

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!

Please Call Before Going to Any Program!

Please Call Before Going to Any Program!

Please Call Before Going to Any Program!

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!