



Foods to Encourage better living

New Dates

Nurses help you manage your health

Nutritionists help you choose the best foods

Earn a \$20 gift card with participation

Receive EXTRA CHOICES of healthy foods

Visit our food demo table every third Thursday

2024 Schedule
First and Third Thursdays of each month

Apr 4	May 2	July 18	Aug 1
Apr 18	May 16	ONLY	Aug 15
Sept 5	Oct 3	Nov 7	Dec 5
Sept 19	Oct 17	Nov 21	Dec 19



FALMOUTH SERVICE CENTER
more than a food pantry

Offered in partnership with
Barnstable County Department of Health
and Environment and Cape Cod
Cooperative Extension