

<i>Upper Cape</i>	<i>Hours of Operation</i>	<i>Eligible Participants</i>	<i>What is Provided</i>	<i>Program Needs</i>
<b>Farmers to Families Food Box Distribution</b> <b>Bourne High School</b> <b>75 Waterhouse Road, Bourne</b> <b>www.mmsfi.org</b>	Mondays, April 26th & May 3rd <b>From 10-11am</b> (note time change) 32 lb box of food All are welcome Must register at <a href="http://www.mmsfi.org">www.mmsfi.org</a> and bring confirmation of registration for pickup	All are welcome	32 lbs. food box	volunteers
<b>Bourne Friends Food Pantry</b> <b>20 Commerce Park Rd. Pocasset</b> <b>508-759-3351</b> <b>Facebook: Friends of Bourne <a href="http://www.friendsofbournecoa.org">www.friendsofbournecoa.org</a></b>	Every Tuesday 9:00-12:00pm Drive through pantry and limited delivery available	Residents of Bourne	Bags of groceries	Monetary donations greatly appreciated
<b>Falmouth Service Center</b> <b>611 Gifford St. Falmouth</b> <b>508-548-2794</b> <b>www.falmouthservicecenter.org</b> <b>Facebook: Falmouth Service Center</b>	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
<b>Mashpee: Christ the King Food Pantry</b> <b>5 Job's Fishing Rd.</b> <b>508-477-7700</b> <b>www.christthekingparish.com/st-vincent-de-paul</b>	Wednesdays 9am-12pm	All Cape Cod residents during COVID	Pre-bagged groceries	Monetary donations greatly appreciated
<b>Mashpee Village</b> <b>1 Wampanoag Drive</b> <b>508-477-2000</b>	Daily during office hours: 8:30-4:30pm	Mashpee Village Residents	Food and toiletries	Accepts monetary and food donations
<b>Mashpee Tribal Council Food Pantry</b> <b>483 Great Neck Rd. South, Mashpee</b> <b>508-477-0208 Ext. 189</b> <b>www.mashpeewampanoagtribe-nsn.gov/food-pantry</b> <b>Facebook: Mashpee Wampanoag Tribe Food Pantry</b> <b>darlene.scott@mwtribe-NSN.gov</b>	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
<b>St. Vincent DePaul Food Pantry</b> <b>322 Quaker Meeting House Road, Sandwich</b> <b>508-833-1555</b> <b>svdp@corpuschristiparish.org</b>	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
<b>Farmers Market- Sandwich</b> <b>Wing School 33 Water Street, Sandwich</b> <b>www.sandwichfarmersmarket.com</b>	Saturday, May 8th Preordering is available 10am-1pm SNAP accepted at some vendors	Open to all	Fresh Produce	Monetary donations greatly appreciated
<b>Sandwich- Farmers to Families Food4Vets</b> <b>Sandwich Empowerment Center 117 Rt. 6</b> <b>508-775-5073</b> <b>www.mmsfi.org</b>	<b>***For Veterans Only***</b> Tuesdays April 27th, May 4th & May 11th 10am-12pm Required to register at <a href="http://www.mmsfi.org">www.mmsfi.org</a> and bring confirmation to pick up	Must be a veteran	32 lb. Meal Boxes	Volunteers
<b>Sandwich Food Pantry</b> <b>331 Cotuit Rd. Sandwich</b> <b>508-888-3816</b> <b>www.sandwichfoodpantry.org</b> <b>Facebook: Sandwich Food Pantry, Inc.</b>	Every Wednesday 10am-12pm Last Wednesday of the month 6:00-7:30 Third Saturday of the month 10:00-12:00	Residents of Sandwich-must register first as a client Drive around the back of the building Give the volunteer your name and size of your family	Pre-bagged groceries	Monetary donations and non-perishable food. Please check website for instructions

<i>Mid-Cape</i>	<i>Hours of Operation</i>	<i>Eligible Participants</i>	<i>What is Provided</i>	<i>Program Needs</i>
<b>Dennis Council on Aging</b> 1045 Route 134 508-694-2004 MPPerndergast@town.dennis.ma.us	Brown Bag Program- First Friday of the Month Sponsored by the Greater Boston Food Bank Mobile Food Pantry Sponsored by the Harwich Family Pantry Please call or email for more information	Open to all. Delivery available to those who don't drive	10-15 lbs of nutritious food items	Monetary donations
<b>Farmers to Families Food Box Distribution (New Location)</b> Barnstable High School 744 West Main Street, Hyannis www.mmsfi.org	Drive through food box distribution Saturdays May 1st, 8th, & 15th from 9am-11am Must register at www.mmsfi.org	All are welcome. Must pre-register at www.mmsfi.org and bring confirmation with you of registration	Food box-meat, dairy, and produce	Volunteers
<b>Salvation Army</b> 100 North St. Hyannis 508-775-0364	Daily Operations Hours 8:30-1:30pm Food Pantry: Mondays-Thursdays 10:00-11:50am Tuesdays and Thursdays: Hot soup or stew and bagged lunch for homeless	All are welcome	Shelf stable food and drinks, frozen meats, breads and fresh veggies, socks and bag lunches for the homeless	Monetary donations
<b>Cape Organization for the Rights of the Disabled (CORD) Mobile Food Pantry</b> 508-775-8300/800-541-0282 www.cordcapecod.org/mobile-food-pantry Facebook: CORD-Cape Organization for the Rights of the Disabled	<b>Wednesday, April 28th</b> 11am Village Green Condos 767 Independence Drive, Hyannis 12pm Cromwell Court, 168 Barnstable Road, Hyannis	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
<b>Cape &amp; Islands Veterans</b> 247 Stevens Street, Hyannis 508-778-1590 www.capeveterans.com Info@capeveterans.com Facebook: Cape & Islands Veterans	Open Thursdays from 9am-1pm Veterans can visit twice a month	For Veterans only	Non-perishables On the second visit of the month, veterans will receive meats as well as non-perishable	Donations accepted
<b>Faith Family Kitchen</b> 154 Bearses Way Hyannis 508-775-5073 www.capecodcouncilofchurches.org/faith-family-kitchen.org Facebook: Faith Family Kitchen cccouncilofchurches@gmail.com	Mondays, Wednesdays, Fridays Families with children 5-5:45 Adults with out children 5:45-6:30	All are welcome	Hot meals to go, protein bars, smoothies, other packaged foods as available	Monetary donations or any food donations
<b>First Baptist Church of Hyannis Food Pantry</b> 486 Main St. Hyannis 508-775-1846 www.fbchyannis.org/food-pantry	Tuesdays 9:00-12:00	Town of Barnstable and Yarmouth residents	Pre-bagged groceries	Donations accepted
<b>St. Vincent DePaul Food Pantry</b> 21 Cross St. Hyannis 508-775-3073	Tuesday 9:30-12:00 and Friday 10:00-12:00	All are welcome	Pre-bagged groceries	Monetary donations
<b>Family Table Collaborative @ The Yarmouth Senior Center</b> 528 Forest Road, West Yarmouth 781-248-5753 jenimwheeler@gmail.com	Tuesday, April 27th from 4-6pm	All are welcome	Hot meals to go	Monetary donations & volunteers



<b>Brewster Baptist Church-Lower Cape Outreach Council</b> 1848 Main St. #1827 Brewster 508-240-0694 <a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a>	Thursdays 10:00-12:00	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
<b>Saint Christophers Church-Lower Cape Outreach Council</b> 625 Main St. Chatham 508-240-0694 <a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a>	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	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
<b>Nauset Fellowship at Eastham's Chapel in the Pines</b> 220 Samoset Road, Eastham	Community Food Exchange: Self service cupboard	All are welcome	Canned and packaged goods	Drop off donations and leave in the cupboard or call 508-246-4924 to arrange pick up
<b>Farmers to Families Food Box Distribution</b> Eastham Elks Lodge 10 Mckoy Road, Eastham <a href="http://www.mmsfi.org">www.mmsfi.org</a>	Mondays, April 26th From 2:30-4:30pm Must register at <a href="http://www.mmsfi.org">www.mmsfi.org</a> and bring confirmation of registration for pickup	All are welcome	32lb food box	Volunteers
<b>St. Peters Lutheran Church-Lower Cape Outreach Council</b> 310 Rt. 137 Harwich 508-240-0694 <a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a>	Thursdays 10:00-12:00	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
<b>Hands of Hope Food Pantry</b> 49 Rt. 28 West Harwich 508-432-1312	Monday and Friday 10:00-3:00 Tuesday, Wednesday, Thursday 1:00-3:00 Thrift Shop hours: Tuesday, Wednesday & Thursdays 10am-1pm	Valid photo ID	Cold, shelf stable, produce, dairy, bakery, toilet paper, personal items	Food, volunteers, paper goods, personal items would all be helpful
<b>Cape Organization for the Rights of the Disabled (CORD) Mobile Food Pantry</b> 508-775-8300/800-541-0282 <a href="http://www.cordcapecod.org/mobile-food-pantry">www.cordcapecod.org/mobile-food-pantry</a> Facebook: CORD-Cape Organization for the Rights of the Disabled	<b>Tuesdays, April 27th</b> Provincetown @ 10:45 Maushope Housing, 44 Kemp Way Wellfleet @ 11:30 Fred Bell Way Eastham @ 12:15pm Eastham Superette, 2475 Route 6	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	Any donation
<b>Orleans Farmers Market</b> 21 Old Colony Way <a href="http://www.orleansfarmersmarket.com">www.orleansfarmersmarket.com</a>	January-April Saturdays 11am-1pm Online ordering available soon	All are welcome	Fresh Produce & other local products	Monetary donations greatly appreciated
<b>OrleansFood Pantry- Main Pantry</b> Lower Cape Outreach Council 19 Brewster Cross Rd. Orleans 508-240-0694 <a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a>	Mondays 1:00-3:00 Pick up is at the back of building by Katy's Corner red door	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
<b>United Methodist Church-Lower Cape Outreach Council</b> 73 Main St. Orleans 508-240-0694 <a href="http://www.lcoutreach.org/pantry-hours">www.lcoutreach.org/pantry-hours</a>	Tuesdays 10:00-12:00 Located across from the library	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
<b>AIDS Support Group of Cape Cod</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	Monday-Friday 9am-3pm Delivery available to Provincetown and Truro clients	Must be receiving medical case management from ASGCC. Doctor's office provides eligibility	Non-perishable items paper goods, limited homeless packages. Sometime have perishable as available	Paper products, Ensure, Stop & Shop gift cards. They are not currently using volunteers

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
<b>Lower and Outer Cape</b>				
<b>Hours of Operation</b>				
<b>Eligible Participants</b>				
<b>What is Provided</b>				
<b>Program Needs</b>				
United Methodist Church- Lower Cape Outreach Council 20 Shank Painter 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	monetary 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
<b>The Islands</b>				
<b>Hours of Operation</b>				
<b>Eligible Participants</b>				
<b>What is Provided</b>				
<b>Program Needs</b>				
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 produce, 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>
<b>Brown Bag Program Council on Aging Various Locations</b>	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	
<b>The Family Pantry of Cape Cod 133 Queen Anne Road, Harwich 508-432-6519 cmenard@thefamilypantry.com</b>	<b>Food Pantry Hours:</b> Tuesdays and Thursdays 10-3:30pm Thursdays 5pm-7pm Wednesdays 10-12pm Saturdays 10-12pm <b>Thrift Store Hours:</b> 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
<b>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</b>	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
<b>Cape Kids Meals www.capekidmeals.org Facebook: Cape Kid Meals info@capekidmeals.org</b>	Weekend meals for children through each school system's distribution program. Some districts may be able to deliver if needed. <b>To sign up, please contact your child's school</b>	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
<b>Sustainable CAPE Farmers Market Nutrition Incentive Program www.sustainableCAPE.org Facebook/SustainableCAPE Info@sustainableCAPE.org</b>	For participating markets, their dates and hours visit: <a href="https://sustainablecape.org/programs/the-sustainable-cape-farmers-market-coalition/">https://sustainablecape.org/programs/the-sustainable-cape-farmers-market-coalition/</a>	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 <a href="http://www.sustainablecape.org">www.sustainablecape.org</a>
<b>School Systems Food Distribution</b>	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