

# OUTER CAPE FOOD ACCESS GUIDE

Updated January 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

## **Helping Our Women (HOW)**

34 Conwell Street, Provincetown, MA 02657

(508) 487-4357 | [www.helpingourwomen.org](http://www.helpingourwomen.org)

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

- Supplemental food and personal care product pantry

*Eligibility: Open to the public*

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## **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*

# 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**

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

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

*Meals Served: Tues. 5p, October 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
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## 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	✓	✓	✓	✓	
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*

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