

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

Champlain Community Support Network			Carefor	
Contact Number	613-809-2189	(8)	Contact Number	613-749-7557
Location Served	Ottawa region and rural wards	é g þ	Location Served	Ottawa region, Renfrew County, Eastern Counties
Services Offered			Services Offered	
Grocery Delivery and Meals for seniors/adults with disabilities. Use communitysupport.covidresponse.ca			Grocery Delivery Call 613-749-7557 or email cmacintosh@carefor.ca and cc agrenon@carefor.ca	

Use communitysupport.covidresponse.ca

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

• For Seniors.

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

ottawa.ca 262 3-1-1 TTY/ATS 613-580-2401

Good Companions





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

Montfort Renaissance

Contact Number

613-241-1266 ext. 457 🕃



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

Meals on Wheels



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

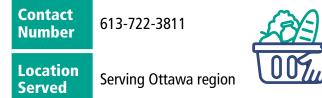
or use **mealsonwheels-ottawa.org** or email **service@mealsonwheels-ottawa.org**

- Hot meal delivery to clients who are unable to heat up frozen meals.
- Affordable for those on a fixed income.

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ottawa.ca 26223-1-1 TTY/ATS 613-580-2401

Odawa Native Friendship Centre



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



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 SupportContact
Number613-728-6016Location
ServedOttawa 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.

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