

Human Needs Task Force Fact Sheet on Food Resources for Isolated Seniors

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://www.communitysupport.covidresponse.ca)

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

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](https://www.thegoodcompanions.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.

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**

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.

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.