

<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	Every Tuesday 9:00-12:00pm Drive through pantry and limited delivery available	Residents of Bourne	Bags of groceries	Monetary donations greatly appreciated
Falmouth Service Center 611 Gifford St. Falmouth 508-548-2794 www.falmouthservicecenter.org Facebook: Falmouth Service Center	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
Mashpee: Christ the King Food Pantry 5 Job's Fishing Rd. 508-477-7700 www.christthekingparish.com/st-vincent-de-paul	Update: Wednesdays 9am-12pm	Mashpee Residents	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
Sandwich- Farmers to Families Sandwich Empowerment Center 117 Rt. 6 508-775-5073 www.mmsfi.org	Tuesdays throughout January Required to register at www.mmsfi.org and bring confirmation to pick up	Must be a veteran	32 lb. Meal Boxes	Volunteers
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
<i>Mid-Cape</i>	<i>Hours of Operation</i>	<i>Eligible Participants</i>	<i>What is Provided</i>	<i>Program Needs</i>
First Lutheran Church 1668 Main Street, West Barnstable 508-362-3161	NEW: Drive thru lunch program Every Saturday beginning January 2nd 11:30-12:30 Preregister by calling 508-362-3161	All are welcome	Homemade, hearty soups and stews to go	
Patriot Farm Food Boxes 98 Ridgewood Avenue, Barnstable www.mmsfi.org	NEW: Drive through food box distribution January 9, 16, 23	All are welcome. Must pre-register at www.mmsfi.org and bring confirmation with you of registration	Food box-meat, dairy, and produce	Volunteers

Salvation Army 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
Barnstable Public Schools Meal Bust Stop Delivery www.barnstable.k12.ma.us	See Website for Bus Route information Breakfast and lunches provided during remote learning	Students and families	Monday-Thursday: 1 breakfast and 1 lunch Fridays: Multiple meals	
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	Check Website for locations and times	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
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 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
Family Table Collaborative Various locations 508-775-5073 cccouncilofchurches@gmail.com Facebook: Faith Family Kitchen and Cape Cod Culinary Incubator	Tuesdays (locations vary) and Fridays at HYCC Tuesdays January 5th from 3-5pm Dennis Senior Center Fridays at Hyannis Youth and Community Center	All are welcome	Half trays to feed a family of 4- 2 meals through out the weekend	None identified
First Baptist Church of Hyannis Food 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
St. Vincent DePaul Food Pantry 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
Yarmouth Food Pantry Lighthouse Landing Plaza 845 Rt. 28 Units 14-16 S.Yarmouth 508-394-0880 www.yarmouthfoodpantry.org Facebook: Yarmouth Food Pantry	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	Name, address and date of birth	Pre-made bags of food, meal of the month bag, frozen meat and child snack bags	Food donations accepted Monday-Friday 10am-Noon
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	Check Website for locations and times	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	
St. David's Episcopal Church 205 Old Main St. South Yarmouth	3rd Wednesday of the month Next one will be January 20th	All are welcome	Paper pantry and meals to go	Any donation

<i>Lower and Outer Cape</i>	<i>Hours of Operation</i>	<i>Eligible Participants</i>	<i>What is Provided</i>	<i>Program Needs</i>
Family Table Collaborative Various locations 508-775-5073 cccouncilofchurches@gmail.com Facebook: Faith Family Kitchen and Cape Cod Culinary Incubator	Tuesdays (locations vary) and Fridays at HYCC Tuesdays January 5th from 3-5pm Dennis Senior Center Fridays at Hyannis Youth and Community Center	All are welcome	Half trays to feed a family of 4- 2 meals through out the weekend	None identified
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	Check Website for locations and times	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
Little Free Pantry Unitarian Universalist Meeting House of Provincetown 236 Commercial Street	New Information: Unlocked shed open to all to the right of the main door.	All are welcome. Not registration required or any affiliation with other organizations necessary	Non-perishable food items, toilet paper, masks and hand sanitizer	Monetary donations or non-perishable food donations accepted Monday-Thursday 9:30-4pm
Nauset Fellowship at Eastham's Chapel in the Pines 220 Samoset Road, Eastham	New Information: 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

LCOC- Brewster Baptist Church 1848 Main St. #1827 Brewster 508-240-0694 www.lcoutreach.org/pantry-hours	Thursdays 10:00-12:00	All are welcome	Pre-packaged bags	Donations accepted
LCOC- Saint Christophers Church 625 Main St. Chatham 508-240-0694 www.lcoutreach.org/pantry-hours	Tuesdays 2:00-4:00 Appointment Only! Wednesdays 4:00-6:00 Walk ins welcome Thursdays 5:00 Appointments Only! an appointment clients must call 508-240-0694	3:00- For All are welcome. Photo ID required	Pre-packaged bags	None identified
Elder Service of Cape Cod and the Islands 68 Route 134 South Dennis 508-394-4630 www.escci.org	Meals on wheels and some Councils on Aging and schools are doing grab and go programs for meal pick up	Guidelines for eligibility and senior needs to be referred for this service. Call (508) 394-4630 to make referral	Meals on Wheels provides cold meals that can be reheated	None identified
LCOC- St. Peters Lutheran Church 310 Rt. 137 Harwich 508-240-0694 www.lcoutreach.org/pantry-hours	Thursdays 10:00-12:00	Valid photo ID	Pre-packaged bags	None identified
Hands of Hope Food Pantry 49 Rt. 28 West Harwich 508-432-1312	Monday and Friday 10:00-3:00 Tuesday, Wednesday, Thursday 1:00-3:00	Valid photo ID	Cold, shelf stable, produce, dairy, bakery, toilet paper, personal items	Food, volunteers, paper goods, personal items would all be helpful
LCOC- Truro COA Parking Lot- 7 Standish Way, North Truro 508-240-0694 www.lcoutreach.org/pantry-hours	Open Every other Friday 11:00-12:30pm January 8th and 22nd and every other week through April	Valid photo ID	Pre-packaged bags	None identified
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	
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 giff cards. They are not currently using volunteers
Orleans LCOC Food Pantry 19 Brewster Cross Rd. Orleans 508-240-0694	Mondays 1:00-3:00 Clients must call 508-240-0694	A valid ID	Pre-packaged bags	None identified
Orleans LCOC- United Methodist Church 73 Main St. Orleans 508-240-0694 www.lcoutreach.org/pantry-hours	Tuesdays 10:00-12:00 Clients must call 508-240-0694	A valid ID	Pre-packaged bags	None identified

LCOC- United Methodist Church 20 Shank Painter Rd. Provincetown 508-240-0694 www.lcoutreach.org/pantry-hours	Wednesdays 10:00-2:00 Appointment needed. Established clients must call Provincetown Pantry Manager Nicola to schedule appointment.	Registered clients If you need to register to become a client please call 508-240-0694 and our front office volunteer will do an intake	Pre-packaged bags	None identified
LCOC- Grace Chapel 25 Lieutenant Island Rd. Wellfleet 508-240-0694 www.lcoutreach.org/pantry-hours	Monday 3:00-6:00 Thursday 10:00-12:00	A valid ID	Pre-packaged bags	None identified
<i>Capewide</i>				
	<i>Hours of Operation</i>	<i>Eligible Participants</i>	<i>What is Provided</i>	<i>Program Needs</i>
School Systems Food Distribution	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
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 student cannot access distribution site	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