

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 support visits 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.

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Human Needs Task Force Contact Information

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

ottawa.ca **3-1-1**
TTY/ATS 613-580-2401

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

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.

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

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Kanata Food Cupboard

Contact Number

613-836-7847

Location Served

Kanata



Services Offered

Food Pick Up (Monday to Friday from 9 am to noon)

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

- Call the Client Appointment Line to schedule an appointment.

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**

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**

Nepean Rideau Osgoode Community Resource Centre

Contact Number

613-596-5626



Location Served

Nepean, Greely, Metcalfe, Manotick and Malakoff

Services Offered

Call **613-596-5626** or visit **nroccr.org**

Free Hampers

- Free hamper delivery to seniors and adults with disabilities on Thursdays.

Gift Cards

- Free grocery gift cards to anyone else in need; available for pick up by appointment only weekday afternoons.

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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.

Olde Forge Community Resource Centre

Contact Number

613-829-9777

Location Served

West end Ottawa



Services Offered

Free grocery delivery and transportation to shopping for seniors and adults with disabilities.

Call **613-829-9777** or visit oldeforge.ca

- Limited free food hampers and/or referral to this service.
- Services available Monday to Friday from 8 am to 4 pm.
- Food hampers and free delivery available until June 30.

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.

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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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.

PAND Settlement Services

Contact Number

613-897-3172



Location Served

Kanata, Stittsville and Ottawa region

Services Offered

Free Delivery of Food, Grocery and Pharmacy

Visit **pandsettlement.ca** or email **info@pandsettlement.ca**

- 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.

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.

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**

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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

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: **tungasuvvingatnuit.ca**

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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West Carleton Food Access Centre

Contact Number

613-832-5685



Location Served

West Carleton: Dunrobin, Carp, Kinburn, Constance Bay, Woodlawn, Fitzroy and Galetta

Services Offered

Food Pick Up

Call **613-832-5685** or visit deeproofsfoodhub.ca/food-access-centre.html

Western Ottawa Community Resource Centre

Contact Number

613-591-3686

Location Served

Nepean, Kanata, Goulbourn 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, 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.

- 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.

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