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.

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 and cc 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

### 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.

### 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

**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.