

## Food Resources for Chatham Seniors

### FOOD DISTRIBUTION:

#### **Chatham Council on Aging**

**Pantry to People:** To serve Chatham's older residents who have outlived their resources, have a food need and are isolated for a variety of reasons, CCOA has developed a collaborative program with the FPOCC. The Pantry to People program involves CCOA coordination of volunteers and transportation to pick up custom packed grocery bags at the FPOCC and deliver them to resident's homes.

#### **Lower Cape Outreach Council**

**Food Pantry:** The Chatham Food Pantry (CFP) is one of eight food pantries of the LCOC. The CFP is supported by St. Christopher's Church, which provides rent-free space as well as administrative services. CFP services only the residents of Chatham. In order to be accepted into the program, a prospective client must call LCOC (250-0694) to share his/her information. A client is then eligible to come to the pantry every two weeks. Clients must call LCOC for an appointment, either the day before or the morning of a visit. An appointment will be given at that time by the LCOC, after all information is given. CCOA provides transportation by appointment.

#### **Lower Cape Outreach Council**

**Surplus Food Program:** The Greater Boston Food Bank's Brown Bag program operates through LCOC and provides supplemental groceries to eligible recipients. Every other month, GBFB delivers a carefully planned selection of nutritious food items to LCOC, where staff and volunteers organize and fill grocery bags for distribution. The CCOA coordinates volunteers to bring the food to Chatham for local distribution

#### **Lower Cape Outreach Council**

**Thanksgiving:** LCOC works in collaboration with St. Vincent de Paul Society, St. Joan of Arc Church in Orleans, Nam Vets, Nauset Newcomers and many local businesses to provide Thanksgiving turkeys, fresh vegetables, stuffing, cranberry sauce and 20 day packs of food to households from Harwich to Provincetown. CCOA coordinates transportation and volunteers to pick up and distribute the food in Chatham.

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

**Food Pantry:** Food distribution is their primary program. They provide food to anyone in need with no geographic restrictions. Among the many pantries on Cape Cod FPOCC is the largest that is available for anyone to utilize. Clients have a confidential interview on their first visit and then are entitled to shop for food every three weeks. They are a choice pantry which means that the food is not pre-bagged. Each client is allowed to select the products that he or she wants. They provide a large selection of healthy foods including frozen meats, cheese, eggs, fresh produce as well as the canned and packaged food products.

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

**Healthy Food To Go Mobile Pantry:** Food distributions are held at CCOA every third Wednesday of the month, 12:00-2pm. This program is intended to serve the Chatham COA patron who would like access to nutritious food; yet, struggles to make it to the Family Pantry of Cape Cod, located at 133 Queen Anne Road in Harwich. Foods distributed will be on a choice basis, meaning patrons will complete a shopping list and that list will be filled and brought to them at the COA. The shopping list will include multiple dry good items, produce, meat, seafood, bakery and dairy. In addition to the standard items, clients will be able to choose from a variety of seasonal items as well as specialty items that will be provided on the day of service.

Chatham was chosen when it was identified in data from Feeding America's "Map the Meal Gap" study which highlighted the need to understand food insecurity from a geographic perspective. Chatham is one of the areas on the Cape where the food insecure are not guaranteed at least "one meal per day". Seniors are a vulnerable population as they age out of their benefits and people they have relied upon leave the area or pass away. HFTG will help to ensure these people have access to nutritious food on a consistent basis reducing the risk of heart disease, high blood pressure, and diabetes.

## **FINANCIAL AID FOR FOOD:**

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

**Supplemental Nutrition Assistance Plan (SNAP):** This was formerly known as Food Stamps. FPOCC has volunteers trained to apply for SNAP assistance for clients through an online program. This is an ancillary service and helps clients to have the ability to purchase other foods that may not be available at FPOCC and to do so conveniently while at the Pantry.

## **CONTACT INFORMATION:**

### **Chatham Council on Aging (CCOA)**

193 Stony Hill Road  
Chatham, MA 02633  
508-945-5190

### **Family Pantry of Cape Cod (FPOCC)**

133 Queen Anne Road  
Harwich, MA 02645  
508-432-6519

### **Lower Cape Outreach Council (LCOC)**

19 Brewster Cross Rd  
Orleans, MA 02653  
508-240-0694