

Human Needs Task Force Fact Sheet on Food Resources

The information and resources below are provided by community agencies working to ensure residents in Ottawa have access to food during the current COVID-19 pandemic.

Call 2-1-1 for information on the full range of community, social, government and health services and programs available in Ottawa, and how to access them.

Types of food programs available.

Some have a cost \$ and many have subsidies.



Agencies Working Together



Food Delivery



Food Pick Up

Champlain Community Support Network

Contact Number

Web only

Location Served

Ottawa region and rural wards



Services Offered

Grocery Delivery and Meals for seniors/adults with disabilities.

Use communitysupport.covidresponse.ca

- Pharmacy delivery, transportation to medical appointments, and wellness phone check are also available.

Ottawa Food Bank (OFB)

Contact Number

613-745-7001

Location Served

Ottawa region, urban, suburban and rural areas



Services Offered

Central Food Bank Information

Call **613-745-7001** (8 am to 4 pm) or use ottawafoodbank.ca

- Use the look up tool at ottawafoodbank.ca/get-help to find food bank nearest you, hours of operation, directions and phone number.
- Food deliveries are available for residents who are food insecure AND cannot leave their homes. Call **613-745-7001** to request delivery.

Barrhaven Food Cupboard

Contact Number

613-825-4505

Location Served

Barrhaven



Services Offered

Food Pick Up

Call **613-825-4505**
or email **info@barrhavenfoodcupboard.ca**

- Provides emergency food assistance.
- 100 Malvern Drive, Nepean Ontario (Inside the Walter Baker Centre).
- **barrhavenfoodcupboard.ca**

Carefor

Contact Number

613-749-7557

Location Served

Ottawa region, Renfrew County, Eastern Counties



Services Offered

Grocery Delivery

Call **613-749-7557** or email **cmacintosh@carefor.ca**
and cc **agrenon@carefor.ca**

- For Seniors.

FAMSAC Food Cupboard

Contact Number

613-820-5428

Location Served

Bayshore, Bells Corners, Crystal Beach, Craig Henry, Manordale, and Trend Village



Services Offered

Emergency Food Pick Up

Call **613-820-5428**

- Provides emergency food assistance by appointment only.
- Leave name, number of people needing food, and contact information

Good Companions

Contact Number

613-236-0428

Location Served

Ottawa region



Services Offered

Grocery and frozen meal delivery

Call **613-236-0428**
or email **info@thegoodcompanions.ca**

- Delivering groceries and frozen meals to seniors in our community.
- Web: **thegoodcompanions.ca**

Human Needs Task Force Contact Information

HNTF@ottawa.ca | 613-580-2424 ext. 26753

Good Food Box Ottawa

Contact Number

Web only

Location Served

Ottawa region



Services Offered

Food Box Delivery

Email ottawagoodfoodbox@crrc.org
or visit ottawagoodfoodbox.ca

- Providing fresh fruits and vegetables at an affordable cost.
- Temporary home delivery to Ottawa households who currently have limited financial and physical access to affordable fresh fruits and vegetables. Starting April 13, 2020.

Montfort Renaissance

Contact Number

613-241-1266 ext. 457

Location Served

Ottawa region



Services Offered

Frozen Meal Delivery

(Wednesday and Friday, 9 am to 4 pm)

Call **613-241-1266 ext. 457**
or email reception-csg@mri.ca

- Frozen meals and other basic food delivered to Francophone seniors' homes.
Web: montfortrenaissance.ca

Meals on Wheels

Contact Number

613-233-2424

Location Served

Ottawa region



Services Offered

Frozen meal delivery, once per week
(Monday to Thursday from 8:30 am to 4:30 pm; Fridays from 8:30 am to 3 pm; Saturday from 9 am to 1:30 pm)

Call **613-233-2424**
or use mealsonwheels-ottawa.org
or email service@mealsonwheels-ottawa.org

- Delivering food to seniors, people with disabilities and people convalescing at home. Affordable for those on a fixed income.
- Frozen meals delivered on Tuesdays in the west part of catchment area and Fridays in the east/south part of catchment area.

Hot meal delivery (Monday to Saturday)

Call **613-233-2424**
or use mealsonwheels-ottawa.org
or email service@mealsonwheels-ottawa.org

- Hot meal delivery to clients who are unable to heat up frozen meals.
- Affordable for those on a fixed income.

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Operation Ramzieh

Contact Number

1-800-321-5973

Location Served

Ottawa region



Services Offered

Food Hamper Delivery

Call **1-800-321-5973**

or use order form at **operationramzieh.org**

- Food hampers to seniors and others who cannot leave their homes.

Ottawa West Community Support

Contact Number

613-728-6016

Location Served

Ottawa West



Services Offered

Grocery box delivery, twice per week (Monday and Thursday)

Call **613-728-6016** or use **owcs.ca**

or email **info@owcs.ca**

or use **communitysupport.covidresponse.ca**

- Delivery to seniors who do not have access to groceries.

United Muslim Organizations of Ottawa-Gatineau (UMOOG)

supported by Muslim Family Services of Ottawa (MFSO)

Contact Number

613-686-3922

Location Served

Ottawa-Gatineau region



Services Offered

Food and Supplies Delivery

Complete **Ottawa-Gatineau COVID-19 Relief Form**

- For isolated or vulnerable people of ANY faith, culture, or community in need.
- If you are having difficulty filling out the form, please call: **613-686-3922**
- To speak directly to a representative, contact Malika Nouh at **819-576-4966** or Lubna Syed at **613-255-0870**.

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Western Ottawa Community Resource Centre

Contact Number 613-591-3686

Location Served Nepean, Kanata, Goulburn and West Carleton



Services Offered

Frozen meal delivery, twice per week
(Monday and Thursday)

Call **613-591-3686 ext. 333**
or use **communitysupport.covidresponse.ca**

Orders must be in by Friday at 12 pm for Monday delivery,
Monday at 12 pm for Wednesday delivery.

- This service is available to any vulnerable, isolated community members (no age restrictions). There is a fee associated with the cost of the meals; subsidies are available.

Grocery order delivery, once per week
(Tuesday, Wednesday or Thursday)

Call **613-591-3686 ext. 336** or email **css@wocrc.ca**

- This service is available to any vulnerable, isolated community members (no age restrictions).
- Grocery delivery priority will be given to community members living in West Carleton. Delivery will be limited to 30 households/week. Payment is made directly to the store for the grocery order; subsidies are available.

Kanata Food Cupboard

Contact Number 613-836-7847

Location Served Kanata



Services Offered

Food Pick Up (Monday to Friday from 9 am to 12 pm)

Call **613-836-7847** or use **kanatafoodcupboard.ca**

- Call the Client Appointment Line to schedule an appointment.

Odawa Native Friendship Centre

Contact Number 613-722-3811

Location Served Serving Ottawa region



Services Offered

Food Container Pick Up

Call **613-722-3811**

Web: **odawa.on.ca**

- Food and outreach to existing clients; Elder support is also available.
- Food boxes are available at 510 Rideau Street.

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Tungasuvvingat Inuit

Contact Number

613-857-1709

Location Served

Ottawa region



Services Offered

Food Box Pick Up (9 am to 4 pm)

Call **613-857-1709** (Paulina)

- Food boxes are available for existing clients, contact your TI worker for details or contact Paulina
- Web: **tungasuvvingatinuit.ca**

Inuuqatigiit Centre for Inuit Children, Youth and Families

Contact Number

613-744-3133 ext. 242

Location Served

Ottawa region



Services Offered

Food Gift Card Pick Up

Call **613-744-3133 ext. 242**

- Email: **info@inuuqatigiit.ca**
- Web: **inuuqatigiit.ca**

Food Resources in Rural Areas

Rural Ottawa Support Services

Contact Number

613-692-4697 ext. 241

Location Served

Osgoode and Rideau rural wards.



Services Offered

Grocery Delivery

Call **613-692-4697 ext. 241**

- Free grocery delivery for people 55+ or persons with a disability.
- Web: **rosss.ca**

Casselman Foodbank

Contact Number

613-764-5203

Location Served

Casselman



Services Offered

Food Pick Up

Call **613-764-5203**

- Food hamper pick up available by appointment only.

Eastern Ottawa Resource Centre (EORC)

Contact Number

613-741-6025

Location Served

Gloucester, Cumberland, Orleans, Carlsbad Springs, Vars, Sarsfield, and South-East communities



Services Offered

Food Pick Up (8:30 am to 4:30 pm)

Call **613-741-6025**

- Food hamper pick up available by appointment only at 215-1980 Ogilvie Road, Gloucester.

Orleans Cumberland CRC

Contact Number

613-830-4357 ext. 158

Location Served

Orleans-Cumberland and surrounding areas.



Services Offered

Food Pick Up (Monday to Friday)

Call **613-830-4357 ext. 158**

- Food hamper pick up available by appointment only at 240 Centrum Boulevard.

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Riceville Foodbank

**Contact
Number**

613-715-0867

**Location
Served**

Riceville, Curran, Fournier,
Plantagenet, St. Isidore de
Prescott, Wendover

**Services Offered****Food Pick Up**

Call **613-715-0867**

- Food hamper pick up available by appointment only.

Richmond Food Cupboard

**Contact
Number**

613-838-5397

**Location
Served**

Serving Richmond,
Munster and surrounding
rural area.

**Services Offered****Food Pick Up**

Call **613-838-5397**

- Food hamper pick up available by appointment only

Stittsville Food Bank

**Contact
Number**

613-831-0451

**Location
Served**

Stittsville and
surrounding rural areas.

**Services Offered****Food Pick Up**

Call **613-831-0451** or visit **stittsvillefoodbank.ca**

- Food hamper pick up available by appointment only

West Carleton Food Access Centre

**Contact
Number**

613-832-5685

**Location
Served**

West Carleton: Dunrobin,
Carp, Kinburn, Contance Bay,
Woodlawn, Fitzroy, Galetta

**Services Offered****Food Pick Up**

Call **613-832-5685** or visit

deeprootsfoodhub.ca/food-access-centre.html