Pantry 5 Job's Fishing Rd. 508-477-7700 www.christthekingparish.com/st-vincent-de-paul	Wednesdays 9am-12pm	All Cape Cod residents during COVID	Pre-bagged groceries	Monetary donations greatly appreciated
Mashpee Village 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
Mashpee Tribal Council Food Pantry 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
St. Vincent DePaul Food Pantry 322 Quaker Meeting House Road, Sandwich 508-833-1555 svdp@corpuschristiparish.org	Thursdays 9:30-12pm	All Sandwich, Sagamore and Sagamore Beach residents	Perishable and non-perishables	Monetary donations or non-perishable items that have not expired
Farmers Market- Sandwich Wing School 33 Water Street, Sandwich www.sandwichfarmersmarket.com	Saturday, May 8th Preordering is available 10am-1pm SNAP accepted at some vendors	Open to all	Fresh Produce	Monetary donations greatly appreciated
Sandwich- Farmers to Families Food4Vets Sandwich Empowerment Center 117 Rt. 6 508-775-5073 www.mmsfi.org	***For Veterans Only*** Tuesdays May 4th & May 11th 10am-12pm Required to register at www.mmsfi.org and bring confirmation to pick up	Must be a veteran	32 lb. Meal Boxes	Volunteers

<p>Family Table Collaborative @ The Hyannis Youth & Community Center 141 Bassett Lane, Hyannis 781-248-5753 jenimwheeler@gmail.com</p>	<p>Fridays in May 4pm-6pm Drive through meal distribution No registration required</p>	<p>All are welcome</p>	<p>Hot meals to go</p>	<p>Monetary donations & volunteers</p>
<p>Yarmouth Food Pantry Lighthouse Landing Plaza 845 Rt. 28 Units 14-16 S.Yarmouth 508-394-0880 www.yarmouthfoodpantry.org Facebook: Yarmouth Food Pantry</p>	<p>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</p>	<p>Name & date of birth for all household members & address Clients can visit once a month for a full supply of food and a second time for a bag of meats</p>	<p>Pre-made bags of food, meal of the month bag, frozen meat and child snack bags</p>	<p>Food donations accepted Monday-Friday 10am-Noon</p>
<p>St. David's Episcopal Church 205 Old Main St. South Yarmouth 508-394-4222 www.stdavidscapecod.org</p>	<p>3rd Wednesday of the month Next one will be May 19th</p>	<p>All are welcome</p>	<p>Paper pantry and meals to go</p>	<p>Any donation</p>
<p><i>Lower and Outer Cape</i> <i>Hours of Operation</i> <i>Eligible Participants</i> <i>What is Provided</i> <i>Program Needs</i></p>				

<p>Brewster Baptist Church-Lower Cape Outreach Council 1848 Main St. #1827 Brewster 508-240-0694 www.lcoutreach.org/pantry-hours</p>	<p>Thursdays 10:00-12:00</p>	<p>All are welcome Must register by calling 508-240-0694</p>	<p>Choice pantry-shopping list is posted on the website and is given out upon arrival at the pantry.</p>	<p>Monetary donations accepted. No food donations accepted at this time</p>
<p>Saint Christophers Church-Lower Cape Outreach Council 625 Main St. Chatham 508-240-0694 www.lcoutreach.org/pantry-hours</p>	<p>Tuesdays 2:00-4:00 Appointment Only! Wednesdays 4:00-6:00 Walk ins welcome Thursdays 3:00-5:00 Appointments Only! For an appointment clients must call 508-240-0694</p>	<p>All are welcome Must register by calling 508-240-0694</p>	<p>Choice pantry-shopping list is posted on the website and is given out upon arrival at the pantry.</p>	<p>Monetary donations accepted. No food donations accepted at this time</p>
<p>Nauset Fellowship at Eastham's Chapel in the Pines 220 Samoset Road, Eastham</p>	<p>Community Food Exchange: Self service cupboard</p>	<p>All are welcome</p>	<p>Canned and packaged goods</p>	<p>Drop off donations and leave in the cupboard or call 508-246-4924 to arrange pick up</p>
<p>Farmers to Families Food Box Distribution Eastham Elks Lodge 10 Mckoy Road, Eastham www.mmsfi.org</p>	<p>Mondays, May 3rd & 10th From 2:30-4:30pm Must register at www.mmsfi.org and bring confirmation of registration for pickup</p>	<p>All are welcome</p>	<p>32lb food box</p>	<p>Volunteers</p>
<p>St. Peters Lutheran Church-Lower Cape Outreach Council 310 Rt. 137 Harwich 508-240-0694 www.lcoutreach.org/pantry-hours</p>	<p>Thursdays 10:00-12:00</p>	<p>All are welcome Must register by calling 508-240-0694</p>	<p>Choice pantry-shopping list is posted on the website and is given out upon arrival at the pantry.</p>	<p>Monetary donations accepted. No food donations accepted at this time</p>
<p>Hands of Hope Food Pantry 49 Rt. 28 West Harwich 508-432-1312</p>	<p>Monday and Friday 10:00-3:00 Tuesday, Wednesday, Thursday 1:00-3:00 Thrift Shop hours: Tuesday, Wednesday & Thursdays 10am-1pm</p>	<p>Valid photo ID</p>	<p>Cold, shelf stable, produce, dairy, bakery, toilet paper, personal items</p>	<p>Food, volunteers, paper goods, personal items would all be helpful</p>
<p>Cape Organization for the Rights of the Disabled (CORD) Mobile Food Pantry 508-775-8300/800-541-0282 www.cordcapecod.org/mobile-food-pantry Facebook: CORD-Cape Organization for the Rights of the Disabled</p>	<p>Wednesdays, May 5th & 19th 10:15 Tonset Woods 94 Hopkins Way, Orleans 11am Rock Harbor Village 9 Main Street, Orleans Tuesdays, May 11th & 25th Provincetown @ 10:45 Maushope Housing, 44 Kemp Way Wellfleet @ 11:30 Fred Bell Way Eastham @ 12:15pm Eastham Superette, 2475 Route 6</p>	<p>Someone in the household must have a disability. Register by calling CORD at (508) 775-8300 or go to a distribution site.</p>	<p>Non-perishable food items</p>	<p>Any donation</p>
<p>Orleans Farmers Market 21 Old Colony Way www.orleansfarmersmarket.com</p>	<p>January-April Saturdays 11am-1pm Online ordering available soon</p>	<p>All are welcome</p>	<p>Fresh Produce & other local products</p>	<p>Monetary donations greatly appreciated</p>
<p>OrleansFood Pantry- Main Pantry Lower Cape Outreach Council 19 Brewster Cross Rd. Orleans 508-240-0694 www.lcoutreach.org/pantry-hours</p>	<p>Mondays 1:00-3:00 Pick up is at the back of building by Katy's Corner red door</p>	<p>All are welcome Must register by calling 508-240-0694</p>	<p>Choice pantry-shopping list is posted on the website and is given out upon arrival at the pantry.</p>	<p>Monetary donations accepted. No food donations accepted at this time</p>
<p>United Methodist Church-Lower Cape Outreach Council 73 Main St. Orleans 508-240-0694 www.lcoutreach.org/pantry-hours</p>	<p>Tuesdays 10:00-12:00 Located across from the library</p>	<p>All are welcome Must register by calling 508-240-0694</p>	<p>Choice pantry-shopping list is posted on the website and is given out upon arrival at the pantry.</p>	<p>Monetary donations accepted. No food donations accepted at this time</p>
<p>AIDS Support Group of Cape Cod 96 Bradford St. Provincetown www.asgcc.org 508-487-9445 Facebook: AIDS Support Group of Cape Cod</p>	<p>Monday-Friday 9am-3pm Delivery available to Provincetown and Truro clients</p>	<p>Must be receiving medical case management from ASGCC. Doctor's office provides eligibility</p>	<p>Non-perishable items paper goods, limited homeless packages. Sometime have perishable as available</p>	<p>Paper products, Ensure, Stop & Shop gift cards. They are not currently using volunteers</p>

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	All ages No Registration and no requirements	Non-Perishables Personal care products as available	Monetary donations to COA; Non-perishables and personal care products accepted
Provincetown Council on Aging Mobile Pantry provided by Family Pantry of Cape Cod 508-487-7080	4th Wednesday of the month Registration is required. Call Andrea at 508- 487-7080.	60+ years old; families with children in the school system. Some eligibility requirements.	Food choice pantry – nonperishables, vegetables, dairy, meat and bakery items	Monetary donations made to the Family Pantry of Cape Cod 508-432-6519
Lower and Outer Cape				
	Hours of Operation	Eligible Participants	What is Provided	Program Needs
United Methodist Church- Lower Cape Outreach Council 20 ShankPainter Rd. Provincetown 516-974-1524 www.lcoutreach.org/pantry-hours	Wednesdays & Thursdays 10:00-2:00pm Appointment needed. Established clients must call Provincetown Pantry Manager Nicola to schedule appointment.	All are welcome Must register by calling 508-240-0694	Choice pantry-shopping list is posted on the website and is given out upon arrival at the pantry.	Monetary donations accepted. No food donations accepted at this time
Sustainable CAPE & Outer Cape Health Fruit & Vegetable Prescription Program crnavigator@outercape.org www.sustainableCAPE.org	Free Clinician prescribed fruits and vegetables for seniors	For seniors who have diabetetic disease, are SNAP clients and are at risk for social isolation	12 weeks worth of fresh, seasonal vegetables from the Truro Farmers Market	
Truro Community Kitchen 973-868-7526 www.trurocommunitykitchen.com	Tuesdays To register for a meal, email trurocommunitykitchen@gmail.com 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
Common Table at the Fox and Crow commontable6@gmail.com	Monday-Friday 8am-9am For questions or delivery, please email commontable6@gmail.com	Free and open to all	Prepared meals	
The 246 Community Kitchen United Methodist Church 246 Main Street, Wellfleet www.246kitchen.org	Tuesday night dinners 5:30-7pm For more information email info@246kitchen.org	All are welcome	Free dinners	Volunteers, donations
Grace Chapel Food Pantry-Lower Cape Outreach Council 25 Lieutenant Island Rd. Wellfleet 508-240-0694 www.lcoutreach.org/pantry-hours	Monday 3:00-6:00 Thursday 10:00-12:00 Located at the corner of Lieutenant Island Road and Route 6	All are welcome Must register by calling 508-240-0694	Choice pantry-shopping list is posted on the website and is given out upon arrival at the pantry.	Monetary donations accepted. No food donations accepted at this time
The Islands				
	Hours of Operation	Eligible Participants	What is Provided	Program Needs
Nantucket Food Pantry 10 Washington Street, Nantucket 508-228-7438	Tuesdays, Wednesdays, and Thursdays 3pm-6pm	Open to all who meet the income requirements	Dry goods, fresh produces, dairy, eggs and meats	Donations appreciated
Martha's Vineyard Island Food Pantry PA Club 137 Vineyard Haven Road, Oak Bluffs 693-4764 info@islandfoodpantry.org http://islandfoodpantry.org/resources/	508 Mondays: 2:00pm-4:00pm Wednesdays: 1pm-6pm Saturdays: 10am-1pm	All are welcome	Choice pantry. Please allow extra time due to Covid guidelines. One shopper allowed per family	Monetary donations

<i>Capewide</i>	<i>Hours of Operation</i>	<i>Eligible Participants</i>	<i>What is Provided</i>	<i>Program Needs</i>
Brown Bag Program Council on Aging Various Locations	Check your local Council on Aging for more information Delivery available at some locations for those who do not drive	Adults over the age of 60	10-15 lbs of nutritious food items	
The Family Pantry of Cape Cod 133 Queen Anne Road, Harwich 508-432-6519 cmenard@thefamilypantry.com	Food Pantry Hours: Tuesdays and Thursdays 10-3:30pm Thursdays 5pm-7pm Wednesdays 10-12pm Saturdays 10-12pm Thrift Store Hours: Mondays, Wednesdays & Fridays 8-10am	All are welcome and can visit every 14 days	Choice pantry-shopping list is posted on the website and is given out upon arrival at the pantry.	No food donations until after the pandemic. Monetary donations accepted
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	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	Meals on Wheels provides cold meals that can be reheated	Monetary donations accepted
Cape Kids Meals www.capekidmeals.org Facebook: Cape Kid Meals info@capekidmeals.org	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	Pre-packed meals for weekends	Monetary donations can be made through the Cape Kids Meals website
Sustainable CAPE Farmers Market Nutrition Incentive Program www.sustainableCAPE.org Facebook/SustainableCAPE Info@sustainableCAPE.org	For participating markets, their dates and hours visit: https://sustainablecape.org/programs/the-sustainable-cape-farmers-market-coalition/	Open to all SNAP clients and veterans. WIC families & Seniors with MA FMNP Discount Coupons in summer as well.	Up to \$10 in free market tokens for the purchase of fresh food to alleviate hunger & support local harvesters.	Monetary donations can be made through www.sustainablecape.org
School Systems Food Distribution	CHECK IN EACH PUBLIC SCHOOL SYSTEM WEB PAGE. Distribution locations and schedule posted through links on each home page Monday-Friday various times	Open to all children and their families. Additionally, they have provided extras to individuals and agencies	A lunch and a breakfast daily and 6 meals before weekends	None identified