

OUTER CAPE FOOD ACCESS GUIDE

Updated June 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 required
- 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 through 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. 8:30a-3:30p

- Food Programs for Eastham Residents 59+:
 - 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: Trader Joe's Wednesday 12:30p-3:15p, Take a bus to Trader Joe's from the Eastham Senior Center on select Wednesdays. Pre-registration is required
 - 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

Eligibility: For Eastham residents 59+

- *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 Services 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, Wellfleet Elementary, and Eastham Elementary

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, end of June through August

- A summer food service program that provides breakfast, lunches, and snacks to children
 - Meal pick-up sites include the Veterans Memorial Community Center in Provincetown, Baker's Field in Wellfleet, and the Eastham Elementary School

Eligibility: For children 18 or younger

- *Must be registered for the recreational program to receive food. Inquire for locations and times*
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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

- Medically tailored meals shipped to people who are critically or chronically ill

Eligibility: For people who are critically or chronically ill with qualifying insurance

- *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 Cape Cod	✓	✓	✓	✓	For school aged children enrolled in the rec program
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 59+
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) Program 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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Barnstable County's Food Access Resource Guide

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 on June 5, 2024
For edits, updates, or suggestions, please reach out to
Outer Cape Community Solutions (OCCS) at info@outercapecs.org.