



## What is not allowed?

- Using play structures, swings, slides, splash and spray pads, wading pools, and exercise equipment.
- Groups of more than 5 people playing together.

## Park Ambassadors

- [Park Ambassadors](#) can help you! If you see someone walking around city parks, in groups of two and wearing green t-shirts or red jackets, they are Park Ambassadors.
- They will not give out tickets! They are trained to answer your questions including what you can and cannot do in City parks.



## Accessing Food in Ottawa

Learn more about [accessing 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.
- [FoodLink](#) directory is a list of food and nutrition programs and services in Ottawa that aim to increase access to healthy food.
- [Good Food at Your Doorstep Box](#) helps deliver fresh veggies and fruits to households that may be struggling with money to buy food.

**Ottawa**  
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** (Icon: Group of people)
- Food Delivery** (Icon: Shopping cart)
- Food Pick Up** (Icon: Shopping basket)

Champlain Community Support Network		Ottawa Food Bank (OFR)	
<b>Contact Number</b>	Web only Use <a href="http://communitysupport.covidresponse.ca">communitysupport.covidresponse.ca</a>	<b>Contact Number</b>	(613) 745-7001
<b>Location Served</b>	Ottawa region and rural West	<b>Location Served</b>	Ottawa region, urban, suburban and rural areas
<b>Services Offered</b>	Grocery Delivery and Meals for seniors/adults with disabilities. Pharmacy delivery, transportation to medical appointments, and wellness phone check are also available.	<b>Services Offered</b>	Central Food Bank Information Call 613-745-7001 (9 am to 4 pm) or visit <a href="http://ottawafoodbank.ca">ottawafoodbank.ca</a> Use the link up food at <a href="http://ottawafoodbank.ca/get-help">ottawafoodbank.ca/get-help</a> to find food bank nearest you, hours of operation, directions and phone number. Food deliveries are available for members who are food insecure AND cannot leave their homes. Call 613-745-7001 to request delivery.

Human Needs Task Force Contact Information  
<http://ottawa.ca> 613-580-2424 ext. 36753

[ottawa.ca](http://ottawa.ca) **Call 2-1-1**  
TTY/ATS: 613-363-2461

