

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

1st 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

Meals4Kids.org

National Hunger Hotline - 866-348-6479

Northeast Regional Anti-hunger Network –

NERAHN.org

Project Bread – 800-645-8333

projectbread.org



Cape Cod Family Resource Center

Guide to Food

Pantries

Meals

Programs



Updated April 2018

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

[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. 9:30-2 & 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,
2nd Fri. of the month 3-4,
3rd Sat. of the month 10-11,
4th 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
3rd 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

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,
3rd 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,
2nd & 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. 9-12,
4th Thurs. of the month 5-8 pm
3rd 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!