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

<table>
<thead>
<tr>
<th>Contact Number</th>
<th>Web only</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location Served</td>
<td>Ottawa region and rural wards</td>
</tr>
</tbody>
</table>

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)

<table>
<thead>
<tr>
<th>Contact Number</th>
<th>613-745-7001</th>
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</thead>
<tbody>
<tr>
<td>Location Served</td>
<td>Ottawa region, urban, suburban and rural areas</td>
</tr>
</tbody>
</table>

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.
<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Contact Number</th>
<th>Location Served</th>
<th>Services Offered</th>
</tr>
</thead>
</table>
| FAMSAC Food Cupboard        | 613-820-5428   | Bayshore, Bells Corners, Crystal Beach, Craig Henry, Manordale, and Trend Village | **Emergency Food Pick Up**  
Call 613-820-5428  
- Provides emergency food assistance  
- Leave name, number of people needing food, and contact information |
| FAMSAC Food Cupboard        | 613-820-5428   | Bayshore, Bells Corners, Crystal Beach, Craig Henry, Manordale, and Trend Village | **Emergency Food Pick Up**  
Call 613-820-5428  
- Provides emergency food assistance  
- Leave name, number of people needing food, and contact information |
| Barrhaven Food Cupboard     | 613-825-4505   | Barrhaven                                 | **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 |
| Good Companions             | 613-236-0428   | Ottawa region                            | **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 |
| Good Food Box Ottawa        | Web only       | Ottawa region                            | **Food Box Delivery**  
Email ottawagoodfoodbox@crccr.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. |
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.

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)
**Operation Ramzieh**

<table>
<thead>
<tr>
<th>Contact Number</th>
<th>1-800-321-5973</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location Served</td>
<td>Ottawa region</td>
</tr>
</tbody>
</table>

**Services Offered**

**Food Hamper Delivery**

Call **1-800-321-5973**
or use order form at [operationramzieh.org](http://operationramzieh.org)

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

**Ottawa West Community Support**

<table>
<thead>
<tr>
<th>Contact Number</th>
<th>613-728-6016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location Served</td>
<td>Ottawa West</td>
</tr>
</tbody>
</table>

**Services Offered**

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

Call **613-728-6016** or use [owcs.ca](http://owcs.ca)
or email [info@owcs.ca](mailto:info@owcs.ca)
or use [communitysupport.covidresponse.ca](http://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)

<table>
<thead>
<tr>
<th>Contact Number</th>
<th>613-686-3922</th>
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</thead>
<tbody>
<tr>
<td>Location Served</td>
<td>Ottawa-Gatineau region</td>
</tr>
</tbody>
</table>

**Services Offered**

**Food and Supplies Delivery**

Complete [Ottawa-Gatineau COVID-19 Relief Form](http://example.com/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**.
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 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).
- There is a fee associated with the cost of the meals; subsidies are available.

**Grocery order delivery**, twice per week (Tuesday and Thursday)

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

Orders must be in by Friday at 12 pm for delivery the following week.

- 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.

Human Needs Task Force Contact Information

HNTF@ottawa.ca | 613-580-2424 ext. 26753
<table>
<thead>
<tr>
<th>Tungasuvvingat Inuit</th>
<th>Inuuqatigiit Centre for Inuit Children, Youth and Families</th>
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</thead>
<tbody>
<tr>
<td><strong>Contact Number</strong></td>
<td>613-744-3133 ext. 242</td>
</tr>
<tr>
<td><strong>Location Served</strong></td>
<td>Ottawa region</td>
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<tr>
<td><strong>Services Offered</strong></td>
<td></td>
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<tr>
<td><strong>Food Box Pick Up</strong></td>
<td>(9 am to 4 pm)</td>
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<tr>
<td>Call 613-857-1709</td>
<td>(Paulina)</td>
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<tr>
<td>• Food boxes are available for existing clients, contact your TI worker for details or contact Paulina</td>
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<tr>
<td>• Web: tungasuvvingatinuit.ca</td>
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<tr>
<td><strong>Food Gift Card Pick Up</strong></td>
<td></td>
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<tr>
<td>Call 613-857-1709</td>
<td></td>
</tr>
<tr>
<td>• Email: <a href="mailto:info@inuuqatigiit.ca">info@inuuqatigiit.ca</a></td>
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<tr>
<td>• Web: inuuqatigiit.ca</td>
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## Food Resources in Rural Areas

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<tr>
<th>Rural Ottawa Support Services</th>
<th>Casselman Foodbank</th>
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<tbody>
<tr>
<td><strong>Contact Number</strong></td>
<td>613-692-4697 ext. 241</td>
</tr>
<tr>
<td><strong>Location Served</strong></td>
<td>Osgoode and Rideau rural wards.</td>
</tr>
<tr>
<td><strong>Services Offered</strong></td>
<td><strong>Grocery Delivery</strong>&lt;br&gt;Call <strong>613-692-4697 ext. 241</strong>&lt;br&gt;- Free grocery delivery for people 55+ or persons with a disability.&lt;br&gt;- Web: rosss.ca</td>
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### Eastern Ottawa Resource Centre (EORC)

<table>
<thead>
<tr>
<th>Contact Number</th>
<th>613-741-6025</th>
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<tbody>
<tr>
<td>Location Served</td>
<td>Gloucester, Cumberland, Orleans, Carlsbad Springs, Vars, Sarsfield, and South-East communities</td>
</tr>
<tr>
<td>Services Offered</td>
<td><strong>Food Pick Up</strong> (8:30 am to 4:30 pm)&lt;br&gt;Call <strong>613-741-6025</strong>&lt;br&gt;- Food hamper pick up available by appointment only at 215-1980 Ogilvie Road, Gloucester.</td>
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### Orleans Cumberland CRC

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<thead>
<tr>
<th>Contact Number</th>
<th>613-830-4357 ext. 158</th>
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</thead>
<tbody>
<tr>
<td>Location Served</td>
<td>Orleans-Cumberland and surrounding areas.</td>
</tr>
<tr>
<td>Services Offered</td>
<td><strong>Food Pick Up</strong> (Monday to Friday)&lt;br&gt;Call <strong>613-830-4357 ext. 158</strong>&lt;br&gt;- Food hamper pick up available by appointment only at 240 Centrum Boulevard.</td>
</tr>
</tbody>
</table>
**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.

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**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.

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**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.

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**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