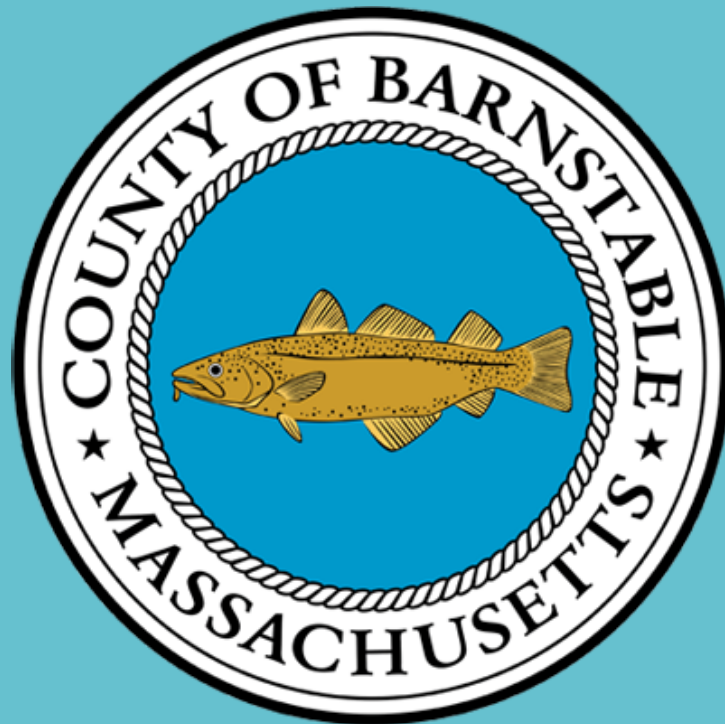


FOOD
ACCESS
CAPE
COD



October 18, 2021

CAPE COD COOPERATIVE EXTENSION, BARNSTABLE
COUNTY

ANDREA MARCZELY
ANDREA.MARCZELY@BARNSTABLECOUNTY.ORG
508-375-6944

Food Resources Serving All Cape Cod Towns

The Family Pantry of Cape Cod
133 Queen Anne Road, Harwich
508-432-6519

cmenard@thefamilypantry.com

Food Pantry Hours:

Tuesdays 10am-3:30pm

Wednesdays 10-12pm

Thursdays 10am-3:30 & 5pm-7pm

Saturdays 10-12pm

Curbside pick up during Covid-19. Client choice shopping list available on website or at Pantry

Thrift Store Hours: Mondays, Wednesdays & Fridays 8-10am

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

Senior Dining Centers, Senior Nutrition Program

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

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

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.

Food Resources Serving For The Islands

Nantucket Food Pantry

10 Washingtown Street, Nantucket

508-228-7438

Tuesdays, Wednesdays, and Thursdays 3pm-6pm

To register, email: food@assistnantucket.org

Dry goods, fresh produces, dairy, eggs and meats provided

Martha's Vineyard Island Food Pantry

PA Club

137 Vineyard Haven Road, Oak Bluffs

508-693-4764

info@islandfoodpantry.org

<http://islandfoodpantry.org/resources/>

Pantry Hours:

Mondays: 2:00pm-4:00pm

Wednesdays: 1pm-6pm

Saturdays: 10am-1pm

Choice pantry. Please allow extra time due to Covid guidelines. One shopper allowed per family

Food Resources For The Upper Cape

Bourne Friends Food Pantry at the Bourne Council on Aging

20 Commerce Park Rd., Pocasset

508-759-3351

Facebook: Friends of Bourne Website: 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

Falmouth Service Center

611 Gifford St. Falmouth

508-548-2794

Facebook: Falmouth Service Center Website: 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**

St. Barnabus Church

Around the Table: Lunch Meal Program

508-548-4863

Mondays, Wednesdays and Fridays

Call for more information

Christ the King Food Pantry

5 Job's Fishing Rd., Mashpee

508-477-7700

www.christthekingparish.com/st-vincent-de-paul

Open for all Cape Residents

Wednesdays 9:00am-12:00pm

Client Choice Shopping List, Drive Through Distribution

**Helpline call 508.477.7700 and follow prompts for Financial Resource Assistance-
available to Mashpee Residents**

Mashpee Village Pantry

1 Wampanoag Drive, Mashpee

508-477-2000

Open for Mashpee Village Residents

Pantry Open During Office Hours Monday-Friday 8:30am-4:30pm

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

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

Pantry Menu Posted on Door, Knock for Access

Groceries and Other Supplies

St. Vincent DePaul Food Pantry

322 Quaker Meeting House Road, Sandwich

508-833-1555

svdp@corpuschristiparish.org

Thursdays 9:30-12:00pm

Open to All Sandwich, Sagamore & Sagamore Beach Residents

Perishables and Non-Perishables Provided

Farmers to Families Food4Vets

Sandwich Empowerment Center 117 Rt. 6

www.mmsfi.org

October 19th, November 2, 16th & 30th

For Veterans Only, Pre-Registration Required.

To Register visit 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

Sandwich Food Pantry

331 Cotuit Rd. Sandwich

508-888-3816

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

Food Resources For Mid-Cape

Salvation Army Pantry & Soup Kitchen

100 North St. Hyannis

508-775-0364 www.SalvationArmyMA.org/Hyannis

All are welcome!

Office and Social Service Hours: Monday-Friday 9:00am-4:00pm

Pantry Open Monday-Thursday 10am-12:00pm

What's provided: Shelf stable food, drinks, frozen meats, bread, fresh veggies & socks and bagged lunches for the homeless

Soup Kitchen Open Monday-Friday Breakfast 8:30-9:15am Lunch 11:30-12:15pm

Cape Cod Community College Family Pantry

Lower Level of Gym Building PE G-13

2240 Iyannough Road, West Barnstable

508-362-2131 ext. 4365

Open to Students, Faculty & Staff

Pantry Hours: Tuesdays, Wednesdays & Thursdays 10am-1:00pm

First Baptist Church Pantry

Main Street, Hyannis

508-775-1846

Open Tuesdays 9am-12:00pm

Fresh Produce, perishables and non-perishables

Barnstable Senior Center

Brown Bag for Seniors & Families

825 Falmouth Road, Hyannis

508-862-4754

Available on the first Friday of each month- 1 bag of Groceries provided

St. Vincent De Paul Food Pantry

St. Francis Xavier Church

21 Cross Street, Hyannis

508-775-3073

Open Tuesday & Friday 10-12pm

Perishables & Non Perishables

Independence House

Cape Cod's Resource Center for Victims & Survivors of Domestic Violence and Sexual Assault

160 Bassett Lane, Hyannis

508-771-6507

For clients only. Call for more information

Cape & Islands Veterans

247 Stevens Street, Hyannis

508-778-1590

www.capeveterans.com

Facebook: Cape & Island Veterans

Email: Info@capeveterans.com

Pantry Open to Veterans Only -Located at the side entrance of 247 Stevens Street Suite E

Thursdays 9am-1:00pm Veterans can visit twice a month

Non-perishables provided. On the second visit of the month, veterans will receive meats as well as non-perishables

Food4Vets

Cape Cod Vet Center

474 West Main Street, Hyannis

www.mmsfi.org

November 8th from 1:00-2:30pm

For Veterans Only, Pre-Registration Required.

To Register visit 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

Faith Family Kitchen

154 Bearses Way Hyannis

508-775-5073

www.capecodcouncilofchurches.org/faith-family-kitchen.org

Facebook: Faith

Family Kitchen

cccouncilofchurches@gmail.com

Open to All! Mondays, Wednesdays & Fridays

Families 5:00-5:45pm

Adults without children- 5:45-6:30pm

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

Canaan Food Pantry
204 Route 28, West Yarmouth
Caribbean Food Options Available
Pantry is open the last Tuesday of the month. Next Pantry Date: October 26th
Open to All- No registration required or questions asked
For emergency requests or for delivery, please call 508.266.1439

Hands of Hope Food Pantry- Serving Mid Cape Towns
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 perisables, personal items, paper products
Thrift Shop hours: Tuesday, Wednesday & Thursdays 10am-1pm

Family Table Collaborative 1337 Route 28, South Yarmouth
781-248-5753
jeni@familytablecollaborative.com
Hot Meals to Go
Next Distribution will be on Thursday, November 4th at Hyannis Youth and Community Center from 5:00-6:00pm.
Registration required by midnight on 10/31-please text 774-251-9502 with your name and number of people needing meals

Yarmouth Food Pantry

Lighthouse Landing Plaza 845 Rt. 28 Unit 16, S.Yarmouth

508-394-0880

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

Yarmouth Senior Center- Brown Bag Program

528 Forest Road, West Yarmouth

First Friday of the month from 2pm-4pm

St. Pius Food Pantry

5 Barbara Street, South Yarmouth

508-394-2244

Open by Request

St. David's Episcopal Church

205 Old Main St. South Yarmouth

508-394-4222

www.stdavidscapecod.org

Open 3rd Wednesday of the month.

Next Pantry is on October 20th from 1:00-3:00pm

Paper Pantry and meals to go

Dennis Council on Aging

1045 Route 134

508-694-2004

MPerndergast@town.dennis.ma.us

Brown Bag Program on the 1st Friday of the month, 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

Food Resources For Lower & Outer Cape

Brewster Baptist Church-Lower Cape Outreach Council

1848 Main St. #1827 Brewster

508-240-0694

www.lcoutreach.org/pantry-hours

Pantry open Thursdays 10:00am-12:00pm All are welcome!

Register to be a client first by calling 508-240-0694 Client choice shopping Produce, meats, perishables and non-perishables

Saint Christophers Church-Lower Cape Outreach Council

625 Main St. Chatham

508-240-0694

www.lcoutreach.org/pantry-hours

Tuesdays 2:00-4:00pm (appointment required)

Wednesdays 4:00-6:00pm (no appointment required)

Thursdays 3:00-5:00pm (appointment required)

Client choice shopping- Grocery list available on website or at pantry

All are welcome! Must register to be a client by calling 508-240-0694

Nauset Fellowship at Eastham's Chapel in the Pines

Community Food Exchange 220 Samoset Road, Eastham

All are welcome- take what you want or leave any canned and packaged non-perishable item for others to take

Call 508-246-4924 to arrange donation pick up if needed

Hands of Hope Food Pantry

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 perisables, personal items, paper products

Thrift Shop hours: Tuesday, Wednesday & Thursdays 10am-1pm

St. Peters Lutheran Church-Lower Cape Outreach Council

310 Rt. 137 Harwich

508-240-0694

www.lcoutreach.org/pantry-hours

Thursdays 10:00am-12:00pm

Client choice shopping- Grocery list available on website or at pantry

All are welcome! Must register to be a client by calling 508-240-0694

Orleans Farmers Market

21 Old Colony Way

www.orleansfarmersmarket.com

OrleansFood Pantry- Main Pantry

Lower Cape Outreach Council

19 Brewster Cross Rd. Orleans

508-240-0694

www.lcoutreach.org/pantry-hours

Open Mondays 1:00-3:00pm

All are welcome! Must register to be a client by calling 508-240-0694

United Methodist Church-Lower Cape Outreach Council

73 Main St. Orleans

508-240-0694

www.lcoutreach.org/pantry-hours

Pantry Open Tuesdays 10:00am-12:00pm

Pantry located across from the library

All are welcome! Must register to be a client by calling 508-240-0694

AIDS Support Group of Cape Cod

96 Bradford St. Provincetown

www.asgcc.org

508-487-9445

Facebook: AIDS Support Group of Cape Cod

Monday-Friday 9am-3pm

Delivery available to Provincetown and Truro clients call 508-487-9445 to schedule delivery

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
Non-Perishables & Personal care products as available for people over 60 years old

Healthy Meals in Motion Mobile Food Pantry Family Pantry of Cape Cod
508-487-7080
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

Helping Our Women
34 Conwell Street, Provincetown
508-487-4357
Available to anyone in need please call 508-487-4357 to information
To-Go bags of food for pick-up or delivery

United Methodist Church- Lower Cape Outreach Council
20 ShankPainter Rd. Provincetown
516-974-1524
www.lcoutreach.org/pantry-hours
Wednesdays 10-2pm
Thursdays 10-12pm
Appointment needed. Established clients must call Provincetown Pantry Manager Nicola to schedule appointment
Choice pantry-shopping list is posted on the website and is given out upon arrival ath

Sustainable CAPE & Outer Cape Health
Fruit & Vegetable Prescription Program
crnavigator@outercape.org www.sustainableCAPE.org
Free Clinician prescribed fruits and vegetables for seniors who have cardiometabolic disease, are SNAP clients & are at risk for social isolation
12 weeks worth of fresh, seasonal vegetables from the Truro Farmers Market

Truro Community Kitchen

Operating out of Christian Union Church

27 Shore Road, Truro

973-868-7526

Tuesdays for deliveries only

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

Common Table at the Fox and Crow

commontable6@gmail.com Monday-Saturday 8am-10:00am

For questions or delivery, please email commontable6@gmail.com Delivery available please email commontable6@gmail.com

Free prepared meals and open to all

Grace Chapel Food Pantry-Lower Cape Outreach Council

25 Lieutenant Island Rd. Wellfleet (Located at the corner of Lieutenant Island Road and Route 6)

508-240-0694

www.lcoutreach.org/pantry-hours

Mondays 3:00-6:00pm & Thursdays 10:00-12:00pm

Client choice shopping- Grocery list available on website or at pantry

All are welcome! Must register to be a client by calling 508-240-0694