

<b>Upper Cape</b>				
	<b>Hours of Operation</b>	<b>Eligible Participants</b>	<b>What is Provided</b>	<b>Program Needs</b>
<b>Bourne Friends Food Pantry</b> 20 Commerce Park Rd. Pocasset 508-759-3351 Facebook: Friends of Bourne <a href="http://www.friendsofbournecoa.org">www.friendsofbournecoa.org</a>	Tuesday-Thursday 10am-4pm Drive through pantry and limited delivery available	Residents of Bourne	Bags of groceries	Monetary donations greatly appreciated
<b>Falmouth Service Center</b> 611 Gifford St. Falmouth 508-548-2794 <a href="http://www.falmouthservicecenter.org">www.falmouthservicecenter.org</a> Facebook: Falmouth Service Center	Tuesdays: 10am-12pm Wednesdays: 3:30-5:30pm Thursdays: 10am-12pm Fridays: 10am-12pm	All residents from Massachusetts may access food	Client Choice Shopping List	Monetary donations greatly appreciated
<b>Mashpee: Christ the King Food Pantry</b> 5 Job's Fishing Rd. 508-477-7700 <a href="http://www.christthekingparish.com/st-vincent-de-paul">www.christthekingparish.com/st-vincent-de-paul</a>	Wednesdays 9am-12pm Drive through distribution	All Cape Cod residents during COVID	Client Choice Shopping List	Monetary donations greatly appreciated
<b>Mashpee Village</b> 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
<b>Mashpee Tribal Council Food Pantry</b> 483 Great Neck Rd. South, Mashpee 508-477-0208 Ext. 189 <a href="http://www.mashpeewampanoagtribe-nsn.gov/food-pantry">www.mashpeewampanoagtribe-nsn.gov/food-pantry</a> 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
<b>St. Vincent DePaul Food Pantry</b> 322 Quaker Meeting House Road, Sandwich 508-833-1555 <a href="mailto:svdp@corpuschristiparish.org">svdp@corpuschristiparish.org</a>	Thursdays 9:30-12pm	All Sandwich, Sagamore and Sagamore Beach residents	Perishable and non-perishables	Monetary donations or non-perishable items that have not expired
<b>Sandwich- Farmers to Families Food4Vets</b> Sandwich Empowerment Center 117 Rt. 6 508-775-5073 <a href="http://www.mmsfi.org">www.mmsfi.org</a>	***For Veterans Only*** Tuesdays October 5th & 19th, November 2nd & 16th 10am-12pm Required to register at <a href="http://www.mmsfi.org">www.mmsfi.org</a> and bring confirmation to pick up	Must be a veteran	32 lb. Meal Boxes	Volunteers
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<b>Sandwich Food Pantry</b> 331 Cotuit Rd. Sandwich 508-888-3816 <a href="http://www.sandwichfoodpantry.org">www.sandwichfoodpantry.org</a> 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
<b>Mid-Cape</b>				
	<b>Hours of Operation</b>	<b>Eligible Participants</b>	<b>What is Provided</b>	<b>Program Needs</b>

<b>Salvation Army</b> <b>100 North St. Hyannis</b> <b>508-775-0364</b>	<b>Food Pantry:</b> Mondays-Thursdays 10:00-11:30am <b>Soup Kitchen:</b> Mondays through Fridays Breakfast 8:30-9:30am 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
<b>St. Vincent De Paul Food Pantry</b> <b>St. Francis Xavier Church</b> <b>21 Cross Street, Hyannis</b> <b>508-775-3073</b>	Tuesdays and Fridays 10am-12pm	All are welcome	Perishable and non-perishables	
<b>Cape &amp; Islands Veterans</b> <b>247 Stevens Street, Hyannis</b> <b>508-778-1590</b> <b>www.capeveterans.com</b> <b>Info@capeveterans.com</b> <b>Facebook: Cape &amp; Islands Veterans</b>	Open Thursdays from 9am-1pm Veterans can visit twice a month Pantry is located at the side entrance of 247 Stevens Street, Suite E	For Veterans only	Non-perishables On the second visit of the month, veterans will receive meats as well as non-perishable	Donations accepted
<b>Mid-Cape</b>				
	<i>Hours of Operation</i>	<i>Eligible Participants</i>	<i>What is Provided</i>	<i>Program Needs</i>
<b>Faith Family Kitchen</b> <b>154 Bearses Way Hyannis</b> <b>508-775-5073</b> <b>www.capecodcouncilofchurches.org/faith-family-kitchen.org</b> <b>Facebook: Faith Family Kitchen</b> <b>cccouncilofchurches@gmail.com</b>	Mondays, Wednesdays, Fridays: 6pm-7pm Families with children: Front Door Distribution Adults with out children: Back Door Distribution No registration required Open to all	All are welcome	Hot meals to go, protein bars, smoothies, other packaged foods as available	Monetary donations or any food donations
<b>St. Vincent DePaul Food Pantry</b> <b>21 Cross St. Hyannis</b> <b>508-775-3073</b>	Tuesday 9:30-12:00 and Friday 10:00-12:00	All are welcome	Pre-bagged groceries	Monetary donations
<b>Souper Saturdays</b> <b>The First Lutheran Church</b> <b>1668 Main Street, West Barnstable</b> <b>508-362-3161</b>	Saturdays 11:30-12:30 Drive thru lunch program Registration required by calling 508-362-3161	All are welcome	Homemade hearty soups and stews to go	
<b>Yarmouth Food Pantry</b> <b>Lighthouse Landing Plaza 845 Rt. 28 Units 14-16 S.Yarmouth</b> <b>508-394-0880</b> <b>www.yarmouthfoodpantry.org</b> <b>Facebook: Yarmouth Food Pantry</b>	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 & date of birth for all household members & address Clients can visit twice a month for a full supply of food	Client choice shopping of food, meal of the month bag, frozen meat and child snack bags	Food donations accepted Monday-Friday 10am-Noon

<p><b>St. David's Episcopal Church</b> 205 Old Main St. South Yarmouth 508-394-4222 <a href="http://www.stdavidscapecod.org">www.stdavidscapecod.org</a></p>	<p>3rd Wednesday of the month Next one will be October 20th</p>	<p>All are welcome</p>	<p>Paper pantry and meals to go</p>	<p>Any donation</p>
<p><b>Dennis Council on Aging</b> 1045 Route 134 508-694-2004 <a href="mailto:MPerndergast@town.dennis.ma.us">MPerndergast@town.dennis.ma.us</a></p>	<p>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</p>	<p>Open to all. Delivery available to those who don't drive</p>	<p>10-15 lbs of nutritious food items</p>	<p>Monetary donations</p>



<b>Healthy Meals in Motion Mobile Food Pantry</b> <b>Family Pantry of Cape Cod</b> <b>508-487-7080</b>	Registration is required. Call Andrea at 508- 487-7080.	60+ years old; families with children	Food choice pantry – nonperishables, vegetables, dairy, meat and bakery items	Monetary donations made to the Family Pantry of Cape Cod 508-432-6519
<b>Helping Our Women</b> <b>34 Conwell Street, Provincetown</b> <b>508-487-4357</b>	Available to anyone in need Please call 508-487-4357 to information	To-Go bags of food for pick-up or delivery		
<b>United Methodist Church- Lower Cape Outreach Council</b> <b>20 ShankPainter Rd. Provincetown</b> <b>516-974-1524</b> <b>www.lcoutreach.org/pantry-hours</b>	Wednesdays 10-2pm Thursdays 10-12pm 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
<b>Sustainable CAPE &amp; Outer Cape Health</b> <b>Fruit &amp; Vegetable Prescription Program</b> <b>crnavigator@outercape.org</b> <b>www.sustainableCAPE.org</b>	Free Clinician prescribed fruits and vegetables for seniors	For seniors who have diabetetic disease, are SNAP clients and are at risk for social isolation	12 weeks worth of fresh, seasonal vegetables from the Truro Farmers Market	
<b>Truro Community Kitchen</b> <b>Operating out of Christian Union Church</b> <b>27 Shore Road, Truro</b> <b>973-868-7526</b> <b>www.trurocommunitykitchen.com</b>	Tuesdays for deliveries only 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	monetary donations
<b>Common Table at the Fox and Crow</b> <b>commontable6@gmail.com</b>	Monday-Saturday 8am-10:00am For questions or delivery, please email commontable6@gmail.com Delivery available. Please email commontable6@gmail.com	Free and open to all	Prepared meals	
<b>Grace Chapel Food Pantry-Lower Cape Outreach Council</b> <b>25 Lieutenant Island Rd. Wellfleet</b> <b>508-240-0694</b> <b>www.lcoutreach.org/pantry-hours</b>	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
<b>The Islands</b>				
	<b>Hours of Operation</b>	<b>Eligible Participants</b>	<b>What is Provided</b>	<b>Program Needs</b>
<b>Nantucket Food Pantry</b> <b>10 Washington Street, Nantucket</b> <b>508-228-7438</b>	Tuesdays, Wednesdays, and Thursdays 3pm-6pm To register, email food@assistanantucket.org	Open to all who meet the income requirements	Dry goods, fresh produces, dairy, eggs and meats	Donations appreciated
<b>Martha's Vineyard Island Food Pantry</b> <b>PA Club</b> <b>137 Vineyard Haven Road, Oak Bluffs</b> <b>693-4764</b> <b>info@islandfoodpantry.org</b> <b>http://islandfoodpantry.org/resources/</b>	<b>508</b> Mondays: 2:00pm-4:00pm Wednesdays: 1pm-6pm Saturdays: 10am-1pm	All are welcome	Choice pantry. Please allow extra time due to Covid guidelines. One shopper allowed per family	Monetary donations
<b>Capewide</b>				
	<b>Hours of Operation</b>	<b>Eligible Participants</b>	<b>What is Provided</b>	<b>Program Needs</b>
<b>Brown Bag Program</b> <b>Council on Aging</b> <b>Various Locations</b>	Check your local Council on Aging for more information Delivery available at some locations for those who do not drive	Adults over the age of 60	10-15 lbs of nutritious food items	

<p><b>The Family Pantry of Cape Cod</b> 133 Queen Anne Road, Harwich 508-432-6519 cmenard@thefamilypantry.com</p>	<p><b>Food Pantry Hours:</b> Tuesdays 10am-3:30pm Wednesdays 10-12pm Thursdays 10am-3:30 &amp; 5pm-7pm Saturdays 10-12pm <b>Thrift Store Hours:</b> Mondays, Wednesdays &amp; 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><b>Meals on Wheels</b> <b>Elder Service of Cape Cod and the Islands</b> 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><b>Cape Kids Meals</b> 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. <b>To sign up, please contact your child's school</b></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><b>Sustainable CAPE Farmers Market Nutrition Incentive Program</b> www.sustainableCAPE.org Facebook/SustainableCAPE Info@sustainableCAPE.org</p>	<p>For participating markets, their dates and hours visit: <a href="https://sustainablecape.org/programs/the-sustainable-cape-farmers-market-coalition/">https://sustainablecape.org/programs/the-sustainable-cape-farmers-market-coalition/</a></p>	<p>Open to all SNAP clients and veterans. WIC families &amp; 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 &amp; support local harvesters.</p>	<p>Monetary donations can be made through www.sustainablecape.org</p>
<p><b>School Systems Food Distribution</b></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>