

FOOD RELIEF SERVICES

A food security resource
for ACB people during
COVID-19

OTTAWA FOOD BANK

Emergency food relief for
anyone in Ottawa

613 745-7001
ottawafoodbank.ca/get-help/

OPERATION RAMZIEH

Grocery deliveries for anyone
in Ottawa

1-800-321-5973
operationramzieh.org

OTTAWA WE CARE

Kits with groceries and
toiletries for single parents,
pregnant people and seniors

ottawawecare.org

CHAMPLAIN COMMUNITY SUPPORT NETWORK

Grocery deliveries and meals
for seniors and adults with
disabilities. Ces services sont
disponibles en français

communitysupport.covidresponse.ca

UNITED MUSLIM ORGANIZATIONS OF OTTAWA- GATINEAU

Groceries and meal
deliveries for anyone in
Ottawa or Gatineau

613-686-3922
bit.ly/covid-aid

PARKDALE FOOD BANK

Emergency food relief for anyone
in their catchment area

613-729-0980
parkdalefoodcentre.ca/if-you-need-food/

SOCIAL PLANNING COUNCIL

Grocery deliveries for
ethnocultural people, adults with
disabilities and seniors. Available
in French, Arabic, Somali and Urdu

613-286-7334
collaborative_food_pantry@spcotta-wa.on.ca

MONFORT RESNAISSANCE

Un service de livraison d'épicerie
pour les aînés francophones

613-241-1266
info@mri.ca