

### Upper Cape Meals:

#### **St. Barnabus Church Lunch**

*“Around the Table”*

91 Main St., Falmouth

Monday, Wednesday, Friday

11:30 a.m.-12:30 p.m.

508-548-3863

### Lower/Outer Cape Meals:

#### **SKIP – Soup Kitchen in Provincetown**

Provincetown United Methodist Church

24 Shank Painter Rd., Provincetown

Meals Served November – April

Monday through Friday

12:30-1:30 p.m.

*Hot, Nourishing meals to needy residents*

508-487-8331

#### **Aids Support Group of Cape Cod**

**Lunch**

*Monday through Friday for Clients only*

Contact Bill Furdon at 508-487-9445

#### **St. Joan of Arc**

63 Canal Rd., Orleans

**Lunch:** Tuesday 12 pm

**Dinner:** Thursday 6 pm

508-255-1094

### Mid Cape Meals:

#### **Salvation Army**

100 North St., Hyannis

**Breakfast:** 8:30-9:15 a.m.

**Lunch:** 11:30am-12:15 p.m.

Monday through Friday

508-775-0364

#### **Faith Assemblies of God Church**

154 Bearses Way, Hyannis

**Dinner:** 5:30-6:30 p.m.

Monday, Wednesday, Friday

*Please enter through Bacon St.*

### Mid Cape Meals Continued:

#### **Yarmouth Brown Bag Program (seniors)**

Yarmouth Senior Center

528 Forest Rd., S. Yarmouth

1<sup>st</sup> Friday of every month

2:00-4:00 p.m.

*The Yarmouth Senior Center offers home-bound low-income seniors free food delivery through the Brown Bag program.*

This program provides a free bag of food each month, typically containing about 10-15 pounds of a variety of nutritious food items from the major food groups.

508-398-5060

### Cape-Wide Food Service Programs:

#### **St. Joan of Arc**

63 Canal Rd., Orleans

*They provide two day packages of food to clients. Serving Orleans and South Eastham,*

*please call for information & directions.*

508-255-1094

#### **Lower Cape Outreach Council**

*Serves Brewster, Orleans, Chatham, Eastham, Wellfleet, Truro, and Provincetown*

*Residents. Food available for clients who have called in a request for food. Food*

*available once a month*

*Call for more information.*

508-240-0694

lcoutreach.org

#### **Elder Services Meals on Wheels**

#### **Senior Dining Centers and Nutrition**

68 Rt. 134, S. Dennis

508-394-4630/800-244-4630

http://www.escci.org

### Cape-Wide Food Service Programs

#### Continued:

#### **St. Vincent de Paul Society**

468 Stoney Brook Rd., Brewster

Weekday Food delivery on request, by

need. Serves bayside towns from

Yarmouth to Orleans.

*Call for intake information.*

508-385-7582

#### **Mustard Seed Kitchen**

Main St., Wellfleet

Tuesdays and Thursdays

*Meal delivery for those in need in the towns of Truro, Eastham, and Wellfleet*

508-349-2049

#### **Women Infant Children Program (WIC)**

Hyannis: 508-771-7896

Falmouth: 508-540-6295

Orleans: 508-240-0853

Toll Free: 800-942-2445

#### **Independence House**

160 Bassett Lane, Hyannis

*Clients only*

508-771-6507

### Additional Food Resources:

<http://www.CapeCodHungerNetwork.org>

[GettingSnap.org](http://GettingSnap.org)

[Meals4Kids.org](http://Meals4Kids.org)

National Hunger Hotline - 866-348-6479

Northeast Regional Anti-hunger Network –

[NERAHN.org](http://NERAHN.org)

Project Bread – 800-645-8333

[projectbread.org](http://projectbread.org)



## Cape Cod Family Resource Center

## Guide to Food

## Pantries

## Meals

## Programs



Updated September 23, 2016

**Please Call Before Going to Any Program!**

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## **Food Pantry and Food Program Information:**

Every effort has been made to ensure that the food programs listed in this brochure are accurate; however, it is highly recommended that the program be contacted prior to participation in the services offered. Please call before going to any program listed.

### Information you may need to provide:

- Government issued ID such as a license, MA ID card, passport, etc.
- Ages of all family members living in the household.
- Household income verification-recent pay stubs, SSI income award letter, copy of unemployment benefits, etc.
- Verification of town or county residence (*this varies amongst agencies and pantries.*)

*\*For corrections or additions, please contact the Cape Cod Family Resource Center at 505-815-5100.*

The Cape Cod Family Resource Center, a program of Family Continuity, serves all families in every community on Cape Cod regardless of income. We offer:

- Parent Education & Support
- Information & Referrals
- Child and Youth Assessments
- Help Navigating Resources

Cape Cod Family Resource Center  
29 Bassett Lane, Downtown Hyannis  
Main Number: 508-815-5100

[www.capecodfamilyresourcecenter.org](http://www.capecodfamilyresourcecenter.org)

[Facebook.com/CapeCodFamilyResourceCenter](https://www.facebook.com/CapeCodFamilyResourceCenter)

**Please Call Before Going to Any Program!**

## **Mid Cape Food Pantries:**

### Salvation Army Food Pantry

100 North St., Hyannis  
Mon., Tues., Wed., & Thurs. 10-11:30  
*By appointment only*  
[508-775-0364](tel:508-775-0364)

### St. Vincent de Paul Society/

#### St. Francis Xavier Church

21 Cross St., Hyannis  
Tues. & Friday 10-12  
*Also serves Mashpee Residents*  
[508-775-3073](tel:508-775-3073)

### Yarmouth Food Pantry-Lighthouse Landing

845 Main St., Unit 16, S. Yarmouth  
Tues. & Thurs. 5:30-6:30,  
2<sup>nd</sup> Fri. of the month 3-4,  
3<sup>rd</sup> Sat. of the month 10-11,  
4<sup>th</sup> Fri. of the month 10-11  
[508-394-0880](tel:508-394-0880)

### St. Pius X Food Pantry

5 Barbara St., S. Yarmouth  
*Open Weekdays by need and request*  
[508-394-2244](tel:508-394-2244)

### AIDS Support Group of Cape Cod

Monday through Friday  
*Clients only*  
[508-539-2364](tel:508-539-2364) ask for Mimi Razon

### Nam Vets Assoc. of Cape & Islands Food Pantry

569 Main St., Hyannis  
Tues. & Thurs. 9:30 -12  
*Must furnish a DD214-food given every 15 days*  
[508-778-1590](tel:508-778-1590)

### First Baptist Church Food Pantry

486 Main St., Hyannis  
Tues. 9-12  
[508-775-1846](tel:508-775-1846)

### Cape Cod Community College Family Pantry

2240 Iyannough Road (Route 132)  
West Barnstable, MA 02668  
*Must have CCCC ID - closed summers*  
[508-432-6519](tel:508-432-6519)

**Please Call Before Going to Any Program!**

## **Lower/Outer Cape Food Pantries:**

### Hands of Hope Food Pantry

49 Rt. 28, West Harwich  
Mon. & Fri. 10-3  
Tues., Wed., & Thurs. 1-3  
*Serving clients from Sandwich to Harwich*  
[508-432-1312](tel:508-432-1312)

### St. Vincent de Paul Society/ Our Lady of the Cape

468 Stoney Brook Rd., Brewster. *Delivers Food on request by need. Serves bayside towns from Yarmouth to Orleans. Call for intake info.*  
[508-385-7582](tel:508-385-7582)

### St. Vincent de Paul Society/St. Joan of Arc

61 Canal Rd., Orleans  
3<sup>rd</sup> Saturday of the month 9-11  
*Please call for information & directions.*  
[508-255-8080](tel:508-255-8080)

### Lower Cape Outreach Council

*Serves Brewster, Orleans, Chatham, Eastham, Wellfleet, Truro, and Provincetown residents. Food available for clients who have called in a request for food. Call for more information.*  
[508-240-0694](tel:508-240-0694) / [lcoutreach.org](http://lcoutreach.org)

### AIDS Support Group of Cape Cod

Emergency Pantry-Lower Cape  
96-98 Bradford St., Provincetown  
Monday through Friday / *Clients only*  
[508-487-9445](tel:508-487-9445) ask for Bill Furdon

### St. Christopher's Episcopal Church

625 Main St., Chatham  
*Call for information about receiving food.*  
[508-240-0694](tel:508-240-0694)

## **Upper Cape Food Pantries:**

### Falmouth Service Center

611 Gifford St., Falmouth  
Mon 10-6,  
Tues. & Thurs. 10-2,  
Wed. 5-7 pm,  
Fri. 10-12  
*Serves Falmouth, Mashpee, & Otis AFB Residents*  
*Eligible every 3 wks.*  
[508-548-2794](tel:508-548-2794)

**Please Call Before Going to Any Program!**

## **Upper Cape Food Pantries continued:**

### Sandwich Food Pantry

331 Cotuit Rd., Sandwich  
Wed. 10-12,  
last Wed. of month 6-7:30 pm,  
3<sup>rd</sup> Sat. of month 10-12  
*Must live or work in Sandwich*  
[508-888-3816](tel:508-888-3816)

### Christ the King Church Food Pantry/

#### St. Vincent de Paul Society

Rt. 151 & Jobs Fishing Rd., Mashpee  
Wed. 10-12,  
2<sup>nd</sup> & last Wed. of the month 5-7 pm  
[508-477-7710](tel:508-477-7710)

### Mashpee Tribal Council Pantry

483 Great Neck Rd. South, Mashpee  
Every other week: Mon. & Wed. 10-2  
*Tribal members only*  
[508-477-0208](tel:508-477-0208)

### Bourne Friends Food Pantry

20 Commerce Park, Pocasset  
Thurs. 9-11,  
4<sup>th</sup> Thurs. of the month 5-7 pm  
3<sup>rd</sup> Sat. of the month 9-12  
[508-759-3351](tel:508-759-3351)

## **Pantries Serving All Cape Residents:**

### The Family Pantry of Cape Cod

133 Queen Anne Rd. Harwich  
Tues. & Thurs. 10-3:30,  
Thurs. 5-7 pm,  
Sat. 10-12  
*Clients are eligible to visit every 21 days*  
[508-432-6519](tel:508-432-6519)

## **“Over-The-Bridge” Food Pantries:**

### Damien's Food Pantry

Tues., Thurs., & Sat. 10-12  
*Serves Wareham, Onset, Mattapoisett, Acushnet, Marion, Dartmouth, New Bedford, and Fairhaven.*  
*ID w/address & ages of household required.*  
[508-295-3486](tel:508-295-3486)

**Please Call Before Going to Any Program!**