



FOOD AND SOCIAL SUPPORT RESOURCES

	Agencies	Description	Contact
FOOD BANK	Ottawa Food Bank	Collects and distributes food to those in need. They are requesting all clients book appointments before going. Check the Ottawa Food Bank website to find your local food bank.	Website: ottawafoodbank.ca/get-help/
	Pavilion Food Bank	Located on 14 Tapiola Crescent. Hours of operation: Tuesdays, 6:00 p.m. to 7:45 p.m. and Fridays, 9:30 a.m. to 11:15 a.m.	Call: 613-247-7772
	Heron Emergency Food Centre	Located on 1480 Heron Rd. Hours of operation: Tuesday and Thursday 1:30 p.m. to 3:30 p.m., Wednesday 6:00 p.m. to 8:00 p.m. and Friday 9:30 a.m. to 11:30 a.m. <i>Please note: If you need urgent delivery, please call the Ottawa Food Bank directly: 613-745-7001</i>	Call: 613-737-9090
GROCERY DELIVERY	Good companions	Grocery delivery and frozen meals to seniors.	Call: 613-236-0428 Website: thegoodcompanions.ca Email: info@thegoodcompanions.ca
	Meals on Wheels	Frozen meal delivery to seniors, people with disabilities, and those isolated at home. Meals range from \$ 7.10-7.75. Order by phone or online. Deliveries to south on Fridays.	Call: 613-233-2424 Website: mealsonwheels-ottawa.org Email: service@mealsonwheels-ottawa.org
	InstaCart Grocery delivery service	Order local groceries online or through a mobile app and schedule delivery time. Stores include Loblaws, Wal-Mart, Shoppers Drug Mart and more. Delivery fees are between \$3-8 or waived with Instacart Express membership (100\$/yr). Items are priced slightly higher than in store (+7%). Must be able to use a computer. Need a credit card.	Website: Instacart.ca
	Carefor	Grocery delivery for seniors across Ottawa.	Email: cmacintosh@carefor.ca and ccagrenon@carefor.ca
	Good Food Box	Delivering a box of fresh fruits and veggies to residents who currently have limited financial and physical access (\$20/box).	Website: Ottawagoodfoodbox.ca Email: ottawagoodfoodbox@ccrrr.org
	Montfort Renaissance	Frozen meal delivery to Francophone seniors' homes. Wednesday and Friday, 9am-4pm.	Call: 613-241-1266 ext. 457 Email: reception-csg@mri.ca



AGENCIES ACROSS OTTAWA	South-East Ottawa Community Health Centre	For information and support, please reach out to our intake team.	Call: 613-737-5115 ex:2386
	Ahmadiyya Muslim Youth Association	Helping residents picking up groceries, filling prescriptions, and providing overall moral support. Please call or fill out online form.	Call: 1-855-435-7811 Website: helpingneighbours.com
	Operation Ramzieh	Emergency crisis relief kits delivered to seniors and residents in need. Please fill out online form to receive kit.	Website: operationramzieh.org
	United Muslim Organization	Offering support if residents are self-quarantined or a senior citizen, and require food, medical or emotional support. Please fill out online form.	Website: bit.ly/OttCOVID-19relief
	Champlain Community Support Network	Grocery delivery and meals for seniors/adults with disabilities. Pharmacy delivery, transportation to medical appointments, and wellness phone checks are also available.	Website: communitysupport.covidresponse.ca
SOCIAL SUPPORT AGENCIES	City of Ottawa	Community based social services and information	Call: 2-1-1
	City of Ottawa	Emergency financial assistance	Call: 3-1-1
	A Friendly Voice	A telephone friendly visiting line for seniors	Call: 613-692-9992 or 1-855-892-9992
	Child, Youth and Family Crisis Line	A support line for youth and parents who are feeling overwhelmed	Call: 613-260-2360
	Distress Centre	Connection to mental health support and resources, 24 hours a day, 7 days a week	Call: 613-238-3311
	Unsafe at Home Ottawa	A text and online chat tool that allows women living with domestic violence and abuse to get help and support during the COVID-19 pandemic. 7 days a week, 8:30 am to midnight	Text (613) 704-5535 Chat online @ unsafeathomeottawa.ca