

<i>Upper Cape</i>	<i>Hours of Operation</i>	<i>Eligible Participants</i>	<i>What is Provided</i>	<i>Program Needs</i>
Bourne Friends Food Pantry 20 Commerce Park Rd. Pocasset 508-759-3351 Facebook: Friends of Bourne www.friendsofbournecoa.org	Tuesday-Thursday 10am-4pm Closed Mondays & Fridays 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	No Longer running mobile food pantry until further notice	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	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
Family Table Collaborative-Location TBD Sandwich www.familytablecollaborative.com 781-248-5753 jenimwheeler@gmail.com	Tuesday, June 29th Location to be determined Drive thru meal distribution No registration required	All are welcome	Hot meals to go	Monetary donations & volunteers
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-parishable items that have not expired
Sandwich- Farmers to Families Food4Vets Sandwich Empowerment Center 117 Rt. 6 508-775-5073 www.mmsfi.org	***For Veterans Only*** Tuesdays June 22nd, 29th & July 6th 10am-12pm Required to register at www.mmsfi.org and bring confirmation to pick up	Must be a veteran	32 lb. Meal Boxes	Volunteers

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Sandwich Food Pantry 331 Cotuit Rd. Sandwich 508-888-3816 www.sandwichfoodpantry.org Facebook: Sandwich Food Pantry, Inc.	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
Mid-Cape				
	Hours of Operation	Eligible Participants	What is Provided	Program Needs
Dennis Council on Aging 1045 Route 134 508-694-2004 MPerndergast@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
Salvation Army 100 North St. Hyannis 508-775-0364	Food Pantry: Mondays-Thursdays 10:00-11:50am Soup Kitchen: Mondays through Fridays Breakfast 8:30-9:15 am Lunch 11:30-12:15pm	All are welcome	Shelf stable food and drinks, frozen meats, breads and fresh veggies, socks and bag lunches for the homeless	Monetary donations
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	No Longer running mobile food pantry until further notice	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
Food4Vets Barnstable Cape Cod Vet Center 474 West Main Street, Hyannis	For Veterans Only Tuesday June 22nd 1pm-3pm Required to register at www.mmsfi.org and bring confirmation to pick up	Must be a veteran	32 lb. Meal Boxes	Volunteers
Cape & Islands Veterans 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
Mid-Cape				
	Hours of Operation	Eligible Participants	What is Provided	Program Needs

<p>Faith Family Kitchen 154 Bearses Way Hyannis 508-775-5073 www.capecodcouncilofchurches.org/faith-family-kitchen.org Facebook: Faith Family Kitchen cccouncilofchurches@gmail.com</p>	<p>Mondays, Wednesdays, Fridays: 6pm-7pm Families with children: Front Door Distribution Adults with out children: Back Door Distribution No registration required Open to all</p>	<p>All are welcome</p>	<p>Hot meals to go, protein bars, smoothies, other packaged foods as available</p>	<p>Monetary donations or any food donations</p>
<p>St. Vincent DePaul Food Pantry 21 Cross St. Hyannis 508-775-3073</p>	<p>Tuesday 9:30-12:00 and Friday 10:00-12:00</p>	<p>All are welcome</p>	<p>Pre-bagged groceries</p>	<p>Monetary donations</p>
<p>Family Table Collaborative @ The Hyannis Youth & Community Center 141 Bassett Lane, Hyannis www.familytablecollaborative.com 781-248-5753 jenimwheeler@gmail.com</p>	<p>Fridays June 25th 4pm-6pm Drive thru meal distribution No registration required</p>	<p>All are welcome</p>	<p>Hot meals to go</p>	<p>Monetary donations & volunteers</p>
<p>Souper Saturdays The First Lutheran Church 1668 Main Street, West Barnstable 508-362-3161</p>	<p>Saturdays 11:30-12:30 Drive thru lunch program Registration required by calling 508-362-3161</p>	<p>All are welcome</p>	<p>Homemade hearty soups and stews to go</p>	
<p>Family Table Collaborative @ The Yarmouth Senior Center 528 Forest Road, West Yarmouth www.familytablecollaborative.com 781-248-5753 jenimwheeler@gmail.com</p>	<p>Tuesday, June 15th 4pm-6pm Drive thru 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 June 16th</p>	<p>All are welcome</p>	<p>Paper pantry and meals to go</p>	<p>Any donation</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 By appointment Only Wednesdays: 4:00-6:00 Walk ins welcome Thursdays: 3:00-5:00 By 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>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>No Longer running mobile food pantry until further notice</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>May through December Saturdays 9am-1pm Snap and Hip accepted</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>

<i>Lower and Outer Cape</i>	<i>Hours of Operation</i>	<i>Eligible Participants</i>	<i>What is Provided</i>	<i>Program Needs</i>
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	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
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 cardiometabolic 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

<p>Nantucket Food Pantry 10 Washington Street, Nantucket 508-228-7438</p>	<p>Tuesdays, Wednesdays, and Thursdays 3pm-6pm To register, email food@assistnantucket.org</p>	<p>Open to all who meet the income requirements</p>	<p>Dry goods, fresh produce, dairy, eggs and meats</p>	<p>Donations appreciated</p>
<p>Martha's Vineyard Island Food Pantry PA Club 137 Vineyard Haven Road, Oak Bluffs 693-4764 info@islandfoodpantry.org http://islandfoodpantry.org/resources/</p>	<p>508 Mondays: 2:00pm-4:00pm Wednesdays: 1pm-6pm Saturdays: 10am-1pm</p>	<p>All are welcome</p>	<p>Choice pantry. Please allow extra time due to Covid guidelines. One shopper allowed per family</p>	<p>Monetary donations</p>
<p><i>Capewide</i></p>				
	<p><i>Hours of Operation</i></p>	<p><i>Eligible Participants</i></p>	<p><i>What is Provided</i></p>	<p><i>Program Needs</i></p>
<p>Brown Bag Program Council on Aging Various Locations</p>	<p>Check your local Council on Aging for more information Delivery available at some locations for those who do not drive</p>	<p>Adults over the age of 60</p>	<p>10-15 lbs of nutritious food items</p>	
<p>The Family Pantry of Cape Cod 133 Queen Anne Road, Harwich 508-432-6519 cmenard@thefamilypantry.com</p>	<p>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</p>	<p>All are welcome and can visit every 14 days</p>	<p>Choice pantry-shopping list is posted on the website and is given out upon arrival at the pantry.</p>	<p>No food donations until after the pandemic. Monetary donations accepted</p>
<p>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</p>	<p>Meals delivered Monday-Friday between 9am-12pm</p>	<p>For people ages 60+ who are homebound and unable to prepare their own meals Call (508) 394-4630 to make referral</p>	<p>Meals on Wheels provides cold meals that can be reheated</p>	<p>Monetary donations accepted</p>
<p>Cape Kids Meals www.capekidmeals.org Facebook: Cape Kid Meals info@capekidmeals.org</p>	<p>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</p>	<p>Prior to each weekend in conjunction with school system meal distribution. Additional information can be found on each school system's homepage</p>	<p>Pre-packed meals for weekends</p>	<p>Monetary donations can be made through the Cape Kids Meals website</p>
<p>Sustainable CAPE Farmers Market Nutrition Incentive Program www.sustainableCAPE.org Facebook/SustainableCAPE Info@sustainableCAPE.org</p>	<p>For participating markets, their dates and hours visit: https://sustainablecape.org/programs/the-sustainable-cape-farmers-market-coalition/</p>	<p>Open to all SNAP clients and veterans. WIC families & Seniors with MA FMNP Discount Coupons in summer as well.</p>	<p>Up to \$10 in free market tokens for the purchase of fresh food to alleviate hunger & support local harvesters.</p>	<p>Monetary donations can be made through www.sustainablecape.org</p>
<p>School Systems Food Distribution</p>	<p>CHECK IN EACH PUBLIC SCHOOL SYSTEM WEB PAGE. Distribution locations and schedule posted through links on each home page Monday-Friday various times</p>	<p>Open to all children and their families. Additionally, they have provided extras to individuals and agencies</p>	<p>A lunch and a breakfast daily and 6 meals before weekends</p>	<p>None identified</p>