

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.

Working Together




Supports Isolated People with Home Delivery






Food Pick-Up Only








Champlain Community Support Network	
Contact Number	1-888-482-3267
Location Served	Ottawa region and rural wards
Services Offered	
<p>Grocery Delivery and Meals for seniors/adults with disabilities.</p> <p>Use communitysupport.covidresponse.ca</p> <ul style="list-style-type: none"> Pharmacy delivery, transportation to medical appointments, and wellness support visits. Supports Isolated Seniors. 	



Last update: May 10, 2021



Ottawa Food Bank (OFB)	
Contact Number	613-745-7001
Location Served	Ottawa region, urban, suburban and rural areas
Services Offered	
<p>Central Food Bank Information Call 613-745-7001 (8 am to 4 pm) or use ottawafoodbank.ca</p> <ul style="list-style-type: none"> • 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. • Supports Isolated Seniors. 	
Barrhaven Food Cupboard	
Contact Number	613-825-4505
Location Served	Barrhaven
Services Offered	
<p>Food Pick Up Call 613-825-4505 or email info@barrhavenfoodcupboard.ca</p> <ul style="list-style-type: none"> • Provides emergency food assistance. • 100 Malvern Drive, Nepean Ontario • barrhavenfoodcupboard.ca 	
FAMSAC Food Cupboard	
Contact Number	613-820-5428
Location Served	Bayshore, Bells Corners, Crystal Beach, Craig Henry, Manordale, and Trend Village
Services Offered	




<p>Emergency Food Pick Up Call 613-820-5428</p> <ul style="list-style-type: none"> • Provides emergency food assistance by appointment only. • Leave name, number of people needing food, and contact information 		
<p>Eastern Ottawa Resource Centre (EORC)</p>		
<p>Contact Number</p>	<p>613-741-6025 ext. 300</p>	
<p>Location Served</p>	<p>Ottawa's east end, Blackburn Hamlet, Beacon Hill, Carlsbad Springs, Cumberland, Gloucester, Gloucester South, Orleans, Navan, Sarsfield and Vars.</p>	
<p>Services Offered</p>		
<ul style="list-style-type: none"> • Following the "Stay at Home" order, we are now moving away from the drop in format. • We are now serving clients for the food cupboard by appointment. • Services for seniors and adults with physical disabilities: • Free grocery pick-up and prescription delivery: <p>The EORC, in collaboration with A Bag Half Full, is offering free delivery of groceries and prescriptions. Please have your grocery list ready before calling and ensure your prescriptions are ready for pick-up. Delivery takes three to four days after receipt of your grocery list. Call 613-741-6025, ext. 300.</p> <p>Free grocery hampers: Free food hampers provided to seniors and adults living with physical disabilities in need. Delivery on Tuesdays and Fridays for residents of Orléans and Ottawa's rural east, and Wednesdays and Fridays for all other residents living in the EORC's catchment area.</p> <p>Supports isolated seniors.</p>		
<p>Good Companions</p>		
<p>Contact Number</p>	<p>613-236-0428</p>	
<p>Location Served</p>	<p>Ottawa region</p>	



Services Offered	
<p>Grocery and frozen meal delivery Call 613-236-0428 or email info@thegoodcompanions.ca</p> <ul style="list-style-type: none"> Delivering groceries and frozen meals to seniors in our community. Web: thegoodcompanions.ca <p>Supports ISOLATED SENIORS.</p>	
Good Food on The Move	
Contact Number	(613)745-0073 ext. 122
Location Served	Ottawa region
Services Offered	
<p>Fresh food order service with site pick-up or home delivery</p> <ul style="list-style-type: none"> Good Food on the Move is a collaborative project between the Ottawa Good Food Box and Market Mobile which increases access to affordable fresh fruits and vegetables for Ottawa residents. On a weekly basis, customers purchase fresh fruits and vegetables from an online store. Individual produce items are offered for sale, as well as a \$10 and \$20 conventional or \$25 organic Ottawa Good Food Box. Orders can be made through the online store anytime between Wednesdays at 9am and Mondays at 9am. Orders are placed online using a debit or credit card. If you need assistance placing your order, please call (613)745-0073 ext.122 on Thursdays between 9am and 4pm. Site pick-ups or home deliveries are made on Wednesdays, Thursdays or Fridays of the following week. <p>Please visit www.marketmobileottawa.com to place an order for site pick-up or home delivery.</p> <p>Supports ISOLATED SENIORS.</p>	
Kanata Food Cupboard	
Contact Number	613-836-7847
Location Served	Kanata
Services Offered	





<p>Food Pick Up (Monday, Wednesday, Thursday, and Friday evenings; Tuesday afternoon) For deliveries (on Tuesday evenings), please call the client appointment booking line at 613-836-7847 on Monday to Friday (from 9 am to noon) to schedule an appointment. Assistance is available in English and French. Supports ISOLATED SENIORS.</p>	
<p>Inuuqatigiit Centre for Inuit Children, Youth and Families</p>	
<p>Contact Number</p>	<p>Call Janice 613-415-5768.</p>
<p>Location Served</p>	<p>Ottawa region</p>
<p>Services Offered</p>	
<ul style="list-style-type: none"> • Food Gift Card Pick Up • Email: info@inuuqatigiit.ca <p>Web: inuuqatigiit.ca</p> <ul style="list-style-type: none"> • Gift cards available for children of Inuit families. 	
<p>Meals on Wheels</p>	
<p>Contact Number</p>	<p>613-233-2424</p>
<p>Location Served</p>	<p>Ottawa region</p>
<p>Services Offered</p>	
<p>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</p> <ul style="list-style-type: none"> • 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. <p>Hot meal delivery Hot meal delivery hours: Monday to Thursday 8:30 am to 3:30 pm and Friday 8:30am to 2:30pm</p>	

<p>Frozen meals in bulk. Delivery twice a week. Call 613-233-2424 or use mealsonwheels-ottawa.org or email service@mealsonwheels-ottawa.org</p> <ul style="list-style-type: none"> • Hot meal delivery to clients who are unable to heat up frozen meals. • Affordable for those on a fixed income. <p>Supports ISOLATED SENIORS.</p>		
Montfort Renaissance		
Contact Number	613-241-1266 ext. 464	
Location Served	Ottawa East, Downtown and Vanier	
Services Offered		
<ul style="list-style-type: none"> • Serving Francophone seniors 55 years plus. • Frozen meals delivered to Francophone seniors' homes. Frozen meal delivery is a temporary for current confinement measures. (Stay at Home Order) • Seniors can also call ahead and come in to pick up frozen meals. • Supports ISOLATED SENIORS. 		
Nepean Rideau Osgoode Community Resource Centre		
Contact Number	613-596-5626	
Location Served	Nepean, Greely, Metcalfe, Manotick and Malakoff	
Services Offered		
<p>Call 613-596-5626 or visit nrocrc.org Offers Good Food on The Move program in partnership with Rideau-Rockcliffe Community Resource Centre.</p> <ul style="list-style-type: none"> • Gift Cards - available to anyone in need in catchment area available for pick up by appointment only on Tuesday and Thursday afternoons. • Offers Good Food on The Move program in partnership with Rideau-Rockcliffe Community Resource Centre. • Orders can be picked up at NROCRC on Wednesdays. <p>Supports ISOLATED SENIORS.</p>		



Odawa Native Friendship Centre	
Contact Number	613-722-3811 ext 221
Location Served	Ottawa region
Services Offered	
<ul style="list-style-type: none"> • Food Bank is available to any Indigenous community member the catchment region (100kms from the city center of Ottawa) on Wednesdays from 11:00am - 3:00pm at 815 St. Laurent Blvd. • Email : reception@odawa.on.ca • Reaching Home program located at 510 Rideau Street. • Food and outreach to existing clients call: 613-789-3077. <p>Supports ISOLATED SENIORS.</p>	
Olde Forge Community Resource Centre	
Contact Number	613-829-9777
Location Served	West End Ottawa
Services Offered	
<p>Free grocery delivery and transportation to shopping for seniors and adults with disabilities. Call 613-829-9777 or visit oldeforge.ca</p> <ul style="list-style-type: none"> • Limited free food hampers and/or referral to this service. • Services available Monday to Friday from 8 am to 4 pm. <p>Supports ISOLATED SENIORS.</p>	
Operation Ramzieh	
Contact Number	1-800-321-5973
Location Served	Ottawa region
Services Offered	

Food Hamper Delivery <ul style="list-style-type: none"> • Call 1-800-321-5973 or use order form at operationramzieh.org/request • Food hampers to seniors and others who cannot leave their homes. • Food Hamper delivery on Monday, Wednesday, Friday and Sunday. • Will assist anyone in a vulnerable position, please call. • Supports ISOLATED SENIORS. 		
Orléans Cumberland Community Resource Centre/ Centre de ressources communautaires Orléans-Cumberland		
Contact Number	613-830-4357 ext. 158	
Location Served	Orleans-Cumberland and surrounding areas.	
Services Offered		
Food Pick Up Call 613-830-4357 ext. 158 Food hamper pick up available by appointment only at 240 Centrum Boulevard.		
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 <ul style="list-style-type: none"> • Delivery to seniors who do not have access to groceries. 		
Supports ISOLATED SENIORS.		
PAND Settlement Services		
Contact Number	613-897-3172	

Location Served	Kanata, Stittsville and Ottawa region	
Services Offered	<p>Free Delivery of Food, Grocery and Pharmacy Visit pandsettlement.ca Also available in Persian pandsettlement.ca/fa email info@pandsettlement.ca</p> <ul style="list-style-type: none"> • For isolated seniors, persons with a disability and vulnerable people of any culture or community with no age restriction. • Groceries will be purchased on behalf of clients who request service. Clients will be provided with receipts and then can complete an e-transfer to pay for their orders. • Delivery on weekdays from 3 to 6 pm; weekends from 11 am to 1 pm. Supports ISOLATED SENIORS. 	
		
Richmond Food Cupboard		
Contact Number	613-838-5397	
Location Served	Serving Richmond, Munster and surrounding rural area.	
Services Offered	<p>Food Pick Up Call 613-838-5397</p> <ul style="list-style-type: none"> • Food hamper pick up available by appointment only. 	
		
Rural Ottawa South Support Services (ROSSS)		
Contact Number	613-692-4697 ext. 241	
Location Served	Osgoode and Rideau rural wards.	
Services Offered		

Grocery Delivery <ul style="list-style-type: none"> For grocery delivery, call 613-692-4697, ext. 241 Free grocery delivery for people 55 and older, or persons with a disability Website: rosss.ca Supports ISOLATED SENIORS.		
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 <ul style="list-style-type: none"> Food hamper pick up available by appointment only 		
Tungasuvvingat Inuit		
Contact Number	Website only: tungasuvvingatinuit.ca	
Location Served	Ottawa region	
Services Offered		
Food Box Pick Up (9 am to 4 pm) <ul style="list-style-type: none"> Food boxes are available for existing clients, contact your Tungasuvvignat Inuit worker for details or contact Paulina. 		
United Muslim Organizations of Ottawa-Gatineau (UMOOG)		
Contact Number	613-686-3922	
Location Served	Ottawa-Gatineau region	
Services Offered		
Food and Supplies Delivery Complete Ottawa-Gatineau COVID-19 Relief Form <ul style="list-style-type: none"> 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 		

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<ul style="list-style-type: none"> To speak directly to a representative, contact Malika Nouh at 819-576-4966 or Lubna Syed at 613-255-0870. 		
Supports ISOLATED SENIORS.		
West Carleton Food Bank		
Contact Number	613-832-5685	
Location Served	West Carleton: Dunrobin, Kinburn, Woodlawn and Constance Bay, Fitzroy and Galetta, Carp, outside boundaries of Arnprior.	
Services Offered		
<p>Food Pick Up</p> <ul style="list-style-type: none"> Food hamper pick-up by appointment only - call 613-832-5685 or email wcfoodaid@gmail.com To schedule an appointment, call on Mondays, Wednesdays or Fridays before 1 pm Food delivery available for residents who cannot leave home 		
Supports ISOLATED SENIORS.		
Western Ottawa Community Resource Centre		
Contact Number	613-591-3686	
Location Served	Nepean, Kanata, Goulbourn and West Carleton	
Services Offered		
<ul style="list-style-type: none"> Frozen meal delivery, twice per week (Monday and Wednesday) Call 613-591-3686 ext. 333 or use caredove.com/champlaincss 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). 		
<p>There is a fee associated with the cost of the meals; subsidies are available.</p> <p>Grocery order delivery, once per week on Monday Call 613-591-3686 ext. 336 or email info@wocrc.ca Orders must be in by Thursday at noon for delivery the following week.</p> <ul style="list-style-type: none"> This service is available to any vulnerable, isolated community members (no age restrictions). 		

<p>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 Supports ISOLATED SENIORS.</p>	
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