

How to Access Food in Ottawa

Note: details may change daily as the situation evolves.

Most grocery stores offer Seniors shopping Hour from 7-8am.

For more information (not all programs may be running), check out: <https://goodfoodottawa.ca/foodlink/>

Prepared Meals Delivery

Meals on Wheels

- Frozen meals, can deliver 1-2 weeks' worth
 - Special diets: gluten free, vegetarian, minced, low-sodium, diabetic.
 - Meals - \$ 7.10-7.75
 - Order online or by phone 613-233-2424
- <https://www.mealsonwheels-ottawa.org/>

Heart to Home

- Frozen meals
 - Special diets: gluten-free, vegetarian, diabetic, minced, pureed
 - Order online or by phone 1-844-489-3900 or 613-489-3900 (Ottawa owner Tim Young)
- <https://www.hearttohomemeals.ca/>

Red Apron

- Fresh meals delivered Mon-Fri
 - Frozen meals
 - Delivery fee ranges from \$3.25-10
 - gluten free, vegetarian options available
 - Order by phone or online 613-695-0417
- <https://www.redapron.ca>

Time Saver Foods

- Frozen meals
 - Meals - \$8.50, soups - \$5
 - Order by phone at 613-293-9909
- <http://timesaverfoods.com/>

Supperworks

- delivery and pick up of ready-made meals (Nepean/Orleans)
- \$6.25 per serving
- www.supperworks.com

Thyme and Again

- Pickup and delivery for pantry, fridge, freezer
- 613-722-0093- thymeandagain.ca

Grocery Stores offering Delivery

Champlain Community Support Network- grocery help

Apply for grocery or pharmacy delivery help for patients.

<https://communitysupport.covidresponse.ca/#Resources>

Instacart.ca

Can order from various stores online through instacart.ca. Instacart charges between \$3-8 for delivery and items are priced slightly higher than in store (+7%). Must be able to use a computer.

Loblaws, Independent, Superstore

Order online through Instacart.ca

Metro

Order online only. Need a credit card.

Ottawa Shopper

www.ottawashopper.ca

Amazon Prime Pantry <https://www.amazon.ca>; select "grocery" in search

Inabuggy <https://www.inabuggy.com>

Costco Grocery

<https://www.costco.ca/grocery-delivery-details.html>

Fill My Fridge

<https://fillmyfridge.ca>

Many smaller neighbourhood grocers are now offering delivery, check with stores near you.

Nicastro Fine Foods

Pre-Prepped Ingredients Delivery

Chef's Plate

Choose your recipes, they deliver pre-portioned ingredients; easy to make
Check your postal code on their website, or call them, to see if they deliver near you
1-855-420-2327
hello@chefsplate.com
<https://www.chefsplate.com/>

Hello Fresh

Pre-portioned ingredients
Easy-to-follow recipes
Order online
<https://www.hellofresh.ca/>

Delivery Service for Groceries, Prescriptions

Bag Half Full YOW - Ottawa

FREE delivery service for sick, elderly, Self-isolating, and immunocompromised with limited ability to go out for groceries.

<https://www.baghalffull.com/ottawa>

- 1558 Merivale Rd, 613-225-3470
-can order by phone, need credit card, contactless grocery store pick up (in car)

Nu Zero Waste Grocer

-Westboro and Old Ottawa east
-delivery within certain zones

Meals at no cost

Check out <https://211ontario.ca/211-topics/food/> or call 2-1-1 (open 24/7) to speak to someone who can provide location specific information.

Prepackaged hampers available, please call ahead to arrange an appointment for the following locations (may be based on catchment area):

Pinecrest Terrace Community House- 613-596-6703
Morrison Gardens Community House—613-596 -6229
Foster Farm Community House—613-596-4866
Britannia Woods Community House—613-820-0853 (call between 10-3)
Barrhaven Food Cupboard—613-825-4505
Parkdale food Centre (closed for 1 week as of March 24)

Can search for Food Bank location near you:

<https://www.ottawafoodbank.ca/get-help/>

Food Kits Delivered- Project Ramzieh

-food for up to 10 days
-free
-to request a food package visit:
<https://operationramzieh.org/>