

OUTER CAPE FOOD ACCESS GUIDE

Updated April 2024 by
Outer Cape Community Solutions

PROVINCETOWN

Provincetown Pantry: Lower Cape Outreach Council

Provincetown Methodist Church, 20 Shank Painter Road, Provincetown, MA 02657

(508) 240-0694 | www.lcoutreach.org

Pantry Hours: Weds. & Thurs. 10a-2p

Foods to Encourage Program: 2nd Weds. 12:30p-2p

- Food pantry
- Foods to Encourage Program: No cost blood pressure and glucose checks with pop up food nutrition education. Receive a bag of fresh fruits and vegetables upon attendance

Eligibility: Open to the public

- *General information and registration will occur when you walk in for your first visit (self-reporting only; no citizenship or other paperwork needed).*

"Crop Swap" Community Refrigerator: Provincetown Public Library

Provincetown Public Library, 356 Commercial Street, Provincetown, MA 02657

(508) 487-7094 | www.provincetownlibrary.org

Library Hours: Mon. 10a-5p; Tues. - Thurs. 10a-8p; Fri. 10a-5p; Sat. - Sun. 1p-5p

- Community fridge filled with free, fresh, uncut produce for anyone to drop off or take food

Eligibility: Open to the public

Unitarian Universalist Meeting House of Provincetown

236 Commercial Street, Provincetown, MA 02657

(508) 487-9344 | www.uumh.org

Pantry Hours: Available 24/7

- Food pantry

Eligibility: Open to the public



PROVINCETOWN

Helping Our Women (HOW)

34 Conwell Street, Provincetown, MA 02657

(508) 487-4357 | www.helpingourwomen.org

Pantry Hours: Mon. - Fri. 10a-4p

- Supplemental food and personal care product pantry

Eligibility: Open to the public

AIDS Support Group of Cape Cod (ASGCC)

96 Bradford Street, Provincetown, MA 02657

(508) 487-9445 | www.asgcc.org

Pantry Hours: Mon. - Fri. 9a-5p

Meals Delivered: Mon. - Fri.

- Food pantry of non-perishable items
- Daily home delivery of chef-prepared meals for Provincetown & Truro residents

Eligibility: Must be receiving other services from ASGCC

St. Peter the Apostle, Provincetown

11 Prince Street, Provincetown, MA 02657

(508) 487-0095 ext. 4 | www.stpeters-ptown.org

Office Hours: Mon. & Tues. 9:30a-4:30p, Weds. 9:30a-12p

- Provides gift cards for food and general financial assistance

Eligibility: For Provincetown & North Truro residents only

Soup Kitchen in Provincetown (SKIP)

Provincetown Methodist Church, 20 Shank Painter Road, Provincetown, MA 02657

(508) 487-8331 | www.skipfood.org

Meals Served: Mon. - Fri. 12:30p-1:30p, November through April.

- A hot no-cost lunch, dine in or take out
- Year-round office coordinator available to help anyone in need of food assistance

Eligibility: Open to the public

PROVINCETOWN

St. Mary of the Harbor, Provincetown

517 Commercial Street, Provincetown, MA 02657

(508) 487-2622 | www.stmaryoftheharbor.org

Meals Served: Sat. 12p-1p, January - February

- A hot no-cost lunch, dine in

Eligibility: Open to the public

Provincetown Council on Aging

Veterans Memorial Community Center, 2 Mayflower St, Provincetown, MA 02657

(508) 487-708 | www.provincetown-ma.gov/72/Council-on-Aging

Pantry Hours: Mon. - Thurs. 8a-5p; Fri. 8a-12p

- Provincetown COA Pantry: non perishables and toiletry items. No registration needed
- Food Programs for Provincetown Residents 60+:
 - SNAP Assistance: self-help kiosk
 - Monthly Mobile Food Pantry through The Family Pantry of Cape Cod: grocery pick-up on the 4th Wednesday of the month
 - In-town Shuttle: Tuesday & Wednesday
 - Wednesday Lunch (donation of \$5 suggested)
 - Meals on Wheels Referrals

Eligibility:

- *Mobile Food Pantry, Meals on Wheels, Weds. Lunch, and transportation services open to residents 60+*
 - *Mobile Food Pantry is also open to those with children in Provincetown schools*
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Provincetown Educational Farmers' Market: Sustainable CAPE

Provincetown Town Hall, Ryder Street

www.sustainablecape.org/programs/ptown-farmers-market/

Farmers' Market Hours: Sat. 9a-1p, May - October

- Through Sustainable CAPE, individuals that qualify for SNAP/HIP benefits can receive up to \$40-\$120 of free local produce each month at the Provincetown Farmers' Market
- Additional nutrition incentives are available for WIC families, children, seniors, and veterans through Sustainable CAPE
 - Visit website for details: www.sustainableCAPE.org

Eligibility: Farmers' markets are open to the public

Truro Pantry: Lower Cape Outreach Council

Truro Community Center, 7 Standish Way, North Truro, MA 02652

(508) 240-0694 | www.lcoutreach.org

Pantry Hours: Tues. & Weds. 10a-12:30p

Foods to Encourage Program: 2nd Weds. 10a-11:30a

- Food pantry
- Foods to Encourage Program: No cost blood pressure and glucose checks with pop up food nutrition education. Receive a bag of fresh fruits and vegetables upon attendance

Eligibility: Open to the public

- *General information and registration will occur when you walk in for your first visit (self-reporting only; no citizenship or other paperwork needed).*

“Grow-a-Row for Neighbors” Refrigerator: Sustainable CAPE & Truro Public Library

Truro Public Library, 7 Standish Way, North Truro, MA 02652

(508) 487-1125 | www.trurolibrary.org

Library Hours: Tues. & Thurs. 10a-8p; Weds, Fri, & Sat. 10a-4p

- Community fridge filled with free, fresh, uncut produce for anyone to drop off or take food

Eligibility: Open to the public

Truro Council on Aging

Truro Community Center, 7 Standish Way, North Truro, MA 02652

(508) 487-2462 | www.truro-ma.gov/council-on-aging

Office Hours: Mon. - Thurs. 8a-4p

- Food Programs for Truro Residents 60+
 - Shopping/Errand Day: Monday 9a-12p, transportation to the grocery store. Pre-registration required
 - Food Deliveries: As needed, on Wednesday
 - \$7 Community Meal: Thursday 12p-1:30p, deliverable for homebound seniors
 - Meals on Wheels Referrals: Call Georgette at the Truro COA: (508) 413-9508

Eligibility: For Truro residents 60+

- *Pre-registration is required for several food programs, call (508) 487-2462 to register*

TRURO

Truro Community Kitchen

Christian Union Church, 27 Shore Road, Truro, MA 02652
(973) 868-7526 | www.trurocommunitykitchen.com

Meals Delivered: Tues.

- Two prepared meals home-delivered once a week at no-cost

Eligibility: For Truro residents

Truro Educational Farmers' Market: Sustainable CAPE

20 Truro Center Road, Truro, MA 02666

www.sustainablecape.org/programs/truro-farmers-market/

Farmers' Market Hours: Mon. 8a-12p, June - August

- Through Sustainable CAPE, individuals that qualify for SNAP/HIP benefits can receive up to \$40-\$120 of free local produce each month at the Truro Farmers' Market
- Additional nutrition incentives are available for WIC families, children, seniors, and veterans through Sustainable CAPE
 - Visit website for details: www.sustainableCAPE.org

Eligibility: Farmers' markets are open to the public

WELLFLEET

Wellfleet Pantry: Wellfleet Food Pantry & Lower Cape Outreach Council

Grace Chapel, 25 Lieutenant Island Road, Wellfleet, MA 02667

(508) 349-3036 | www.wellfleetfoodpantry.org

Pantry Hours: Mon. 3p-6p; Weds. 4p-6p; Thurs. 10a-12p

Foods to Encourage: 1st Mon. 3p-6p

- Food pantry
- Foods to Encourage Program: No cost blood pressure and glucose checks with pop up food nutrition education. Receive a bag of fresh fruits and vegetables upon attendance

Eligibility: Open to the public

- *General information and registration will occur when you walk in for your first visit (self-reporting only; no citizenship or other paperwork needed).*

WELLFLEET

The 246 Community Kitchen of Wellfleet

Wellfleet United Methodist, 246 Main Street, Wellfleet, MA 02667

www.wellfleet246.org

Meals Served: Tues. 5p, October - April

- A hot no-cost dinner, dine in

Eligibility: Open to the public

Mustard Seed Kitchen

(508) 349-2049

Meals Delivered: Tues. & Thurs.

- Home-delivered meals provided on a temporary basis to ill, troubled, grieving or unemployed people at no cost

Eligibility: Open to Truro, Wellfleet, & Eastham residents

- *Sign up through the Truro Community Center, Wellfleet Adult Community Center, & Eastham Senior Center*
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Wellfleet Council on Aging

Wellfleet Adult Community Center, 715 Old Kings Highway, Wellfleet, MA 02667

(508) 349-2800 | www.wellfleetcoa.org

Office Hours: Mon. - Fri. 8a-4p

- Food Programs for Wellfleet Residents 60+:
 - Soups to Go: \$5 Meal Pick Up, Tuesday
 - SNAP Assistance: Thursday 12p-2:30p
 - Maryann's Cafe: \$9 Meal, Thursday 12:30p. Pre-registration required
 - Shopping/Errand Day: Friday transportation to the grocery store. Pre-registration required
 - Food Pantry Delivery: the Wellfleet COA can pick up and deliver food orders from the Wellfleet Food Pantry. Pre-registration required

Eligibility: For Wellfleet residents 60+

- *Pre-registration is required for several food programs, call (508) 349-2800 to register*

WELLFLEET

Wellfleet Farmers' Market

200 Main Street, Wellfleet, MA 02667

www.wellfleetfarmersmarket.com/

Farmers' Market Hours: Wed. 8a-12p, May - October

- Through Sustainable CAPE, nutrition incentives are available for individuals that qualify for SNAP benefits, WIC families, children, seniors, and veterans
 - Visit website for details: www.sustainableCAPE.org

Eligibility: Farmers' markets are open to the public

EASTHAM

Eastham Pantry: Lower Cape Outreach Council

Methodist Church, 3200 State Highway, Eastham, MA 02642

(508) 240-0694 | www.lcoutreach.org

Pantry Hours: Mon. 4p-6p; Tues. 10a-12p; Thurs. 2p-4p

- Food pantry

Eligibility: Open to the public

- *General information and registration will occur when you walk in for your first visit (self-reporting only; no citizenship or other paperwork needed).*
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Nauset Fellowship at Eastham's Chapel in the Pines

220 Samoset Road, Eastham, MA 02642

www.nfuu.org

Pantry Hours: Available 24/7

- Community Food Exchange: Canned and packaged non-perishable items. Take what you need, give what you can.

Eligibility: Open to the public

Elks Club Pantry: Cape & Islands Veterans Outreach Center

10 McKoy Road, Eastham, MA 02642
(508) 778-1590 | www.capeveterans.com
Pantry Hours: 2nd & 4th Tues. 10a-1p

- Food pantry for veterans

Eligibility: Pantry open to veterans only

- *Must bring proof of veteran status to the pantry and must meet assistance requirements defined by The Emergency Food Assistance Program (TEFAP)*

Eastham Council on Aging

Eastham Senior Center, 1405 Nauset Road, Eastham, MA 02642
(774) 801-3151 | www.eastham-ma.gov/542/Council-on-Aging
Office Hours: Mon. - Fri. 8a-4p

- Food Programs for Eastham Residents 60+:
 - Dry Goods Pantry: A dry goods pantry of sundry items, non-perishables, personal items and more is available daily at the Senior Center
 - Baked Goods Tuesday: Stop by to pick up donated baked goods, Tuesday 10a
 - Mobile Food Pantry by The Family Pantry of Cape Cod: 1st Wednesday of the month, 12-1p
Eligible participants receive a grocery shopping list to select needed food items. Pre-registration required
 - "Grab & Go" Prepared Meals: Stop by the Nauset Light room (located downstairs at the Senior Center) on select Fridays for a no cost meal from The Family Table Collaborative (FTC)
 - Brown Bag Friday: Fresh and frozen items available for pickup or delivery on the 1st Friday of the month. Pre-registration required
 - Whole Foods Thursday: Food is distributed at the Eastham United Methodist Church located at 3200 State Highway every Thursday 1-2p
 - Eastham COAch: Orleans/Eastham Shuttle Friday 9a or 12:30p, FREE local rides are available to the grocery store, pharmacy, post office, bank and other local destinations. Pre-registration required
 - Eastham COAch: Trader Joe's Thursday 12:30p-3:15p, Take a bus to the Trader Joe's from the Eastham Senior Center. Pre-registration is required

Eligibility: For Eastham residents 60+

- *Pre-registration is required for several food programs, call (774) 801-3151 to register*

CAPE WIDE SERVICES

The Family Pantry of Cape Cod

133 Queen Anne Road, Harwich, MA 02645
(508) 432-6519 | www.thefamilypantry.com

Pantry Hours: Tues. 10a-3:30p; Weds. 10a-12p; Thurs. 10a-7p; Sat. 9a-12p

- Food distribution center with meat, produce, and non-perishable goods

Eligibility: Open to the public

- *Intake will occur when you walk in for your first visit and you can visit once every 10 days*
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Cape Wellness Collaborative (CWC)

436b Station Ave, South Yarmouth, MA 02664
(774) 408-8477 | www.capewellness.org

- A six-week meal delivery or pick up program for those undergoing cancer treatment

Eligibility: Must be receiving other services from CWC

- *For people receiving active cancer treatment and/or are less than 1-month post cancer-related surgery*
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Meals on Wheels through Elder Service of Cape Cod and the Islands

68 Route 134 South Dennis, MA 02660
(508) 394-4630 / (800) 244-4630 | www.escci.org

Meals Delivered: Mon. - Fri.

- Meal delivery for seniors

Eligibility: For people 60+ who are homebound and/or unable to prepare their own meals

Cape Kid Meals

1336 Main Street, Osterville, MA 02655
(508) 419-1734 | www.capekidmeals.org

Meals Sent Home: Fri.

- During the school year, meals and snacks sent home with students to last through the weekend

Eligibility: Sign up through participating Outer Cape schools - currently including Provincetown School, Truro Central School; reach out to Cape Kid Meals to inquire about additional locations

CAPE WIDE SERVICES

Food 4 Kids Cape Cod: Summer Eats Massachusetts

204 Monument Road, Orleans, MA 02653

(800) 645-8333 | www.food4kidscapecod.org

Meals Available: Mon. - Fri, June through August

- A summer food service program that provides breakfast, lunches, and snacks to children
 - Outer Cape meals can be picked up at the Veterans Memorial Community Center in Provincetown, the Truro Central School, Baker's Field in Wellfleet, and the Eastham Elementary School

Eligibility: For children 18 or younger

Mom's Meals

(877) 508-6667 | www.momsmeals.com

Office Hours: 8a-7p

- Home-delivered meals for people 65+, disabled, or anyone on Medicaid or Medicare receiving a meal benefit. Pay through insurance or out of pocket

Eligibility: For people 65+, disabled, or receiving qualified government assistance

Lasagna Love

www.lasagnalove.org

- Home-delivered lasagna or meal made by volunteers in home kitchens

Eligibility: Open to the public

- *Request a meal for you or someone else through their website: lasagnalove.org/request/*
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Community Servings

179 Amory Street, Jamaica Plain, MA 02130

(617) 522-7777 | www.servings.org

- Weekly home-delivered meals medically tailored for people who are critically or chronically ill

Eligibility: For people who are critically or chronically ill

- *Apply through their website: www.servings.org/meal-delivery/*

ELIGIBILITY

Eligibility	Provincetown Resident	Truro Resident	Wellfleet Resident	Eastham Resident	Additional Requirements
PANTRIES & COMMUNITY FRIDGES					
Provincetown Pantry: Lower Cape Outreach Council	✓	✓	✓	✓	Provincetown residents preferred
Provincetown Library: “Crop Swap” Refrigerator	✓	✓	✓	✓	
Unitarian Universalist Meeting House of Provincetown	✓	✓	✓	✓	
Helping Our Women	✓	✓	✓	✓	
AIDS Support Group of Cape Cod Pantry	✓	✓	✓	✓	Must be receiving other services from ASGCC
Provincetown Council on Aging Pantry	✓	✓	✓	✓	
Truro Pantry: Lower Cape Outreach Council	✓	✓	✓	✓	Truro residents preferred
Truro Public Library: “Grow-a-Row for Neighbors” Refrigerator	✓	✓	✓	✓	
Wellfleet Food Pantry with Lower Cape Outreach Council	✓	✓	✓	✓	Wellfleet residents preferred
Eastham Pantry: Lower Cape Outreach Council	✓	✓	✓	✓	Eastham residents preferred
Nauset Fellowship at Eastham’s Chapel in the Pines	✓	✓	✓	✓	
Elks Club Pantry: Cape & Islands Veterans Outreach Center	✓	✓	✓	✓	Pantry open to veterans only
The Family Pantry of Cape Cod	✓	✓	✓	✓	

ELIGIBILITY

Eligibility	Provincetown Resident	Truro Resident	Wellfleet Resident	Eastham Resident	Additional Requirements
MEALS					
SKIP: Soup Kitchen In Provincetown	✓	✓	✓	✓	
St. Mary of the Harbor (Provincetown)	✓	✓	✓	✓	
AIDS Support Group of Cape Cod Meal Delivery	✓	✓			Must be receiving other services from ASGCC
Truro Community Kitchen		✓			
The 246 Community Kitchen of Wellfleet	✓	✓	✓	✓	
Mustard Seed Kitchen (Wellfleet)		✓	✓	✓	For people who are ill, troubled, grieving, or unemployed
Cape Wellness Collaborative	✓	✓	✓	✓	Must be undergoing cancer treatment or had a recent cancer-related surgery
Meals on Wheels	✓	✓	✓	✓	For people 60+ homebound or in need of assistance
Cape Kid Meals	✓	✓			Sign up through local elementary schools
Food 4 Kids	✓	✓	✓	✓	School aged children
Mom's Meals	✓	✓	✓	✓	For people 65+, disabled, or receiving qualified government assistance
Lasagna Love	✓	✓	✓	✓	Note: Volunteer Kitchens
Community Servings	✓	✓	✓	✓	For people who are critically or chronically ill

ELIGIBILITY

Eligibility	Provincetown Resident	Truro Resident	Wellfleet Resident	Eastham Resident	Additional Requirements
COUNCILS ON AGING					
Provincetown Council on Aging	✓				For people 60+
Truro Council on Aging		✓			For people 60+
Wellfleet Council on Aging			✓		For people 60+
Eastham Council on Aging				✓	For people 60+
GROCERY ASSISTANCE					
St. Peter the Apostle, Provincetown	✓	✓			For Provincetown & North Truro Residents
Provincetown Educational Farmers' Market	✓	✓	✓	✓	
Truro Educational Farmers' Market	✓	✓	✓	✓	
Wellfleet Farmers' Market	✓	✓	✓	✓	



GOVERNMENT BENEFITS

Supplemental Nutrition Assistance Program (SNAP)

Hyannis Transitional Assistance Office, 500 Main Street, Hyannis, MA 02601
(508) 862-6600 | www.mass.gov/snap-benefits-formerly-food-stamps

Office Hours: Mon. - Fri. 8a-5p



- SNAP offers monthly financial assistance for groceries, nutrition education, and support

Eligibility: Monthly funds are determined based on income and expenses

- *Apply for SNAP through the DTA Connect website; many local agencies will assist with this process*

Healthy Incentives Program (HIP)

www.mass.gov/massachusetts-hip-gives-you-money-back-when-you-use-your-snap-benefits-to-buy-healthy-local-fruits-and-vegetables-from-hip-farm-vendors



- Through HIP, all individuals with SNAP cards receive money back for benefits used to purchase produce from participating HIP vendors. Monthly limits are based on family size
- Outer Cape HIP vendors include the Provincetown & Truro Educational Farmers' Markets

Eligibility: Available to all SNAP card holders

Women, Infants, Children (WIC) at Outer Cape Health Services

Provincetown Health Center, 49 Harry Kemp Way, Provincetown, MA 02657

(508) 240-0853 | www.mass.gov/locations/provincetown-wic-program-at-outer-cape-health-services



- WIC is a supplemental nutrition program that offers healthy food, education, and support

Eligibility: For pregnant and postpartum women, infants & children up to age 5 and their guardians

Women, Infants, Children (WIC) Program at Cape Cod Children's Place

Cape Cod Children's Place, 10 Ballwic, Eastham, MA 02651

(508) 240-0853 | www.mass.gov/locations/eastham-wic-program-at-cape-cod-childrens-place

Office Hours: 2nd & 4th Wed. 9a-2:30p



- WIC is a supplemental nutrition program that offers healthy food, education, and support

Eligibility: For pregnant and postpartum women, infants & children up to age 5 and their guardians

THANK YOU

This guide was created by Outer Cape Community Solutions network partners, most notably by members in the Outer Cape Food Access Work Group:

Helping Our Women - Maddie Kahle, Americorps VISTA
Lower Cape Outreach Council - Katie Wibby
Soup Kitchen in Provincetown - Robert Sweetman
Sustainable CAPE - Jackie Opitz
Truro Community Kitchen - David Sobel



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Cape Cod Cooperative Extension
Provincetown's COVID-19 Resource Guide
Every agency in this guide for sharing their resources & info*

Outer Cape Community Solutions is a rural health network in Eastham, Wellfleet, Truro, and Provincetown built by partnerships with municipal, healthcare, and non-profit agencies. Their mission is to build collaborative solutions that increase health equity and improve the health and wellbeing of all Outer Cape residents through education, advocacy, and collective action.



*This resource guide was published in April 5, 2024
For edits, updates, or suggestions, please reach out to
Outer Cape Community Solutions (OCCS) at info@outercapecs.org.*