



List of Grocery, Pet Supplies & Pharmacies open during COVID-19 Pandemic

Your River Ward Team is still working hard for you.

613-580-2486

Riley.Brockington@Ottawa.ca

www.RileyBrockington.ca

LEGEND: PURPLE = GROCERY RED = PHARMACY GREEN = DEPARTMENT STORE ORANGE = PET SUPPLIES

CARLINGTON AND CENTRAL PARK

Store	Hours	Website(s)	Notes
Food Basics 613-722-7412 667 Kirkwood Ave	8-8 Mon - Sat 8-6 Sundays Seniors 8-9am Daily	www.foodbasics.ca	No Delivery or Online Shopping
Critter Jungle Ltd. 613-729-7354 1405 Carling Ave. Hampton Plaza	Mon-Fri 9-5 Sat 9-6 Sun, 10-5	www.critterjungle.com	Curbside Pickup available. Call ahead to place your order. Delivery over \$50 purchase, \$5 fee E-Commerce option coming, watch website for details info@critterjungle.com
Carling IDA Pharmacy 613.722.7774 1320 Carling Ave	Mon-Fri, 8-6 Sat & Sun, 9-2.	www.guardian-ida-pharmacies.ca	Prescription delivery available. Call to coordinate Call to arrange. No online shopping.
Pet Valu Westgate 613-722-1113 1309 Carling Ave	10-6 Mon-Sun	https://petvalu.com/location/2234	Curbside pickup available. Call ahead to place your order.
Shoppers Drug Mart Westgate Mall 613-722-4277 1309 Carling Ave	Open 24 hrs Seniors hour 8-9am daily	https://www1.shoppersdrugmart.ca/en/home Online shopping available through Instacart Delivery https://www.instacart.ca/store/shoppers-drug-mart/storefront	Pharmacy with grocery section. Prescription delivery by calling store.

Store	Hours	Website(s)	Notes
MF Foodmart 613-722-8528 850 Merivale Rd.	9am-6pm, Mon-Sat 10am-6pm Sun	http://www.mffoodmart.com/contact.html	You can order over phone & pickup when it ready.
La Cabana 613-724-7762 848B Merivale Rd.	Open 12 - 7PM, 6 days a week, closed on Tuesdays	http://lacabana.ca/contact.html	To place a Take-Out order, please call For Deliveries, please email us at LCLT613@hotmail.com .
Skela Foods 613-321-6692 956 Merivale Road	Closed Mondays 10-7, Tues-Fri 10-5, Sat & Sun	www.SkelaFoods.ca	
Palmyra Guardian Pharmacy Unit 1013 – 1007 Merivale Rd. 613-729-7007	9am-6pm, Mon-Fri 9am-3pm Sat 10am-11am Sun	https://www.guardian-ida-pharmacies.ca/en/	Delivery available, call to arrange. No online ordering option.
APOTHE.S.O.S. Pharmacy 314 Central Park Drive 613-680-8858	9-6 Mon-Fri Seniors 9-11am Sat & Sun on Call	http://www.apothesospharmacy.ca/	Orders by email at apothesospharmacy@gmail.com or by phone Delivery available
Pet Valu Merivale 613-225-4440 1460 Merivale Rd	Mon-Sun 10-6	https://petvalu.com/location/2318/	Delivery (\$10 fee if under \$100) and Curbside pickup Call or email in your order. petvalumerivale@gmail.com
Walmart, Baseline 613-224-2664 1375 Baseline Rd	8am-8pm Daily Seniors 7-8am Daily	www.Walmart.ca Delivery available through Instacart https://www.instacart.ca/store/walmart-canada/storefront	Online ordering for pickup via Walmart website

Store	Hours	Website(s)	Notes
Merivale IDA Pharmacy 613-224-1111 1390 Clyde Ave	9am-6pm Mon-Fri 9am-1pm Sat.	https://www.guardian-ida-pharmacies.ca	Delivery is available on case by case basis. Call to arrange. No online shopping.
Loblaws, Merivale 613-226-6001 1460 Merivale Rd	8am-8pm Daily Seniors 7-8am Daily	https://www.pcexpress.ca/ https://www.loblaws.ca/delivery	Online Ordering with Pickup and Delivery Available Grocery Store with Pharmacy.
Shoppers Drug Mart Merivale Market (613) 224-7270 1465 Merivale Rd.	8am-10pm Daily Seniors 8-9am	https://stores.shoppersdrugmart.ca/en/store/627/ Delivery available through Instacart https://www.instacart.ca/store/shoppers-drug-mart/storefront	Pharmacy with grocery section. Prescription delivery.
Food Basics 613-224-1544 1465 Merivale Rd	8am - 8pm, daily 7 days a week. Seniors: 8-9am	https://www.foodbasics.ca/index.en.html	

CARLETON HEIGHTS/COURTLAND PARK

Farmers Pick 613-225-1240 1430 Prince of Wales Dr	9am – 5pm, Mon-Sat 9am – 4pm Sundays Seniors 8-9am Mon-Fri	https://farmerspicks.ca/	Grocery and European Deli Online ordering of some items available for pickup at the store. Delivery not available.
Shoppers Drug Mart 613-225-6204 888 Meadowlands Drive	8am-10pm Daily Seniors 8-9am	https://www1.shoppersdrugmart.ca/en/home Delivery available through Instacart https://www.instacart.ca/store/shoppers-drug-mart/storefront	Pharmacy with grocery section. Prescription delivery.

Store	Hours	Website(s)	Notes
RIVERSIDE PARK			
Riverview Pharmacy 613-737-6400 2817 Riverside Drive	9am-5pm, Mon-Fri.	http://www.riverviewmedicalcentre.ca/	Delivery available. Pharmacy and drug store.
Pharmasave Mooney's Bay 613-680-2900 743 Ridgewood Ave	9:30-4pm, Mon-Fri 10am-1pm Sat. Closed Sundays	https://pharmasave.com/ottawa-mooneys-bay/	Pharmacy and drug store. Prescription & store products can be delivered, arrange by calling. Can make special arrangements for parking lot deliveries on a case by case basis.
Mooneys Bay Groceteria 613-736-0380 2660 Norberry Crescent	CLOSED		Corner store is closed for duration of government restrictions related to COVID-19
HUNT CLUB			
T&T Supermarket 613-731-8113 224 Hunt Club Rd	9am-9pm Daily Seniors 9-10am	https://www.tntsupermarket.com/	Online Ordering with Shipping. Pickup option coming soon.
Global Pet Foods Unit 2 - 228 Hunt Club Rd 613-736-6726	Mon-Fri, 9:30-8, 9-7 Sat, 10-6 Sunday.	https://globalpetfoods.com/	Curbside pickup and delivery Arrange by phone at 613-736-6726
Metro, McCarthy 613-523-2774 3310 McCarthy Rd	7am-8pm Daily Seniors 7-8am	https://www.metro.ca/en	No online ordering options or delivery options for this location

Store	Hours	Website(s)	Notes
Shoppers Drug Mart, McCarthy 613-523-2835 3310 McCarthy Rd	8am-8pm Daily Seniors 8-9am	https://www1.shoppersdrugmart.ca/en/home Delivery available through Instacart https://www.instacart.ca/store/shoppers-drug-mart/storefront	Prescription delivery. Pharmacy with grocery section.
RIDGEMONT			
Shoppers Drug Mart, Walkley 613-737-3344 1180 Walkley Rd	8am-8pm Daily Seniors 8-9am	https://www1.shoppersdrugmart.ca/en/home Delivery available through Instacart https://www.instacart.ca/store/shoppers-drug-mart/storefront	Prescription delivery. Pharmacy with grocery section
Guardian Drugs South Keys Pharmacy 613-680-8880 1883 Bank St	9am-5:30pm Mon – Fri 9am-1pm Sat.	www.guardian-ida-pharmacies.ca	No Online Ordering, Prescription delivery available
Loblaws, South Keys 613-733-1377 2210C Bank St	8-8 Daily 7am-8am Seniors	https://www.pcexpress.ca/ https://www.loblaws.ca/delivery	Grocery store with Pharmacy. Online Shopping. Pickup and Delivery Available.
Walmart, South Keys 613-247-1184 2210 Bank St	8am-8pm Daily Seniors 7am-8am	Online ordering for pickup available at www.Walmart.ca Delivery available thru Instacart at https://www.instacart.ca/store/walmart-canada/storefront	Department store with grocery and pharmacy Store offers shopping assistance if needed see the Customer Service counter for details.
Wilson's Your Independent Grocer, Alta Vista 613-733-2311. 2681 Alta Vista Dr	8am-7pm Daily 7am-8am Seniors	Online shopping for pickup and delivery: https://www.yourindependentgrocer.ca/ for pickup and delivery.	Grocery store with Pharmacy Store also offers delivery (Tues-Sun) of products purchased in store. Delivery free for seniors on Wednesdays.

Other Grocery and Food Options: Supporting local Ottawa-based businesses

PRODUCE DELIVERY OPTIONS

<https://www.ottawagoodfoodbox.ca/>

Fresh vegetable and fruit delivery to the doorstep. Buy one, donate one.

<https://www.theproduceaisle.com/online-ordering>

Local fresh food delivery for Ottawa East and as far west as Merivale Rd

<https://savourottawa.ca/>

Directory of local food and farm businesses

WEBSITES FOR RESTAURANT AND OTHER BUSINESSES WITH PICKUP/DELIVERY

www.shopottawa.com

Local business directory, including restaurants, food delivery and other products and services

<http://www.localeatsottawa.com/>

A list of Ottawa restaurants offering food delivery and pick up

<https://www.together-apart.ca/>

Resource for people in Ottawa to find local stores to order from and support.

<https://responsiblechoice.ca/lovelocaldelivery/>

Listing of independent, locally owned and operated food businesses

www.UberEats.com

www.SkiptheDishes.com

PET RESOURCE OPTIONS – OTTAWA HUMANE SOCIETY

COVID-19 Community Pet Resources from the Ottawa Humane Society

- Support for if you are considering surrendering Your Pet to the Ottawa Humane Society;
- Resources for creating your emergency pet care plan; and
- [Online private obedience training](#) through Zoom for dog owners.
- Emergency food support to pet owners at risk during this time of financial uncertainty;

EMERGENCY PET FOOD

The OHS will provide a supplemental two-week supply of pet food for dogs and cats of all sizes and ages to help pet owners through hardships they might be experiencing during the COVID-19 pandemic. Any individual experiencing financial hardship due to circumstances resulting from COVID-19 qualifies.

Clients can pick up pet food **once per month** at the drive-thru emergency pet food bank at the Ottawa Humane Society, 245 West Hunt Club Rd

Dates: Every Thursday from 1 p.m. to 4 p.m.

Appointments are required. Request a [pet food pick-up appointment](#) or call 613-725-3166 ext. 221

To learn more about these programs and other available resources, visit [COVID-19 Community Resources](#).