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
  - 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

Human Needs Task Force Contact Information
HNTF@ottawa.ca | 613-580-2424 ext. 26753
Meals on Wheels

<table>
<thead>
<tr>
<th>Contact Number</th>
<th>613-233-2424</th>
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<tbody>
<tr>
<td>Location Served</td>
<td>Ottawa region</td>
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**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

<table>
<thead>
<tr>
<th>Contact Number</th>
<th>613-241-1266 ext. 457</th>
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<tbody>
<tr>
<td>Location Served</td>
<td>Ottawa region</td>
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**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

<table>
<thead>
<tr>
<th>Contact Number</th>
<th>613-722-3811</th>
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<tbody>
<tr>
<td>Location Served</td>
<td>Serving Ottawa region</td>
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</table>

**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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<thead>
<tr>
<th>Operation Ramzieh</th>
<th>Ottawa West Community Support</th>
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<tbody>
<tr>
<td><strong>Contact Number</strong></td>
<td>1-800-321-5973</td>
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<tr>
<td><strong>Location Served</strong></td>
<td>Ottawa region</td>
</tr>
<tr>
<td><strong>Services Offered</strong></td>
<td><strong>Services Offered</strong></td>
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<tr>
<td><strong>Food Hamper Delivery</strong></td>
<td><strong>Grocery box delivery</strong>, twice per week (Monday and Thursday)</td>
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<tr>
<td>Call <strong>1-800-321-5973</strong> or use order form at <a href="http://operationramzieh.org">operationramzieh.org</a></td>
<td>Call <strong>613-728-6016</strong> or use <a href="http://owcs.ca">owcs.ca</a> or email <a href="mailto:info@owcs.ca">info@owcs.ca</a> or use <a href="http://communitysupport.covidresponse.ca">communitysupport.covidresponse.ca</a></td>
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<tr>
<td>• Food hampers to seniors and others who cannot leave their homes.</td>
<td>• Delivery to seniors who do not have access to groceries.</td>
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