



FOOD LINK

2008/2009



A Directory of Community Programs and Services Promoting
Access to Food in Ottawa



Just Food

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Just Food and Ottawa Public Health Food Link Directory

Welcome to Food Link!

City of Ottawa Public Health, in collaboration with Just Food, produces this annual directory of food and nutrition programs and services in Ottawa, which increase access to healthy food, especially for people experiencing food insecurity. Food Link is available on the Just Food Website: www.justfood.ca. To receive a hard copy of Food Link, call the Ottawa Public Health Nutrition Line at 613-580-6744, ext. 23403. Food Link is updated on an ongoing basis and we welcome your comments and suggestions.

Just Food

Just Food is a non-profit, non-governmental, community-based organization working on urban and rural food issues to make Ottawa food secure. *Food Security* exists when all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs, as well have culturally acceptable food preferences for an active and healthy life. Also, foods are produced as locally as possible, and their production and distribution are environmentally, socially and economically just.

Just Food

280 Metcalfe St. #501
Ottawa ON K2P 1R7
Phone: 613-236-9300 ext. 301
Fax: 613-236-7060
E-mail: info@justfood.ca
Internet: www.justfood.ca

Ottawa Public Health

The vision of Ottawa Public Health, Family and Community Health Division is to provide leadership, expertise and innovative services to families and communities in the areas of growth and development, chronic disease and injury prevention and healthy supportive environments. The Division's mission is to provide services that improve and promote the health, development and quality of life for children, youth, adults, seniors and their families as well as reduce preventable chronic diseases and injuries.

For more information or to access programs and services, contact:

**Ottawa Public Health
Information Line**
Phone: 613-580-OPHI (6744)
TTY: 613-580-9656
Toll Free: 1-866-426-8885
Internet: ottawa.ca/health

Ottawa Good Food Box

About the Good Food Box

The Ottawa Good Food Box is a non-profit program that brings neighbours together to buy quality fresh fruits and vegetables. There are \$10, \$15 and \$20 boxes, depending on your needs. The \$10 box usually feeds a single person while the larger boxes are more suited for bigger families. We also offer a local, organic box for \$25 during the local growing season. You save money because the Good Food Box buys produce in bulk from trustworthy suppliers and tries to buy local, when possible.

What do you get in a box?

Boxes are different every month but usually contain favourites such as lettuce, potatoes, apples, carrots, onions, as well as seasonal good buys such as oranges, strawberries, squash, cucumber and so on. Boxes also contain a newsletter with nutritional information, recipes and cooking tips.

How does it work?

Customers order and pay for their box in the 1st week of each month, and pick-up (from their local site co-ordinator) their box on the 3rd Wednesday of every month.

Who can participate?

Anyone. There are pickup sites located all across Ottawa and the Ottawa Good Food Box is always looking for volunteers to start new sites in their neighbourhood.

Interested? Want more information?

If you are interested in starting a site or just want to know more about whether the Ottawa Good Food Box is for you, please contact us at **613-860-6767**. Volunteers are always needed for this program. Contact Natasha Beaudin at **613-233-4443 ext. 2203**

www.ottawagoodfoodbox.ca

goodfoodbox@centretownchc.org



Ottawa Good Food Box Locations

*For sites that do not have a phone number listed or are not active, please contact Natasha Beaudin at 613-233-4443 ext. 2203 to place an order.

Central

88 Main St.

Near: Main St. and Lees Ave.
88 Main St.
Contact: Chris Osler 613-565-3265

Centretown Community Health Centre

Near: Cooper St. and Bank St.
Contact: Nicole Gravel-Blauer or Bryana Katz
613-233-4443

Heartwood House

Near: Rideau St. and Chapel St.
153 Chapel St.
Contact: Kim 613-233-2237

Lowertown Community Resource Centre

Near: Rideau St. and Cobourg St.
33 Patro St.
Contact: Annie Mercier 613-789-3930

Old Ottawa South*

Near: Riverdale Ave. and Bank St.
551 Riverdale Ave. Unit 5

Ottawa University (Bon Appétit Centre)

Near: King Edward Ave. and Laurier Ave.
85 University St.
Contact: Catherine 613-562-5966 ext. 2752

Somerset West Community Health Centre

Near: Booth St. and Somerset St.
55 Eccles St.
Contact: Anne-Marie 613-238-8210

South

Carleton University

Near: Bronson St. and Sunnyside Ave.
1125 Colonel by Dr. (Food Centre)
Contact: Matt 613-520-2600 ext. 2265

Coady Coop Housing*

Near: Uplands Ave and Huntwood Ct.
3099 Uplands

Hunt Club and Riverside

Near: McCarthy Rd. and Hunt Club Rd.
3310 McCarthy Rd.
Contact: Brenda 613-247-1600

East

Eastern Ottawa Community Centre

Near: Ogilvie Rd and Montreal Rd.
2339 Ogilvie Rd.
Contact: Nadia 613-741-6025

St. Mary's Community Centre

Near: McArthur and St. Laurent
780 rue de l'Église
Contact: Linda 613-749-2491

Wabano Centre for Aboriginal Health*

Near: Montreal Rd. and Granville St.
299 Montreal Rd.
Contact: Cindy 613-748-0657
Clients only

West

Carlington Community and Health Services

Near: Merivale Rd. and Carling Ave.
900 Merivale Rd.
Contact: Karen McQuarrie 613-722-4000

Debra Dynes Community House

Near: Meadowlands Dr. and Prince of Wales Dr.
955 Debra Ave. Unit 85
Contact: Barbara 613-224-3824

Draffin Court*

Near: CentrepoinTE Area
101 Draffin Court

Elmira*

Near: Woodroffe Ave. and Iris St.
2159 Elmira Dr

Hintonberg Community Centre

Near: Hintonberg area

1064 Wellington St.

Contact: Fauza 613-238-8210

Nepean – Parkwood hills

Near: Meadowlands and Merivale

10 Chesterton Dr.

Contact: Mary 613-596-5626

Stronghold Community Home*

Near: Merivale Rd. and Kirkwood Ave.

1465 Caldwell Ave., Unit 102

Taiga Housing*

Near: Churchill Ave. and Richmond Rd.

102-2100 Scott St.

Meals on Wheels

About Meals on Wheels

'Meals on Wheels' is a volunteer-based support service that delivers nutritious meals to individuals to assist them in maintaining their health and independence at home. The meals are available at a reasonable cost and are delivered daily at noon, Monday to Friday, and on Saturday in some areas (see below). The meals are delivered by trained volunteers, who provide personal contact, a safety and security check, as well as an interested daily visitor. Clients of Meals on Wheels are adults with physical disabilities from the ages of 18-59 and seniors who are 60+. By receiving this nutritional support, they can maintain their independence and well being while continuing to live in their homes. Frozen meals are also an option in some centres.

Meals on Wheels Locations

Meals on Wheels – Ottawa

The King's Daughters Dinner Wagon
790 Bronson Avenue
Ottawa, Ontario
K1S 4G4

Phone: 613-233-2424

Fax: 613-232-3029

service@mealsonwheels-ottawa.org

www.mealsonwheels-ottawa.org

Delivery area: Former City of Ottawa, Vanier and Rockcliffe

Cost is \$4.65 for soup, main course, dessert and fruit

*Saturday deliveries possible

Meals on Wheels – Kanata

Western Ottawa Community Resource Centre
2 MacNeil Crt,
Kanata, ON
K2L 4H7

Phone : 613-591-3686

Delivery area: Goulbourn, Kanata, and West Carleton.

Cost is at \$5.00 for soup, entrée and dessert.

Frozen meals also an option, sold in packages for \$28.00

Meals on Wheels – Gloucester

Eastern Ottawa Resource Centre
2339 Ogilvie rd. (Beacon Hill Mall)
Gloucester, Ontario
K1J 8M6

Phone: 613-741-6025

Contact: Natasha Dasilva, ext. 108

Cost is \$5.00 for juice, soup, muffin, main entrée and a dessert.

*Subsidies are available for those who can't afford to pay for the meals.

Meals on Wheels – Nepean

Nepean Support Services
3865 Richmond Road
Nepean, ON
K2H 5C1

Phone: 613-829-1133

www.nepeansupport.com

Hot meals are served Monday to Friday at noon. Includes soup, main entrée, dessert salad and roll.

Frozen entree delivery is available.

Community Gardening Network

Community Gardening Network of Ottawa (CGN) is an information and resource-sharing network that supports the sustainable development of community gardens within the city.

As of spring 2007, Just Food is the new location of the CGN.

The central activities of the CGN are:

- To assist two or more community gardens to get established each year, including building skills and capacity through our "How to Start a Community Garden" workshops and resources
- To work with private and public landowners to increase access to land for community gardens in the city
- To keep food and gardening information flowing between Just Food, the community garden coordinators, and the gardeners
- To build gardening skills in the city through our beginner level gardening workshops
- To encourage food preservation of the summer's harvest through our canning and food preservation workshops
- To raise awareness in the city about community gardening through online newsletters and special events such as our Urban Agriculture Bike Tour
- To celebrate the season through a harvest party

Community Gardening Network **Just Food**

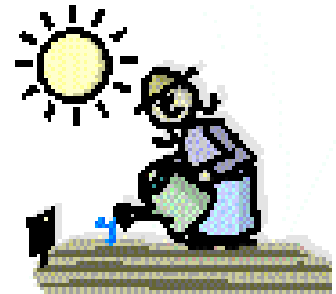
280 Metcalfe Street, #501

Ottawa, ON K2P 1R7

Telephone: 613-236-9300 ext. 301

Fax: 613-236-7060

info@justfood.ca



The Community Gardening Network

Bethany Church Community Garden

382 Centrepointhe Drive (just off Baseline Rd.)

Contact: Colette Cardinal 613-721-5231

colette_cardinal@hotmail.com

25 plots

The Bytowne Urban Gardens (BUGS)

Glebe Memorial Park, 75 Glendale Ave.

Contact: Loïc Olivier 613-233-4443 ext. 3000

bugscoordinator@gmail.com

www.bugsottawa.ca

32 plots

The Carlington Community Garden

900 Merivale Rd. (in former schoolyard)

Contact: 613-722-4000

155 Plots

Chateau Donald Community Garden

251 Donald St. (off Vanier Parkway)

Contact: Marsha King

mking101@rogers.com

12 plots

Debra Dynes Family House Community Garden

Debra Avenue (near the corner of Eiffel) in the backyard of Debra Dynes Family House

Contact: Barbara Carroll 613-224-3824

debradynes@on.aibn.com

1 communal plot

Friendship Community Garden

1240/1244 Donald St.

Contact: Abdul 613-741-3843

Abdullahi.Arale@eorc-gloucester.ca

12 plots

Glebe Organic Vegetable Garden (GO-VEG)

Communal teaching garden for children

185 Fifth Avenue

Contact: Lynda Hall 613-244-4000 ext. 3

Gloucester Allotment Gardens

Outside off Anderson Rd. behind Regional Detention Centre, and inside the Blackburn between the Hamlet and Blackburn Bypass

Contact: Irene Harrison

gaga@ncf.ca

225 plots

Jardin Communautaire Orleans Community Gardens

3350 St Joseph Boulevard

Contact: Wade Suplat 613-824-2266

wsuplat@gmail.com

www.jardincommunautaireorleanscommunitygarden.org/

80 plots

Kilborn Allotment Garden

On Kilborn between Pleasant Park and Featherstone

Contact: Kevan Shantz 613-247-4941

kevan.shantz@ottawa.ca

355 plots

Leggett Park Community Garden

(Children's Garden)

Ottawa East

Contact: Rebecca Aird 613-233-6286

Lindsay Street Community Garden

Lindsay and Acton Streets near the church of La Nativité de Notre-Seigneur Jesus Christ

Contact: Michelle Walter

m.walter@rogers.com

Lowertown/Basseville Community Garden

40 Coburg Street

Near the corner of Cobourg and St. Patrick

Contact: Marie-Christine Gauthier 613-789-3930

mcgauthier@crcbv.ca

6 plots

Michele Heights Community Garden

2955 Michele Dr.

West of Carling and Richmond: Michele Place

Contact: Russell Borden 613-829-4353

r.borden@pqchs.com

19 plots

Nanny Goat Hill Community Garden

NE corner of Bronson and Laurier

Contact: Rosemary Taylor 613-237-4777

80 plots

Nepean Allotment Gardens

Viewmount between Merivale and Fisher

Contact: Mike Chebbo 613-226-6164

mchebbo@gmail.com

250 plots

Ottawa East Community Garden

St. Paul's University

Contact: Keith Shackleton 613-233-8650

k.shackleton@ncf.ca

<http://ottawaeastcommunitygarden.blogspot.com/>

Rochester Heights Children's Garden

Near the corner of Gladstone & Rochester Street, within the Rochester Heights Housing Community

Contact: Fauza Mohamed 613-238-8210

fmohamed@swchc.on.ca

1 communal plot for children

Sandy Hill Community Garden

Within Dutchie's Hole Park in Sandy Hill

Contact: Trevor Haché 613-789-0604

trevhache@gmail.com

15 plots

Somali Garden (within Kilborn Allotment Garden between Pleasant Park and Featherstone)

Contact: Ahmed Nor 613-240-2988

arladun@hotmail.com

Strathcona Heights Community Garden

Sandy Hill near Queensway and Lees Ave. off Wiggins Private

Contact: Mark Kepkay 613-421-7791

mdkepkay@rogers.com

40 plots

Sweet Willow Community Garden

Near the corner of Rochester and Primrose
31 Rochester St.

Contact: Hilary McGregor

Hilarious57@hotmail.com

12 plots



Collective and Community Kitchens

About Collective and Community Kitchens

Collective kitchens follow different models, however generally a kitchen consists of individuals and/or families who plan, shop, prepare and distribute meals together each month. Collective kitchens provide a way to learn about new foods/recipes, and reduce the cost of food, while increasing social activity. Contact one of the programs listed below if you are interested in joining or starting a collective kitchen in your neighbourhood.

Just Food offers training workshops on how to start a collective kitchen. If you'd like to start one in your neighbourhood, call 613-236-9300 x301.

Collective and Community Kitchen Locations

Centretown Community Health Centre

420 Cooper St.
Ottawa, K2P 2N6
Contact: Nicole Gravell 613-233-4443
ext. 2198

Offers a 6-week Back to Basic food course, preparing 3 vegetarian and 3 meat dishes over the session

Also offers Multicultural Celebrations and Seasonal Workshops
Participants asked to pay \$1 if possible.

Ottawa Peace Kitchen

Bethel Field House in St Lukes Park
166 Frank St.

A vegetarian/vegan community kitchen.

Sundays only!

Cooking starts at 11am.

Drop In - Everyone welcome!

Participation is encouraged.

The kitchen asks for an informal \$1 donation.

Contact: Jack Purcell Community Centre at
613-564-1050

Overbrook-Forbes Community Resource Centre

225 Donald St, Unit 120,
Ottawa, K1K 1N1
Contact: Micheline Sabourin 613-745-0073
ext.112

micheline.sabourin@ottawa.ca

Kitchen will start when there are enough people interested.

South-East Ottawa Centre for a Healthy Community

1355 Bank Street, Suite 600,
Ottawa, K1H 8K7
Contact: Lynn Dubroy 613-737-7195 ext. 2559

Buns in the Oven Program

About The Buns in the Oven Program

The Buns in the Oven Program provides confidential services, breastfeeding assistance, parenting information and support to pregnant women and new moms in a relaxed setting.

At most locations, the following are offered: healthy cooking sessions, milk coupons, food to take home, childcare and bus tickets. Health professionals are also available to answer questions.

For general information, please call Cathryn Fortier at 613-749-4584 x 736.

Buns in the Oven Program Locations

Carlington Community and Health Services

Location 1: Buns in the Oven
Bellevue Community Centre
1475 Caldwell Avenue, Ottawa, K1Z 5L6
Contact: Wendy O'Connell-Smith
613-722-4000

woconnell-smith@carlington.ochc.org

Location 2: My Bundle of Joy
Debra Dynes Family House
955 Debra Avenue, Unit 85, Ottawa, K2C 0J5
Contact: Rana Arfeh 613-722-4000
rarfeh@carlington.ochc.org

Centretown Community Health Centre

420 Cooper Street, Ottawa, K2P 2N6
Contact: Jennifer Theriault, 613-233-4443
ext. 2202

jtheriault@centretownchc.org

Pinecrest-Queensway Health and Community Services

1365 Richmond Road, 2nd Floor, Ottawa,
K2B 6R7
Contact: Anne Lim 613-820-4922 ext. 602

a.lim@pqhcs.com

Salvation Army Bethany Hope Centre

1140 Wellington Street, Ottawa, K1Y 2Z3
Contact: Kim Ledoux 613-725-5152

kledoux@ottawayoungparents.com

Sandy Hill Community Health Centre

221 Nelson Street, Ottawa, K1N 1C7
Contact: Louise Besner 613-789-8458 or
Kim Ledoux 613-725-5152

kledoux@ottawayoungparents.com

Somerset West Community Health Centre

First Steps
55 Eccles Street, Ottawa, K1R 6S3
Contact: Bonnie Baxter 613-238-8210 ext. 2352

bbaxter@swchc.on.ca

South-East Ottawa Centre For a Healthy Community

1355 Bank Street, Suite 600, Ottawa, K1H 8K7
Contact: Sandy McIntyre 613-737-5115

office@seochc.on.ca

St. Mary's Home

780 rue de L' Église, Ottawa, K1K 3K7
Contact: Kim Ledoux 613-725-5152

kledoux@ottawayoungparents.com

Vanier Community Service Centre

Francophone program: Ça mijote
290 Dupuis Street, Ottawa, K1L 1A2
Contact: Myriam Roy-Lévesque
613-744-2892 ext.1084

myriam.roy-levesque@ottawa.ca



College and University Food Assistance Programs and Nutrition Services

Carleton University Students' Association Food Centre

4261 UniCentre Building, Carleton University
1125 Colonel By Drive, Ottawa, K1S 5B6
613-520-2600 ext. 2265
foodcentre@cusaonline.com
<http://www.cusaonline.com/foodcentre/index.html>

Student-run campus food bank. Organizes food drives and provides support for student-led food security initiatives. Good Food Box distribution location.

La Cité Collégiale

Building C1030
801 Aviation Parkway, Ottawa, K1K 4R3
613-742-2483 ext. 2059

Grocery vouchers are available for emergencies.

Must be a registered full-time or part-time student.

Algonquin College

Not currently offering food assistance services.

Bon Appétit! Food Bank Student Federation of the University of Ottawa (SFUO)

85 University Private, Room 0015
Ottawa, K1N 8Z4

Contact: Catherine Séguin,
613-562-5800 ext. 2752

bonappetit@sfuo.ca
www.bonappetit.sfuoc.ca

Food Drives and fundraising/Perishable and non-perishable food items/28 item food hampers/Ottawa Good Food Box Program
Opening hours vary – Call ahead
Summer Hours as follows: 9-5 Mon, Tues and Thurs, 11-7 Wed, 8-4 Fri.



Ontario Public Interest Research Groups (OPIRG)

In addition to emergency food assistance programs, the University of Ottawa and Carleton University both offer a unique dining experience from each of their respective Ontario Public Interest Research Groups.

OPIRG Carleton – The Garden Spot

326 UniCentre Building, Carleton University
<http://www.opirg-carleton.org/content/?q=blog/8>

The Garden Spot is a pay-what-you-can vegan soup kitchen designed to serve healthy, affordable meals to all members of the Carleton community. It is operated by the Carleton Food Collective, a non-profit, consensus-based organization aiming to work outside of the traditional food industry by creating a revolutionary method of collection and distribution. For more information and hours, please call 613-520-2757.

OPIRG University of Ottawa – People's Republic of Delicious

631 King Edward Avenue, 3rd Floor, University of Ottawa

http://aix1.uottawa.ca/~opirg/english_pages/delicious.html

The People's Republic of Delicious is a project of 'Students with a Collective Conscience' (SWACC). This student collective is committed to offering alternative, healthy, vegan meals on a pay-what-you-can basis. Food donations are secured from community members and prepared by volunteers. For more information and hours, please email prdottawa@gmail.com



When You Don't Have Enough Money for Food

About Food Assistance Programs

In Ottawa, there are over 127 food assistance programs supported by The Ottawa Food Bank, including grocery/hamper programs, school breakfast programs, drop-in centres, soup kitchens, women's shelters and recovery homes. For more information or to find the location nearest you, please contact The Ottawa Food Bank by telephone at 613-745-7001, by e-mail at foodbank@theottawafoodbank.ca or visit The Ottawa Food Bank's website www.theottawafoodbank.ca

The Ottawa Food Bank

1317B Michael Street, Ottawa, ON, K1B 3M9
www.theottawafoodbank.ca

Grocery/Hamper Programs

Please call ahead to confirm locations, services and hours of operation.

Aboriginal Women's Support Centre

Minwaashin Lodge
424 Catherine Street, Suite 3
Emergency Baby Food Cupboard
613-741-5590 ext. 234

Barrhaven Food Cupboard

Barrhaven United Church
3013 Jockvale Road
613-825-4505
Available only to the residents of Barrhaven

Britannia Woods Food Centre

115 Ritchie Street, Unit 9
613-829-3696
Closed the first week of every month

Caldwell Family Centre

1100 Medford Street, Unit 20-22
613-728-5597

Centretown Emergency Food Centre

McLeod-Stewarton United Church
507 Bank Street
613-232-3059

Confederation Court Community House

2483A Walkley Road
613-521-6807

Dalhousie Food Cupboard

18 Louisa Street
613-230-3982

Debra Dynes Emergency Food Bank

955 Debra Avenue Unit 85
613-224-3824

Dundas County Food Bank

596 St. Lawrence Street, Winchester
613-774-0188

FAMSAC, Nepean Family Service Association (Emergency Food Service)

West Nepean
613-820-5428
Closed the first week of every month

Foster Farm Family House

1085 Ramsey Crescent, Unit 334
613-596-4866
Closed the first week of every month

Gloucester Emergency Food Cupboard

2040 Arrowsmith Drive
613-749-4728

Good Neighbours Food Bank

Embrun-Russell
613-443-2793

House of Lazarus Food Bank

2245 Simms Street, Mountain (Kemptville)
613-989-3830

Joseph's Store House

2336 Orient Park Drive, Unit 100
613-834-9945

Kanata Food Cupboard

St. Paul's Anglican Church
20 Young Road
613-836-7847

Lanark County Food Bank

5 Allan Street, Carleton Place
613-257-8546

Lowertown Good Neighbours Community House

145 Beausoleil Drive
613-562-2925

Manotick Outreach Emergency Food Panty

St. Leonard's Parish
5332 Long Island Road
613-692-4254

Miriam Centre

2742 St. Joseph Boulevard
613-830-8623
Closed in the summer

Morrison Gardens Community House

985A Morrison Drive
613-596-6229
Part of West End Community Lunch Program
Lunch served for adults and children on Fridays
at noon. Closed the first week of every month.

Nativity Parish Food Cupboard

355 Acton Street (basement of church)
613-521-2416

North Gower and District Outreach Food Bank

North Gower United Church
2332 Church Street
613-489-4218

Odawa Native Friendship Centre

12 Stirling Avenue
613-722-3811

Orléans-Cumberland Community Resource Centre

860 Taylor Creek Dr, Unit 4
613-837-6492

Overbrook Food Centre

225 Donald Street, Unit 120
613-745-0073

Parkdale Food Centre

Queensway Social Action Group
29 Bayswater Avenue
613-722-8019

Partage Vanier

Vanier Community Service Centre
161 Marier Avenue
613-744-2892 ext. 1073

Pavillion Food Bank

14 Tapiola Crescent
613-247-7772

Pinecrest Terrace Community House

2483B Iris Street
613-596-6703
Closed the first Monday of every month

Resurrection Church Social Action Committee

1940 Saunderson Drive
613-733-4661

Richmond Food Bank

3452 McBean Street (basement hall of St. Paul's
United Church)
613-838-5397

Rockland Help Centre

687 Laurier Street
613-446-7594

Russell Heights Community House

1799E Russell Road
613-736-9855

Samaritan House
1820 Carling Avenue
613-729-3172

Shepherds of Good Hope
233 Murray Street
613-789-8210
Daily Soup Program
Grocery program Mon, Wed and Fri 10-1. Can
participate once per month, ID required.

St. Basil's Social Action Group
940 Rex Avenue
613-729-5149

Stittsville Food Bank
1643 Stittsville Main Street P.O. Box 878
613-831-0451
www.stittsvillefoodbank.ca

Westboro Region Food Service
354 Madison Avenue
613-722-3851

West Carleton Emergency Food Aid
Rural Road 1, P.O. Box 130 (Carp)
613-839-5685

Soup Kitchens

Please call ahead to confirm services and hours of operation.

Foster Farm Community Centre

1065 Ramsey Crescent

613-828-2004

Contact: Margaret Knight

Lunch served for children and adults

Mon/Wed/Fri 11:15 a.m. - 12 p.m.

Breakfast for school children Mon-Fri: 7-8 a.m. during the school year

**Food programs don't run when there is no school (e.g. March break, Christmas break, etc)

The Mission

35 Waller Street

613-234-1144

Breakfast for non-residents 7 days/week, 8-8:30 a.m., Dinner for non-residents 7 days/week 3-3:30 p.m.

Lunch 11:30 – coupons are given if client attends chapel at 11 a.m.

Salvation Army – Ottawa Booth Centre

171 George Street

613-241-1573

Breakfast for non-residents 7 days/week, 8 a.m.,

Supper for non-residents 7 days/week 3 p.m.

Shepherds of Good Hope

233 Murray Street

613-789-8210

Hot noon meals 11:30 – 12:30

Evening sandwiches and soup, drop in 5:30-9:30

Open every day of the year.

St. Joe's Women's Centre

151 Laurier Avenue East, Ottawa

613-231-6722

For women 18 + and children (boys under 16) only.

Self-serve breakfast Mon-Fri 9:30-11 a.m.,

Lunch Mon-Fri 12-1 p.m.

Emergency groceries provided

N.B. **St. Joe's Supper Table** serves meals to women **and** men. Call 613-233-4095 for more information about the Supper Table.

St. Luke's Lunch Club and Drop-In

760 Somerset Street West

613-238-4193

Co-ordinator Maxine Stata

Light breakfast Mon-Fri 8-9 a.m., Lunch Mon-Fri

12-1 p.m. Drop in Mon-Fri 8 a.m.-2 p.m.

The Well

154 Somerset Street West

613-594-8861 ext. 27

Women and children only

Light, self -serve breakfast Mon-Fri 9:30 a.m.-12 p.m., Hot lunch Mon-Fri 12-1 p.m.

Also has an emergency food bank program available onsite.

School Breakfast Program

In Ottawa, 8,800 children in 131 schools begin each school day with a nutritious meal provided by the Ottawa Centre for Research and Innovation (OCRI) School Breakfast Program. The program provides funding for food, equipment, and program monitors (elementary school programs only).



OCRI School Breakfast Program

200-2625 Queensview Dr.
Ottawa ON, K2B 8K2
Manager: Christine Lauzon-Foley
613-828-6274 ext. 277
Clauzon-Foley@ocri.ca
www.ocri.ca

Ottawa School Boards Contacts

Ottawa Catholic School Board

Gerry Proulx 613-224-4455 ext. 2102
gerry.proulx@ottawacatholicschools.ca

Ottawa Carleton District School Board

Ann McCrimmon 613-596-8211 ext. 8821
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Food Co-ops and Catering

Local Food-Related Community Economic Development Initiatives

What is Community Economic Development (CED)?

The Canadian CED Network defines the term “community economic development” as people taking action in their local area to create economic opportunities and better social conditions, particularly for those who are most disadvantaged. CED is an approach that recognizes that economic, environmental and social challenges are interdependent, complex and ever changing. All of the initiatives listed below provide economic opportunities, whether through sales or employment opportunities, for populations that have typically been excluded from the mainstream economy.

What is a co-operative?

The Canadian Co-operative Association (CCA) defines co-operatives as an organization owned by the members who use its services. Co-operatives can provide virtually any product or service, and can be either a non-profit or for-profit enterprise. Co-ops and credit unions provide consumers with a distinct values-based and community-owned and controlled alternative. Unlike the private, public, or voluntary sectors, all co-operatives around the world are guided by the same seven principles:

1. Voluntary and open membership
2. Democratic member control
3. Member economic participation
4. Autonomy and independence
5. Education, training, and information
6. Co-operation among co-operatives
7. Concern for community

Fitzroy Beef Farmers Co-operative

Ken & Cathy Stewart
1973 Alywin Rd
Fitzroy, ON K0A 1X0
Tel: 613-623-3881

info@FitzroyBeefFarmers.com
www.FitzroyBeefFarmers.com

The Fitzroy Beef Farmers Co-operative (FBF) was founded in 2005 in response to the United States border closure, which prevented Canadian beef exports from entering that country. Their mission is to provide their members with a local market for their beef. The FBF's fine products are sold directly to the public all over the Ottawa Valley. Thanks to a dedicated group of volunteers, and the commitment of local churches and businesses, FBF has established itself as a recognized source of prime, local, government-inspected beef.

Co-op Beldajia

c/o Centre d'intégration et de formation en développement économique (CIFODE)
400-251 Bank St. Ottawa, K2P 2X3
Phone: 613-569-2456
Fax: 613-569-3205
beldajia@yahoo.ca

Co-op Beldajia is an enterprise for women of visible minorities at CIFODE. They make an all-natural tropical hot sauce. The co-op also makes and markets frozen samosas to restaurants, cafeterias and private clients throughout Ottawa. Catering Services are also available – see the menu on the web site.

Krackers Katering

c/o The Causeway Work Centre
22 O'Meara St. Ottawa, K1Y 4N6
Tel: 613-762-4954
Fax: 613-792-4957
krackers@magma.ca

Krackers Katering is an agency-sponsored entrepreneurial business that operates under the auspices of Causeway Work Centre. Its primary purpose is to employ persons with severe and persistent mental illness so they can develop the skills and confidence necessary to break the cycle of isolation, poverty and unemployment. Krackers provides training opportunities, as well as full-time, part-time, and casual paid employment. Krackers offers catering for private or corporate functions.

La Siembra Co-operative

4 Florence St, Suite 210
Ottawa K2P 0W7
Tel: 613-235-6122
Fax: 613-235-6877
info@lasiembra.com
www.lasiembra.com

La Siembra sells organic and fair-traded hot chocolate, cocoa powder, chocolate bars, chocolate chips, cane sugar and professional chocolate products. La Siembra also educates on fair trade and sustainable development issues.

Savour Ottawa

(located at Just Food)
280 Metcalfe Street, # 501
Ottawa, ON K2P 1R7
613-236-9300 ext. 305
heather@justfood.ca
www.savourottawa.ca

Savour Ottawa is an initiative of Just Food, City of Ottawa, Ottawa Tourism and local farmers, chefs and food service businesses to support, develop and promote Ottawa and area as a culinary destination based in local food. It is primarily a business-to-business initiative connecting buyers and sellers of local food products.

Look for this Savour Ottawa brand to indicate local food at farm-gates, farmers' markets, and retail outlets throughout Ottawa, and in adjacent areas within Eastern Ontario and the Outaouais (the Buy Local region for the City of Ottawa).



Community Health and Resource Centres

About Community Health and Resource Centres

Community Health and Resource Centres contribute to healthy communities in Ottawa by providing health and social services, including food security and nutrition related programs. Contact your local Community Health or Resource Centre for more information on the programs offered in your area.

Community Health Centres

Carlington Community and Health Services

900 Merivale Road, Ottawa, K1Z 5Z8
Dietitian-Nutritionist: Caroline Samson
613-722-4000
csamson@carlington.ochc.org
www.carlingtonchc.ca

Centretown Community Health Centre

420 Cooper Street, Ottawa, K2P 2N6
Dietitian: Nicole Gravelle-Blauer
613-233-4443 ext. 2198
info@centretownchc.org
www.centretownchc.org

Pinecrest-Queensway Health and Community Services

1365 Richmond Road, 2nd Floor, Ottawa
K2B 6R7
Dietitian: Anne Lim
613-820-4922 ext. 602
a.lim@pqhcs.com
www.pinecrest-queensway.com

Sandy Hill Community Health Centre

221 Nelson Street, Ottawa, K1N 1C7
Community Dietitian: Olly Wodin
613-789-8458
info@sandyhillchc.on.ca
www.sandyhillchc.on.ca

Somerset West Community Health Centre

55 Eccles Street, Ottawa, K1R 6S3
613-238-1220
Dietitian: Bonnie Baxter ext. 2352
bbaxter@swchc.on.ca
www.swchc.on.ca

Southeast Ottawa Centre for a Healthy Community

1355 Bank Street, Suite 600, Ottawa
K1H 8K7
613-737-5115
Nutritionists: Sandy McIntyre and Annette Charron, ext. 2339
office@seochc.on.ca
www.seochc.on.ca

Community Resources Centres

Eastern Ottawa Resource Centre

2339 Ogilvie Road, Main Floor, Ottawa
K1J 8M6
Intake Workers: Nadia Blasutti and Michelle
Lemieux
613-741-6025
jennifer.rothney-zewdie@eorc-gloucester.ca,
michelle.lemieux@eorc-gloucester.ca
www.eorc-gloucester.ca

Hunt Club/Riverside Community Services Centre

3310 McCarthy Road, Ottawa, K1V 9S1
613-247-1600
info@huntclubriverside.ca
www.huntclubriverside.ca

Lowertown Community Resource Centre

40 Cobourg Street, Ottawa, K1N 8Z6
Public Health Nurse: Guylaine Gratton
613-789-3930 ext. 316
info@crbv.ca
www.crbv.ca

Nepean Community Resource Centre

1642 Merivale Rd, Unit 541, Ottawa, K2G 4A1
613-596-5626
info@ncrc.ca
www.ncrc.ca

Orléans-Cumberland Community Resource Centre

210 Centrum Boulevard, Suite 211, Ottawa,
K1E 3V7
613-830-4357
Community Developer: Claude Crustin
www.crcorleans-cumberland.ca
ccrustin@crcorleans-cumberland.ca,
carolle@crcorleans-cumberland.ca

Overbrook-Forbes Community Resource Centre

225 Donald Street, Unit 120, Ottawa
K1K 1N1
613-745-0073
Public Health Nurse: Sylvie-Diane Alletson
Emergency Food Program: Hélène LaCroix
ext 108
Community Developer: Armand Kayolo
ext. 119
info@ofcrc.org
www.ofcrc.org

Vanier Community Service Centre

290 Dupuis Street, Ottawa, K1L 1A2
Contact: Andrew Rhéaume
613-744-2892
arheume@cscvanier.com
www.cscvanier.com

Western Ottawa Community Resource Centre

2 MacNeil Court, Kanata, K2L 4H7
613-591-3686
Counsellor: Annie Muldoon, ext. 284
Community Developer: Maria Christina Serge,
ext. 278
info@communityresourcecentre.ca
www.communityresourcecentre.ca

Ottawa Public Health Nutrition

Community Food Advisors

Community Food Advisors are volunteers trained in healthy eating and food safety. They offer FREE food demonstrations, presentations, displays and other services in our community to people of all ages and backgrounds. Topics include healthy snacks, Canada's Food Guide, healthy eating on a budget, cooking for one or two, and food safety. For more information, or to request the services of a Community Food Advisor, please call 613-580-6744 ext. 23574.

Nutrition Information Line

Registered dietitians with Ottawa Public Health are available by telephone each weekday to respond to questions about food and nutrition. A large variety of resources are available on topics such as healthy eating, budgeting, healthy weight, and child nutrition. Dietitians are also available on a limited basis to offer community presentations. Call 613-580-6744, ext. 23403.

Community Dietitians

Ottawa Public Health maintains a list of dietitians working in other community settings, including Community Health Centres, hospital outpatient departments, diabetes and heart health programs, as well as a list of consulting dietitians in private practice. If someone requires individual counselling with a dietitian, a referral will be made to a community dietitian

or other community programs. Call the Ottawa Public Health Nutrition Line at 613-580-6744, ext. 23403.

Nutritious Food Basket

The costing of the Nutritious Food Basket in Ottawa is done each spring and the results are available by the end of July, showing the monthly cost of healthy food for adults and children of different ages and different family combinations. The foods in the Basket are from the four food groups of Canada's Food Guide and include foods that are widely available and frequently purchased by Canadians. For more information call 613-580-6744 ext. 23403.

Ottawa Public Health Nutrition Website

This new website has nutrition information about: Feeding Babies and Toddlers, Healthy Eating on a Budget, Nutrition Services that are available in Ottawa, Healthy Weights for Adults and Children, Healthy Cooking Demonstrations and more. These practical demonstrations walk you through basic cooking skills and give you tips on how to make your food healthier. Examples include how to make your own baby food, kitchen basics to help you start cooking using basic tools, information about fats and fibre, how to make convenience foods healthier, and much more. Visit www.ottawa.ca/health/nutrition.

Just Food Projects

Ottawa Buy Local Food Guide

Print and online versions available with a listing of local farmers' markets and local farms that sell food from their farm gate. The Guide includes hours of operation, products sold and contact information including websites. The Guide also includes a harvest chart, so you know what food is in season, and a map to help you find your way. If you would like print versions of the Guide for your event, organization or household, please contact us. Presentations on various urban and rural food issues are also available.

CSA Farms (Community Shared Agriculture)

CSA is an approach to growing and buying food in which the farmer and consumer are working cooperatively. In a CSA the farmer grows food for a predetermined group of consumers. The consumer enters into an agreement of purchase prior to the start of the season. The farmer gains a guaranteed market; the consumer gains high quality, fresh food as it become available throughout the season. CSA farms usually offer weekly delivery or pick-up of vegetables. Sometimes fruit, herbs and meat products are also available.

A listing of CSA farms in the area is available on the Just Food website.

Students For Farming

Students for Farming is a program that links classrooms to local area farms to increase youth's understanding of farming and its importance in our food system. Youth engage in a service project on the farm, which could

involve gleaning (picking food that is leftover from the fields to donate to the Ottawa Food Bank) as well as a tangible project to help the farmer.

Workshops and Training

Just Food organizes workshops and training throughout the year.

Current topics include: Organic Gardening Workshops (including Seed-saving), Food Preservation Workshops, "Why Buy Local" Workshops, How to start a Collective Kitchen or a Community Garden.

In collaboration with local farmers, Just Food also organizes and facilitates Farmer Training.

Just Food Newsletter

Everyone is invited to sign up to become a member of Just Food (it's free!) and receive an electronic copy of our monthly newsletter, which promotes food-related events, workshops and issues that are happening in Ottawa.

Please contact us if you want to:

- Pick up a copies of the Ottawa Buy Local Food Guide
- Become a member of a CSA Farm
- Become involved in the Students for Farming project
- Participate in, or be trained to facilitate, our workshops and trainings
- Learn more about volunteer opportunities

Just Food

613-236-9300 ext. 301

E-mail: info@justfood.ca

Website: www.justfood.ca