

# OUTER CAPE FOOD ACCESS GUIDE

Updated October 2025 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](http://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).*

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### **"Crop Swap" Community Refrigerator: Provincetown Public Library**

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

(508) 487-7094 | [www.provincetownlibrary.org](http://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*

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### **Unitarian Universalist Meeting House of Provincetown**

236 Commercial Street, Provincetown, MA 02657

(508) 487-9344 | [www.uumh.org](http://www.uumh.org)

*Pantry Hours: Available 24/7*

- Food pantry

*Eligibility: Open to the public*



# PROVINCETOWN

## **AIDS Support Group of Cape Cod (ASGCC)**

96 Bradford Street, Provincetown, MA 02657

(508) 487-9445 | [www.asgcc.org](http://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*

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## **St. Peter the Apostle, Provincetown**

11 Prince Street, Provincetown, MA 02657

(508) 487-0095 ext. 4 | [www.stpeters-ptown.org](http://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*

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## **Soup Kitchen in Provincetown (SKIP)**

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

(508) 487-8331 | [www.skipfood.org](http://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*

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# PROVINCETOWN

## **St. Mary of the Harbor, Provincetown**

517 Commercial Street, Provincetown, MA 02657

(508) 487-2622 | [www.stmaryoftheharbor.org](http://www.stmaryoftheharbor.org)

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

- A hot no-cost lunch, dine in

*Eligibility: Open to the public*

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## **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](http://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/](http://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](http://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](http://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).*

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## **“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](http://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*

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## **Truro Council on Aging**

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

(508) 487-2462 | [www.truro-ma.gov/council-on-aging](http://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](http://www.trurocommunitykitchen.com)

*Meals Delivered: Tues.*

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

*Eligibility: For Truro residents*

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## **Truro Educational Farmers' Market: Sustainable CAPE**

20 Truro Center Road, Truro, MA 02666

[www.sustainablecape.org/programs/truro-farmers-market/](http://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](http://www.sustainableCAPE.org)

*Eligibility: Farmers' markets are open to the public*

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# WELLFLEET

## **Wellfleet Pantry: Wellfleet Food Pantry & Lower Cape Outreach Council**

Our Lady of the Lourdes Catholic Church Parking Area, 2282A Route 6, Wellfleet, MA 02667  
(508) 349-3036 | [www.wellfleetfoodpantry.org](http://www.wellfleetfoodpantry.org)

*Pantry Hours: Mon. 3p-6p; Weds. 3p-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**

Our Lady of the Lourdes Catholic Church, 2282A Route 6, Wellfleet, MA 02667

[www.wellfleet246.org](http://www.wellfleet246.org)

*Meals Served: Tues. 5p, November through April*

- A hot no-cost dinner, dine in

*Eligibility: Open to the public*

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## **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](http://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/](http://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](http://www.sustainableCAPE.org)

*Eligibility: Farmers' markets are open to the public*

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# EASTHAM

## **Eastham Pantry: Lower Cape Outreach Council**

Methodist Church, 3200 State Highway, Eastham, MA 02642

(508) 240-0694 | [www.lcoutreach.org](http://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](http://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](http://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)*
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## **Eastham Council on Aging**

Eastham Senior Center, 1405 Nauset Road, Eastham, MA 02642  
(774) 801-3151 | [www.eastham-ma.gov/542/Council-on-Aging](http://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*

## **The Eastham Community Refrigerator**

2500 State Hwy, Eastham, MA 02642

(508) 240-5900, ext. 3230 | <https://www.eastham-ma.gov/CivicAlerts.aspx?AID=361>

*Pantry Hours: Mon. - Fri. 8a-4p*

- Produce, meals, and more, as available
  - Located in the Conservation & Health Department
  - Residents may call to ask what's available and/or follow the Town of Eastham on Facebook for updates

*Eligibility: Pantry open to Eastham Residents*

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# CAPE WIDE SERVICES

## **The Family Pantry of Cape Cod**

133 Queen Anne Road, Harwich, MA 02645  
(508) 432-6519 | [www.thefamilypantry.com](http://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](http://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](http://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*

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## **Cape Kid Meals**

1336 Main Street, Osterville, MA 02655  
(508) 419-1734 | [www.capekidmeals.org](http://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](http://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](http://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*

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## **Lasagna Love**

[www.lasagnalove.org](http://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/](http://lasagnalove.org/request/)*
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## **Community Servings**

179 Amory Street, Jamaica Plain, MA 02130

(617) 522-7777 | [www.servings.org](http://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/](http://www.servings.org/meal-delivery/)*

# ELIGIBILITY

Eligibility	Provincetown Resident	Truro Resident	Wellfleet Resident	Eastham Resident	Additional Requirements
<b>PANTRIES &amp; COMMUNITY FRIDGES</b>					
Provincetown Pantry: Lower Cape Outreach Council	✓	✓	✓	✓	Provincetown residents preferred
Provincetown Library: “Crop Swap” Refrigerator	✓	✓	✓	✓	
Unitarian Universalist Meeting House of Provincetown	✓	✓	✓	✓	
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	✓	✓	✓	✓	
Eastham Community Refrigerator				✓	
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
<b>MEALS</b>					
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
<b>COUNCILS ON AGING</b>					
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+
<b>GROCERY ASSISTANCE</b>					
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](http://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*

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## **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](http://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*

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## **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](http://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*

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## **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](http://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*

# Get Help Applying for SNAP

SNAP offers monthly financial assistance for groceries, nutrition education, and support. The SNAP program was formerly known as Food Stamps.

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

## Agencies Providing SNAP Application Assistance



**For Eastham Residents:** For help with your application, call Cindy Dunham, Outreach Coordinator at the **Eastham Senior Center** (1405 Nauset Rd, Eastham, MA 02642), at 774-801-3153.

**For Wellfleet Residents:** *On Thursdays from 12:00-2:30 pm*, the **Wellfleet Adult Community Center** (715 Old Kings Hwy, Wellfleet, MA 02667) hosts a Case Manager from the Homeless Prevention Council who can assist with SNAP/food stamps, fuel assistance, housing, and other community resources. Schedule an appointment by calling the HPC at (508 ) 255-9667.

**For Provincetown Residents: The Provincetown Council on Aging** (2 Mayflower St, Provincetown, MA 02657) offers a self-help SNAP kiosk, including an iPad that can be used to apply for SNAP benefits, and those who have benefits can use it to check on their account information. It is available during business hours, *Mon. - Thurs. 8a-5p and Friday 8a-noon*.

**Provincetown Community Liaison:** The Provincetown Community Liaison, provided by the Homeless Prevention Council, can assist with SNAP applications. You can call 508-237-7042 or email [provincetown@hpccapecod.org](mailto:provincetown@hpccapecod.org) for assistance and/or attend their office hours.

- Office Hours at the Provincetown United Methodist Church  
20 Shank Painter Road, Provincetown. *Mondays, Tuesdays and Thursdays: 10a-2p*
- Office Hours at the Provincetown Public Library  
356 Commercial Street, Provincetown. *Wednesdays: 10a-4p, Fridays: 10a -noon*

**The Family Pantry:** The Family Pantry in Harwich (George P. Morris Building, 133 Queen Anne Rd, Harwich, MA 02645) has volunteers who have been trained to assist with applying for SNAP benefits online. Contact them at 508-432-6519 or [thefamilypantry.com](http://thefamilypantry.com). *Office Hours: Tues. 10a.-3p, Wed. 10a-noon, Thurs. 10a-3:30p and 5-7p, Sat. 10a-noon*.

# Get Help Applying for SNAP

## Agencies Providing SNAP Application Assistance



**Harbor Health:** Harbor Health in Hyannis (735 Attucks Ln, Hyannis, MA 02601) provides SNAP application assistance **over the phone**. You do not have to be a Harbor Health patient to make an appointment for help with your SNAP application. To make an appointment call Jessica Espiritusanto at (617) 533-2267 or Camila Barbosa at (508) 778-5413. *Office Hours: Mon. 8a-5p, Tues. 8a-8p, Wed. 8a-5p, Thurs. 8a-8p, Fri. 8a-5p, Sat. 8a-4p, Sun. 8a-1p.*

**Hyannis Department of Transitional Assistance (DTA) Office:** The Hyannis DTA office (500 Main Street, Hyannis, MA 02601) can provide SNAP application assistance in office and **over the phone** at (508) 862-6600. You can also call the DTA Assistance Line at (877) 382-2363 for information about a pending case. *Office Hours: Mon. - Fri. 8a-5p*

**Community Action Committee of Cape & Islands:** The Community Action Committee of Cape & Islands (372 North Street Hyannis, MA 02601) has staff available to assist with SNAP applications. Call (508) 771-1727 to set up an appointment or for more information. *Office Hours: Mon.- Fri., 8a-4p*

**Project Bread:** You can call or text Project Bread's (145 Border St, Boston, MA 02128) FoodSource Hotline at (800) 645-8333 with questions about applying for SNAP in Massachusetts. **Their counselors are able to assist in 180 languages. Habla español.** Visit their site at <https://gettingsnap.org> for more information or to chat with a counselor. *Hotline Hours: Mon.- Fri. 8a-7p, Sat. 10a-2p.*

# 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*

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*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.



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*Visit [outercapecommunitysolutions.org](https://outercapecommunitysolutions.org) for the most up to date version.*

*For edits, updates, or suggestions, please reach out to*

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