

# 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](http://communitysupport.covidresponse.ca)

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

### Carefor

**Contact Number**

613-749-7557

**Location Served**

Ottawa region, Renfrew County, Eastern Counties



**Services Offered**

**Grocery Delivery**

Call **613-749-7557** or email [cmacintosh@carefor.ca](mailto:cmacintosh@carefor.ca) and cc [agrenon@carefor.ca](mailto:agrenon@carefor.ca)

- For Seniors.

## 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**

## 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**

## 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.

## 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.