

# 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](https://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](https://ottawafoodbank.ca)

- Use the look up tool at [ottawafoodbank.ca/get-help](https://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@crr.org](mailto:ottawagoodfoodbox@crr.org) or visit [ottawagoodfoodbox.ca](http://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](mailto:reception-csg@mri.ca)

- Frozen meals and other basic food delivered to Francophone seniors' homes.  
Web: [montfortrenaissance.ca](http://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](http://mealsonwheels-ottawa.org)

or email [service@mealsonwheels-ottawa.org](mailto: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](http://mealsonwheels-ottawa.org)

or email [service@mealsonwheels-ottawa.org](mailto:service@mealsonwheels-ottawa.org)

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

## Human Needs Task Force Contact Information

[HNTF@ottawa.ca](mailto:HNTF@ottawa.ca) | 613-580-2424 ext. 26753

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

## Western Ottawa Community Resource Centre

**Contact Number** 613-591-3686

**Location Served** Nepean, Kanata, Goulburnand 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](http://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](mailto:info@inuuqatigiit.ca)
- Web: [inuuqatigiit.ca](http://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](http://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.

## 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](http://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

[deeproofsfoodhub.ca/food-access-centre.html](http://deeproofsfoodhub.ca/food-access-centre.html)