

BARNSTABLE COUNTY

CAPE COD COOPERATIVE EXTENSION

FOOD ACCESS GUIDE

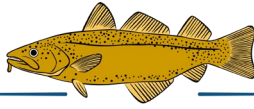
November 22, 2021

Cape Wide

The Islands

<p style="text-align: center;"><u>Cape Kids Meals</u></p> <p>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</p>	<p style="text-align: center;"><u>Nantucket Food Pantry</u></p> <p>10 Washington Street, Nantucket 508-228-7438 Tuesdays, Wednesdays, and Thursdays 3-6pm To register, email: food@assistnantucket.org Dry goods, fresh produces, dairy, eggs and meats provided</p>
<p style="text-align: center;"><u>The Family Pantry of Cape Cod</u></p> <p>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 is on website or at Pantry Thrift Store Hours: Mondays, Wednesdays & Fridays 8-10am</p>	<p style="text-align: center;"><u>Martha's Vineyard Island Food Pantry</u></p> <p>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</p>
<p style="text-align: center;"><u>Meals on Wheels Elder Service of Cape Cod and the Islands</u></p> <p>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</p>	

Food Pantry Delivery Options Available. For more information contact Andrea Marczely at andrea.marczely@barnstablecounty.org or call 508.375.6944



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Upper Cape

Bourne Friends Food Pantry

20 Commerce Park Road, Pocasset
508-759-3351

Facebook: Friends Food Pantry 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

Christ the King Food Pantry

5 Job's Fishing Road, Mashpee
508-477-7700

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

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

Food4Vets

Sandwich Empowerment Center 117 Rt. 6
www.mmsfi.org

November 30th, December 14th & 28th

January 11th & 25th

from 10am-12pm

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

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

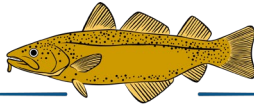
www.mashpeewampanoagtribe-nsn.gov/food-pantry Facebook: Mashpee Wampanoag Tribe Food Pantry

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

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Upper Cape

Sandwich Food Pantry

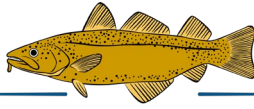
331 Cotuit Rd. Sandwich
508-888-3816
www.sandwichfoodpantry.org
Facebook: Sandwich Food Pantry, Inc.
Open for All Sandwich Residents-to become a client, bring proof of residency
Pantry Hours:
Every Wednesday 10:00am-12pm
Last Wednesday of the month 6-7:30pm
3rd Saturday 10-12pm

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

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
Thursdays 9:30-12:00pm
Open to All Sandwich, Sagamore & Sagamore Beach Residents
Perishables and Non-Perishables Provided



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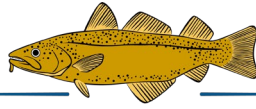
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Mid-Cape

<p><u>Family Table Collaborative</u> 1337 Route 28, South Yarmouth 781-248-5753 jeni@familytablecollaborative.com Hot Meals to Go Next Distribution: Wednesday, November 24th at Hyannis Youth and Community Center from 5:00-6:00pm. Registration required by midnight on Friday November 19th please text 774-251-9502 with your name and number of people needing meals</p>	<p><u>Salvation Army Pantry & Soup Kitchen</u> 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 Hours: 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</p>
<p><u>Cape & Islands Veterans</u> 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 Pantry Hours: Thursdays 9am-1:00pm Veterans can visit twice a month</p>	<p><u>First Baptist Church Pantry</u> 486 Main Street, Hyannis 508-775-1846 Serving Barnstable & West Yarmouth Residents Open Tuesdays 9am-12:00pm What's provided: Fresh Produce, perishables and nonperishables</p>
<p><u>Barnstable Senior Center</u> <u>Brown Bag For Seniors & Families</u> 825 Falmouth Road, Hyannis 508-862-4754 Available on the first Friday of each month 1 bag of Groceries provided</p>	<p><u>St. Vincent De Paul Food Pantry</u> <u>St. Francis Xavier Church</u> 21 Cross Street, Hyannis 508-775-3073 Open Tuesday & Friday 10-12pm Perishables & Non-Perishable</p>

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Mid-Cape

Faith Family Kitchen

154 Beares Way Hyannis

508-775-5073

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

Facebook: Faith Family Kitchen
cccouncilofchurches@gmail.com

Mondays, Wednesdays & Fridays

Families 5:00-5:45pm

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

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

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 Food Pantry

204 Route 28, West Yarmouth

Caribbean Food Options Available

Serving all Mid-Cape and Chatham

Pantry is open the last Tuesday of the month.

Next Pantry Date: November 30th 10-12pm

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

Open 3rd Wednesday of the month.

Next Pantry is on December 15th from 1:00-3:00pm

Paper Pantry and meals to go

AIDS Support Group of Cape Cod

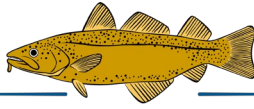
428 South Street, Hyannis

Monthly food pantry and emergency food

Contact Mimi Razon at 508-539-2364

for more information

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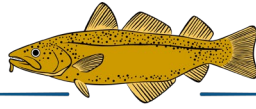
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Mid-Cape

Outer & Lower Cape

<p><u>St. Pius Food Pantry</u> 5 Barbara Street, South Yarmouth 508-394-2244 Open By Request</p>	<p><u>The Family Pantry of Cape Cod</u> 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 is on website or at Pantry Thrift Store Hours: Mondays, Wednesdays & Fridays 8-10am</p>
<p><u>Dennis Council on Aging</u> 1045 Route 134 508-694-2004 MPerndergast@town.dennis.ma.us Brown Bag Program is 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</p>	<p><u>Healthy Meals in Motion Mobile Food Pantry</u> 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>
<p><u>Yarmouth Senior Center- Brown Bag Program</u> 528 Forest Road, West Yarmouth First Friday of the month from 2pm-4pm 508-394-7606</p>	<p><u>Hands of Hope Food Pantry</u> 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</p>

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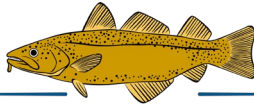
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Outer & Lower Cape

<p><u>Grace Chapel Food Pantry</u> <u>Lower Cape Outreach Council</u></p> <p>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</p>	<p><u>United Methodist Church- Lower Cape Outreach Council</u></p> <p>20 Shank Painter 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 Choice pantry-shopping list is posted on the website and is given out upon arrival</p>
<p><u>Orleans Food Pantry- Main Pantry</u> <u>Lower Cape Outreach Council</u></p> <p>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 508-240-069</p>	<p><u>Provincetown Council on Aging</u></p> <p>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</p>
<p><u>United Methodist Church-Lower Cape Outreach Council</u></p> <p>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</p>	<p><u>AIDS Support Group of Cape Cod</u></p> <p>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 to schedule delivery</p>
<p><u>Orleans Farmers Market</u></p> <p>21 Old Colony Way www.orleansfarmersmarket.com</p>	<p><u>Helping Our Women</u></p> <p>34 Conwell Street, Provincetown 508-487-4357 Available to anyone in need. To go bags of food. Delivery available.</p>

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Outer & Lower Cape

<p><u>Brewster Baptist Church-Lower Cape Outreach Council</u></p> <p>1848 Main St. #1827 Brewster 508-240-0694 www.lcoutreach.org/pantry-hours</p> <p>Pantry open: Thursdays 10:00am-12:00pm</p> <p>All are welcome! Register to be a client first by calling 508-240-0694 Client choice shopping Produce, meats, perishables and non-perishables</p>	<p><u>Saint Christophers Church-Lower Cape Outreach Council</u></p> <p>625 Main St. Chatham 508-240-0694 www.lcoutreach.org/pantry-hours</p> <p>Tuesdays 2:00-4:00pm (by appointment) Wednesdays 4:00-6:00pm (no appointment needed) Thursdays 3:00-5:00pm (by appointment) Client choice shopping- Grocery list available on website or at pantry All are welcome! Must register to be a client by calling office</p>
<p><u>St. Peters Lutheran Church-Lower Cape Outreach Council</u></p> <p>310 Rt. 137 Harwich 508-240-0694 www.lcoutreach.org/pantry-hours</p> <p>Thursdays 10:00am-12:00pm</p> <p>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</p>	<p><u>Truro Community Kitchen</u></p> <p>Operating out of Christian Union Church 27 Shore Road, Truro 973-868-7526</p> <p>Tuesdays for deliveries only</p> <p>To register for a meal, email trurocommunitykitchen@gmail.com or call or text Eli at 973-868-7526 No documentation required 2 prepared meals will try to accommodate dietary needs</p>
<p><u>Sustainable CAPE & Outer Cape Health Fruit & Vegetable Prescription Program</u></p> <p>crnavigator@outercape.org www.sustainableCAPE.org</p> <p>Free Clinician prescribed fruits and vegetables for seniors who have cadiometabolic disease, are SNAP clients & are at risk for social isolation 12 weeks worth of fresh, seasonal vegetables from the Truro Farmers Market</p>	<p><u>Nauset Fellowship at Eastham's Chapel in the Pines</u></p> <p>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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