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How to Apply for SNAP Benefits

Apply for food stamps online through SNAP Massachusetts, at <https://dtaconnect.eohhs.mass.gov/>. For eligibility information, visit <https://dtaconnect.eohhs.mass.gov/screening>.

Apply for [EAEDC](#) assistance if you are disabled. In addition, visit your local food pantries.

Agencies that Help with SNAP Benefits

CACCI (Community Action Committee of Cape Cod and the Islands) offers SNAP application assistance to residents of the Cape and Islands. For more information, or to make an appointment, call 508-771-1727; ask for SNAP Outreach Staff.

The Massachusetts DTA (Department of Transitional Assistance) can also assist with SNAP. Contact the Hyannis DTA office at 508-862-6600. Click [here](#) for a complete list of DTA offices in Massachusetts.

For Martha's Vineyard residents, the Vineyard Committee on Hunger can assist with applying for SNAP benefits. Clients can visit the Serving Hands Food Distribution Program after the fourth Thursday of each month, from 2 to 3 p.m. For more information, call Betty Burton at 508-693-5339.

Food Assistance Links

Upper Cape

- Bourne Friends Food Pantry: <https://friendsofbournecoa.org/friends-food-pantry/>
- Sandwich Food Pantry: <http://www.sandwichfoodpantry.org/>
- St. Barnabas Church Lunch "A Place at the Table":
<https://www.stbfalmouth.org/a-place-at-the-table.html>
- Sandwich Food Pantry: <http://www.sandwichfoodpantry.org/>

Mid Cape

- Hands of Hope Food Pantry and Outreach Center:
<https://www.capecodcouncilofchurches.org/hands-of-hope-food-pantry-and-outreach-center.html>
- Family Table Collaborative: <https://www.familytablecollaborative.org/>
- Yarmouth Brown Bag Program (seniors):
<http://ma-yarmouth.civicplus.com/309/Senior-Services>
- Cape Cod Community College Family Pantry: <https://www.capecod.edu/familypantry/>
- Faith Assemblies of God Church: Faith Family Kitchen:
<https://www.capecodcouncilofchurches.org/faith-family-kitchen.html>
- First Baptist Church Food Pantry: <https://www.fbchyannis.org/food-pantry/>

Lower Cape

- Mustard Seed Kitchen:
<https://www.capecodhungernetwork.org/Food-Pantries/agentType/View/PantryID/39/Mustard-Seed-Kitchen>
- SKIP (Soup Kitchen in Provincetown): <https://www.skipfood.org/>
- St Joan of Arc: <https://www.joanarc.org/>

Martha's Vineyard

- Island Food Pantry: <https://www.igimv.org/about-island-food-pantry>
- Vineyard Committee on Hunger:
<https://firststopmv.org/provider/vineyard-committee-on-hunger/>

Nantucket

- Nantucket Food Fuel & Rental Assistance (NFFRA): <https://www.assistnantucket.org/>

All Cape

- Yarmouth Food Pantry: <https://yarmouthfoodpantry.org/>

All Cape and Islands

- Nams Vets Association of Cape & Islands, Food Pantry

Massachusetts

- MA Meals on Wheels: <https://www.massmealsonwheels.org/>
- MA Supplemental Nutrition Assistance Program (SNAP):
<https://www.mass.gov/snap-benefits-formerly-food-stamps>