

# BARNSTABLE COUNTY

CAPE COD COOPERATIVE EXTENSION

FOOD ACCESS GUIDE

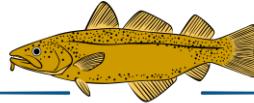
## Cape Wide

May 2022

## The Islands

<p><b><u>Cape Kid Meals</u></b></p> <p><a href="http://www.capecidmeals.org">www.capecidmeals.org</a> Facebook: Cape Kid Meals <a href="mailto:info@capecidmeals.org">info@capecidmeals.org</a></p> <p>Weekend meals for children through each school system's distribution program. Some districts may be able to deliver if needed.</p> <p>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><b><u>Nantucket Food Pantry</u></b></p> <p>10 Washington Street, Nantucket 508-228-7438 <b>Tuesdays, Wednesdays, and Thursdays 3-6pm</b></p> <p>To register, email: <a href="mailto:food@assistanantucket.org">food@assistanantucket.org</a></p> <p>Dry goods, fresh produces, dairy, eggs and meats provided</p>
<p><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></p> <p><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></p> <p>Curbside pick up during Covid-19. Client choice shopping list is on website or at Pantry</p> <p><b>Thrift Store Hours: Mondays, Wednesdays &amp; Fridays 8-10am</b></p>	<p><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></p> <p><b>Pantry Hours:</b> <b>Mondays: 2:00pm-4:00pm</b> <b>Wednesdays: 1pm-6pm</b> <b>Saturdays: 10am-1pm</b></p> <p>Choice pantry. Please allow extra time due to Covid guidelines. One shopper allowed per family</p>
<p><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></p> <p>Senior Dining Centers, Senior Nutrition Program Meals delivered</p> <p><b>Monday-Friday between 9am-12pm</b></p> <p>For people ages 60+ who are homebound and unable to prepare their own meals.</p> <p>Call (508) 394-4630 to make referral</p>	<p><b><u>Cape &amp; Islands Veterans Outreach</u></b> <b><u>Martha's Vineyard (Vineyard Haven)</u></b></p> <p>Steamship Authority Parking Lot 3<sup>rd</sup> Wednesday of each month, 10am – 1pm</p> <p>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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## 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)

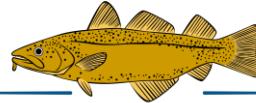
Facebook: Mashpee Wampanoag Tribe

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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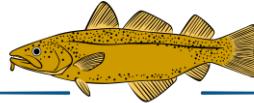
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## Upper Cape

<p><b><u>Sandwich Food Pantry</u></b></p> <p>331 Cotuit Rd. Sandwich 508-888-3816 <a href="http://www.sandwichfoodpantry.org">www.sandwichfoodpantry.org</a> Facebook: Sandwich Food Pantry, Inc. Open for All Sandwich Residents-to become a client, bring proof of residency <b>Pantry Hours:</b> <b>Every Wednesday 10:00am-12pm</b> <b>Last Wednesday of the month 6-7:30pm</b> <b>3rd Saturday 10-12pm</b></p>	<p><b><u>Hands of Hope Food Pantry</u></b></p> <p>Serving Sandwich area 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>St. Vincent DePaul Food Pantry</u></b></p> <p>322 Quaker Meeting House Road, Sandwich-located at the rear of Mary's Closet Thrift Store 508-833-1555 <a href="mailto:svdp@corpuschristiparish.org">svdp@corpuschristiparish.org</a></p> <p><b>Thursdays 9:30-12:00pm</b></p> <p>Open to All Sandwich, Sagamore &amp; Sagamore Beach Residents Perishables and Non-Perishables Provided</p>	<p><b><u>A Place At The Table</u></b></p> <p>St. Barnabas Episcopal Church 91 Main Street, Falmouth 508-548-3863 Enjoy a free hot meal to anyone in need</p> <p><b>Open 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month from 11:30-1:30pm</b></p>
<p><b><u>Cape &amp; Islands Veterans Outreach</u></b></p> <p>Mobile Food Pantry @ Falmouth AmVets 366 Palmer Ave, Falmouth</p> <p><b>1st and 3rd Tuesday of each month 10am - 1pm</b></p> <p>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>	

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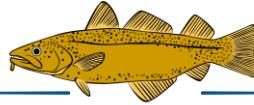
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## Mid-Cape

<p><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></p> <p>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></p> <p><b><i><a href="https://www.familytablecollaborative.org">https://www.familytablecollaborative.org</a></i></b></p>	<p><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></p> <p>All are welcome!</p> <p>Office and Social Service Hours: Monday-Friday 9:00am-4:00pm</p> <p><b><i>Pantry Hours:</i></b> <b><i>Monday-Friday 10am-11:30am</i></b></p> <p>What's provided: Shelf stable food, drinks, frozen meats, bread, fresh veggies &amp; socks and bagged lunches for the homeless</p> <p><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><b><u>Cape &amp; Islands Veterans</u></b></p> <p>247 Stevens Street, Hyannis 508-778-1590 <a href="http://www.capecveterans.com">www.capecveterans.com</a></p> <p>Facebook: Cape &amp; Island Veterans Email: <a href="mailto:Info@capecveterans.com">Info@capecveterans.com</a></p> <p>Pantry Open to Veterans Only</p> <p>Side entrance of 247 Stevens Street Suite E</p> <p><b><i>Pantry Hours:</i></b> <b><i>Thursdays 9am-1:00pm &amp; 5:00-7:00pm</i></b></p> <p>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><b><u>First Baptist Church Pantry</u></b></p> <p>486 Main Street, Hyannis 508-775-1846</p> <p>Serving Barnstable &amp; West Yarmouth Residents</p> <p><b><i>Open Tuesdays 9am-12:00pm</i></b></p> <p>What's provided: Fresh Produce, perishables and nonperishables</p>



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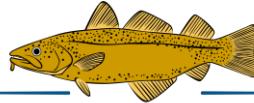
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<p><b><u>Faith Family Kitchen</u></b></p> <p>154 Bearses Way Hyannis 508-775-5073 <a href="http://www.capecodcouncilofchurches.org/faith-family-kitchen.org">www.capecodcouncilofchurches.org/faith-family-kitchen.org</a></p> <p>Facebook: Faith Family Kitchen ccouncilofchurches@gmail.com</p> <p><b>Mondays, Wednesdays &amp; Fridays</b></p> <p><b>Meals served to go</b></p> <p><b>5:30-6:30pm at back door of the church</b></p> <p><b>All are welcome</b></p>	<p><b><u>Yarmouth Food Pantry</u></b></p> <p>Lighthouse Landing Plaza 845 Rt. 28 Unit 16, S.Yarmouth 508-394-0880 <a href="http://www.yarmouthfoodpantry.org">www.yarmouthfoodpantry.org</a></p> <p>Facebook: Yarmouth Food Pantry</p> <p><b>Pantry Hours:</b></p> <p><b>Tuesdays &amp; Thursdays 5:30-6:30pm</b></p> <p><b>2nd Friday of the month 3:00-4:00pm</b></p> <p><b>3rd Saturday of the month 10-11am</b></p> <p><b>4th Friday of the month 10:00-11:00am</b></p> <p>Client Choice Shopping in Pantry</p>
<p><b><u>Hands of Hope Food Pantry- Serving Mid Cape</u></b></p> <p>49 Rt. 28 West Harwich 508-432-1312</p> <p><b>Pantry Hours:</b></p> <p><b>Monday and Friday 10:00-3:00</b></p> <p><b>Tuesday, Wednesday, Thursday 1:00-3:00</b></p> <p>Meats, dairy, bakery, perishables &amp; non-perishables, personal items, paper products</p> <p>Thrift Shop hours: Tuesday, Wednesday &amp; Thursdays 10am-1pm</p>	<p><b><u>Canaan Church Food Pantry</u></b></p> <p>204 Route 28, West Yarmouth</p> <p>Caribbean Food Options Available</p> <p>Serving all Mid-Cape and Chatham</p> <p><b>Pantry Hours:</b></p> <p><b>Every other Thursday from 10am-2pm.</b></p> <p><b>Next Pantry Dates are Thursday, May 12<sup>th</sup> &amp; 26<sup>th</sup></b></p> <p><b>Second Wednesday of the Month 5pm-7pm</b></p> <p>Open to All- No registration required or questions asked</p> <p>For emergency requests or for delivery, please call 508.266.1439</p>
<p><b><u>St. David's Episcopal Church</u></b></p> <p>205 Old Main St. South Yarmouth 508-394-4222 <a href="http://www.stdavidscapecod.org">www.stdavidscapecod.org</a></p> <p><b>Open 3rd Wednesday of the month.</b></p> <p><b>Next Pantry is on May 18th from 1:00-3:00pm</b></p> <p>Paper Pantry and meals to go</p>	<p><b><u>AIDS Support Group of Cape Cod</u></b></p> <p>428 South Street, Hyannis</p> <p>Monthly food pantry and emergency food</p> <p>Contact Mimi Razon at 508-539-2364 for more information</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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## Mid-Cape

May 2022

## Outer & Lower Cape

### St. Pius Food Pantry

5 Barbara Street, South Yarmouth  
508-394-2244 Open By Request

### 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-Perishable

### Dennis Council on Aging

1045 Route 134 508-694-2004  
[MPerndergast@town.dennis.ma.us](mailto: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

### The Family Pantry of Cape Cod

133 Queen Anne Road, Harwich  
508-432-6519  
[cmenard@thefamilypantry.com](mailto: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**

### Healthy Meals in Motion Mobile Food Pantry

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



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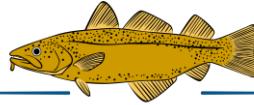
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## Outer & Lower Cape

<p><b><u>Hands of Hope Food Pantry</u></b></p> <p>49 Rt. 28 West Harwich 508-432-1312</p> <p><b>Pantry Hours:</b></p> <p><b>Monday and Friday 10:00-3:00</b></p> <p><b>Tuesday, Wednesday, Thursday 1:00-3:00</b></p> <p>Meats, dairy, bakery, perishables and non-perishables, personal items, paper products</p> <p><b>Thrift Shop hours: Tuesday, Wednesday &amp; Thursdays 10am-1pm</b></p> <p>For delivery needs call Andrea at 508.375.6944</p>	<p><b><u>Provincetown Pantry Lower Cape Outreach Council</u></b></p> <p>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></p> <p><b>No appointment needed</b></p> <p><b>Wednesdays 10-2pm</b> Walk In</p> <p><b>Thursdays 10-12pm</b> Walk In</p> <p>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></p> <p>19 Brewster Cross Rd. Orleans 508-240-0694 <a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a></p> <p><b>Mondays 1:00-3:00pm</b> Walk In</p> <p>All are welcome!</p>	<p><b><u>Provincetown Council on Aging</u></b></p> <p>2 Mayflower Street, Provincetown 508-487-7080</p> <p><b>Monday-Thursday 8am-5pm &amp; Friday 8am-12pm</b></p> <p>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></p> <p>73 Main St. Orleans 508-240-0694 <a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a></p> <p><b>No Appointment Needed</b></p> <p><b>Tuesdays 10:00am-12:00pm</b> Walk In</p> <p>Pantry located across from the library</p> <p>All are welcome!</p>	<p><b><u>AIDS Support Group of Cape Cod</u></b></p> <p>96 Bradford St. Provincetown <a href="http://www.asgcc.org">www.asgcc.org</a> 508-487-9445</p> <p>Facebook: AIDS Support Group of Cape Cod</p> <p><b>Monday-Friday 9am-3pm</b></p> <p>Delivery available to Provincetown and Truro clients. Call to schedule delivery</p>
<p><b><u>Orleans Farmers Market</u></b></p> <p>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></p> <p>Community Center- 7 Standish Way, Truro</p> <p><b>No Appointment Needed</b></p> <p>Tuesdays 10am-12:30pm Walk In</p> <p>Wednesdays 10-12:30pm Walk In</p>

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[andrea.marczely@barnstablecounty.org](mailto:andrea.marczely@barnstablecounty.org) or call 508.375.6944



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## Outer & Lower Cape

### Brewster Pantry Lower Cape Outreach Council

Brewster Baptist Church  
1848 Main St., Brewster  
508-240-0694

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

**No Appointment Needed**

**Pantry open:**

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

All are welcome!

Client choice shopping Produce, meats, perishables and non-perishables

### Chatham Pantry Lower Cape Outreach Council

St. Christopher's  
625 Main St. Chatham  
508-240-0694

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

**No Appointment Needed**

**Wednesdays 4:00-6:00pm** Walk In

**Thursdays 3:00-5:00pm** Walk In

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

All are welcome!

### Harwich Pantry Lower Cape Outreach Council

St. Peter's Lutheran Church  
310 Rt. 137 Harwich 508-240-0694  
[www.lcoutreach.org/pantry-hours](http://www.lcoutreach.org/pantry-hours)

**Mondays 1pm-3pm** Walk In

**Wednesdays 2pm-4pm** Walk In

**Thursdays 11:30-1:30pm** Walk In

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

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

### 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](mailto:trurocommunitykitchen@gmail.com) or call or text Eli at 973-868-7526  
No documentation required  
2 prepared meals will try to accommodate dietary needs

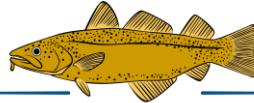
### Sustainable CAPE & Outer Cape Health Fruit & Vegetable Prescription Program

[crnavigator@outercape.org](mailto:crnavigator@outercape.org)  
[www.sustainableCAPE.org](http://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

### Nauset Fellowship at Eastham's Chapel in the Pines

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



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### 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!