



FOOD LINK 2013/2014



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



Just Food

TABLE OF CONTENTS

INTRODUCTION	3
COMMUNITY FOOD PROGRAMS	4
Ottawa Good Food Box.....	4
Collaborative Food Pantry.....	6
Good Food Markets	6
Meals on Wheels.....	7
Community Gardening Network of Ottawa.....	9
Collective and Community Kitchens.....	14
Buns in the Oven Program.....	15
SCHOOL-BASED FOOD PROGRAMS.....	17
Elementary Services	17
Colleges and Universities Nutrition Services	18
FOOD ASSISTANCE PROGRAMS.....	19
The Ottawa Food Bank	19
Grocery/Hamper and Emergency Food Programs.....	19
Soup Kitchen Programs	25
COMMUNITY-ORIENTED FOOD BUSINESSES.....	27
Hidden Harvest	27
Krackers Katering.....	27
Savour Ottawa	27
Food Cooperatives.....	28
COMMUNITY HEALTH AND RESOURCES CENTRES.....	30
OTTAWA FOOD POLICY COUNCIL.....	33
OTTAWA PUBLIC HEALTH NUTRITION.....	34
Community Food Advisors	34
EatRight Ontario.....	34
Community Dietiticians.....	34
Nutritious Food Basket.....	34
Ottawa Public Health Nutrition Website	34
Ottawa Public Health Breastfeeding Support.....	34
JUST FOOD	36
Ottawa Buy Local Food Guide	36
Farmer Training Program/Start-Up Farm	36
Community Shared Agriculture	36
Workshops and Training	36
Just Food City-Wide Newsletter	37

Welcome to Food Link!

Just Food, in collaboration with Ottawa Public Health, produced this directory of food and nutrition programs and services in Ottawa to increase access to healthy food, especially for people experiencing food insecurity. Food Link is available on the Just Food Website: www.justfood.ca.

Just Food

Just Food is a non-profit, 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
2389 Pepin Ct. Ottawa, ON, K1B 4Z3
Contact: 613-699-6850 x10, info@justfood.ca
Fax: 613-699-6851
www.justfood.ca

Ottawa Public Health

The vision at Ottawa Public Health (OPH) is to make Ottawa a community where people are healthy, safe and actively engaged in their well-being. OPH provides public health programs and services to individuals and communities while advocating for public policies that make our city and its residents healthier. OPH is a teaching health unit and works with all post secondary educational institutions in the area. OPH is governed by the Board of Health, which is comprised of elected members of City Council and public members

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
www.ottawa.ca/health

Community Food Programs

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, 613-233-4443 x2203

Locations

For sites that do not have a phone number listed or for more information, please contact Natasha Beaudin, 613-233-4443 x2203.

88 Main St.

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

Cambridge St. Community Public School

250 Cambridge St. Ottawa

Canadian Mental Health Association

Near: Billings Bridge
1355 Bank St. Ottawa
Contact: Donna-Lynn, 613-737-7791
Online shopping not available.

Carleton University

Near: Bronson St. and Sunnyside Ave.
1125 Colonel By Dr. Ottawa (Food Centre)
Contact: Sara McCue, 613-520-2600 x2265

Carlington Community and Health Services

Near: Merivale Rd. and Carling Ave.
900 Merivale Rd. Ottawa
Contact: Rosetta Foti, 613-722-4000 x265
Online shopping not available.

Centretown Community Health Centre

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

Coady Coop Housing

Near: Hunt Club and Riverside
47-3099 Uplands Dr. Ottawa
Contact: Carol Evoy, 613-736-0524
Online shopping not available.

Debra Dynes Community House

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

Draffin Court

Near: CentrepoinTE Area.
101 Draffin Ct. Ottawa
Contact: Claire DeBroy, 613-225-4638
Online shopping not available.

Eastern Ottawa Community Centre

Near: Ogilvie Rd. and Montreal Rd.
2339 Ogilvie Rd. Ottawa
Contact: Gino Vaillancourt, 613-741-6025

École Le carrefour

2445 St. Laurent Blvd. Ottawa
Contact: Soha Ghosn, 613 731-7212
Online shopping not available pickup on Tues.

Emily Murphy Non-profit Housing

2676 Innes Rd. Ottawa
Contact: Kathleen Scheer, 613-834-9550
Online shopping not available pickup on Tues.

Featherston Drive Public School

1801 Featherston Dr. Ottawa
Contact: David Coyne, 613-731-3357
Online shopping not available.

Heartwood House

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

Hunt Club and Riverside

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

Kanata Community Christian Reformed Church

Near: South of Hazeldene Rd.
46 Castlefrank Rd. Ottawa
Contact: The Deacon, 613-831-7458

La Cité collégiale

801 Aviation Pkwy. Ottawa
In the sports complex building H1060
Contact: Alain Cyr-Russo, 613-742-2493 x2028
Online shopping not available, pickup on Tues.

Lowertown

Community Resource Centre
Near: Rideau St. and Cobourg St.
40 Cobourg St. Ottawa
Contact: Marie Chriffin Gauthier, 613-789-3930, mcgauthier@crcbv.ca

Nepean Rideau and Osgoode Community Resource Centre

1642 Merivale Rd. Ottawa
Contact: Phil Elwell, 613-596-5626 x224
Online shopping not available.

Old Ottawa South

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

Ottawa Public Health

Near: Baseline & Woodroffe
100 Constellation Cres. Ottawa
Contact: Jamie Hurst, 613-580-6744 x25278,
Jamie.hurst@ottawa.ca

Ottawa University - Bon Appétit Centre

Near: King Edward Ave. and Laurier Ave.
85 University St. Ottawa
Contact: Chris Hynes, 613-562-5966 x2752

Pinecrest-Queensway Community Health Centre

Near: Bayshore
175 Woodridge Cres. Ottawa
Contact: Sado Ibrahim, 613-820-4922

Robert E. Wilson Public School

373 McArthur Ave. Ottawa

Contact: Shirley Duquette, (Home) 613 741-6530 or (Cell) 613-292-3361, Shirley-duquette@hotmail.com

Somerset West Community Health Centre

Near: Booth St. and Somerset St.

55 Eccles St. Ottawa

Contact: Emilie Hayes, 613-238-8210

St. Nicholas Adult H.S. - Central

20 Graham Ave. Ottawa

Contact: Susana Martinez, 613-234-2768

Online shopping not available.

Stronghold Community Home

Near: Merivale Rd. and Kirkwood Ave.

1465 Caldwell Ave. Ottawa, Unit 102

Contact: Therese Ladouceur, 613-728-9933

Online shopping not available.

Wabano Centre for Aboriginal Health

Near: Montreal Rd. and Granville St.

299 Montreal Rd. Ottawa

Contact: Cindy, 613-748-0657 x214

Client's only, online shopping not available, pickup on Tues.

Collaborative Food Pantry

Through the Collaborative Food Pantry, residents facing food insecurity participate in a food buying club for non-perishable staples. The Pantry buys low cost non-perishable food staples in bulk – such as rice, beans, flour, pasta and legumes. Small groups of friends or neighbours come together to form a local site. They order the items which they want to purchase and arrange a convenient time for the food to be delivered. By addressing the challenges of cash flow and transportation barriers, the Collaborative Food Pantry allows households to stretch their food dollars and increase access to healthy foods.

To get involved or to start a local site, contact Vildana at 613-236-9300 ext. 301 or foodpantry@spcottawa.on.ca. The Collaborative Food Pantry is an initiative of the Social Planning Council of Ottawa.

Good Food Markets

An initiative of the Poverty and Hunger Working Group through the Coalition of Community Health and Resource Centres and their community partners, the Good Food Markets are community markets that sell a variety of healthy foods at great value. Working with the Good Food Box Program at the Centretown Community Health Centre, fresh fruits, vegetables and dried food are purchased at wholesale prices and re-sold to the community at a great value. Good Food Markets are volunteer-run markets where customers have more choice about what they buy and how much they buy right in their neighbourhood. Some of the markets will also offer fun activities for children, live music, and food demonstrations, making the markets memorable occasions for everyone. For all the benefits that Good Food Markets bring, residents in neighbourhoods across the city are working together to establish Markets in their neighbourhoods.

For more information contact: Kaitrin Doll, Kaitrin.Doll@crccr.org Tel: 613.745.0073 ext. 136

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.

Locations

Central Ottawa

670 Albert St. Ottawa

Contact: 613-233-2424, service@mealsonwheels-ottawa.org

Fax: 613-232-3029

www.mealsonwheels-ottawa.org

Delivery area: Former City of Ottawa, Vanier and Rockcliffe

Meals: Soup, main course, dessert and fruit, \$5.00/meal. Saturday deliveries are possible.

Gloucester - Eastern Ottawa Resource Centre

2339 Ogilvie Rd. Ottawa (Beacon Hill Mall)

Contact: Natasha Dasilva, 613-741-6025 x108

www.eorc-gloucester.ca

Delivery area: Gloucester, Orleans and Cumberland

Meals: Juice, soup, muffin, main entrée and a dessert, \$5.50/meal. Subsidies are available for those who cannot afford to pay for the meals.

Kanata - Western Ottawa Community Resource Centre

2 MacNeil Ct. Ottawa

Contact: 613-591-3686

www.communityresourcecentre.ca

Delivery area: Goulbourn, Kanata, and West Carleton

Meals: Hot and cold full course lunches ready to eat, \$5.75/meal. Frozen Meals Pre-packaged \$31.50/pkg or by order \$4.75/meal.

Kosher Meals on Wheels - Jewish Family Services of Ottawa

2255 Carling Ave. Ottawa

Contact: 613-722-2225, info@jfsottawa.com

Fax: 613-722-7570

<http://www.jfsottawa.com/seniors-programs/>

Delivery area: City of Ottawa

Meals: Soup, starch selection, a vegetable and a desert, \$10.00/meal. Delivered on Mon, Wed, and Fri.

Manotick - Rural Ottawa South Support Services

1128 Mill St. Ottawa

Contact: 613-692-4697, info@rosss.ca

Fax: 613-692-0923

<http://rosss.ca/meal-services>

Delivery area: Manotick and area

Meals: Low sodium meals delivered daily, \$5.00/meal.

Metcalfe - Rural Ottawa South Support Services

7650 Snake Island Rd. Ottawa

Contact: 613-821-1101, info@rosss.ca

Fax: 613-821-5373

<http://rosss.ca/meal-services>

Delivery area: Metcalfe, North Gower, Richmond and area

Meals: Low sodium meals delivered daily, \$5.00/meal. Frozen meals available for \$4.50/meal.

Nepean - Nepean Support Services

3865 Richmond Rd. Ottawa

Contact: Darryl (Program Manager), 613-829-1133 x17

www.nepeansupport.com

Meals: Soup, main entrée, dessert, fresh fruit or salad, and one of a variety of foods (i.e. milk, cheese, roll). Hot meals, \$5.35/meal and frozen entrees, \$4.35/meal.

Community Gardening Network of Ottawa

The Community Gardening Network of Ottawa (CGN) within Just Food is an information and resource-sharing network that supports the sustainable development of community gardens within the city. 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 build gardening and seed-saving skills in the city through our 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

Community Gardening Network

Just Food

2389 Pepin Ct. Ottawa, ON, K1B 4Z3

Contact: Terri O’Neill, 613-699-6850 x12, communitygardening@justfood.ca

Locations

Bayshore Community Garden

175 Woodridge Cres. Ottawa (Bayshore Park)

Contact: Cheryl Andrew Cooper, bayshorecommunitygarden@gmail.com

Bethany Church Community Garden

382 CentrepoinTE Dr. Ottawa

Contact: Damodharan (Dams) Narayanan, damsmobile@gmail.com,

bethany-community-organic-gardens@googlegroups.com

25 plots

Brewer Park Community Garden

Brewer Park, between Sloan Ave. and Brewer Way.

Contact: Danielle Cantin, oosgarden@gmail.com

Carlington Community Garden-Carlington Community Health Centre

900 Merivale Rd. Ottawa (In former school yard)

Contact: Stefano Marconetto, stefanomarconetto@gmail.com

Centretown Community Gardening Project

461 Lisgar St. Ottawa (At Lyon)

Contact: Claire Kaufman, 819-953-9762, ccgardenproject@gmail.com

www.ccgardenproject.org

36 plots

Chateau Donald Community Garden

251 Donald St. Ottawa (Off Vanier Parkway)

Plots are available only to residents of 251 Donald St.

12 plots

Children's Garden at Robert Leggett Park

Old Ottawa East in Robert Leggett Park at the corner of Main and Clegg

Contact: Katie Breen, 613-234-8596, childrensgarden@sustainablelivingottawaeast.ca

www.sustainablelivingottawaeast.ca

Communal children's garden

Debra Dynes Family House Community Garden

Debra Ave. (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. Ottawa

12 plots

Gloucester Allotment Gardens

Anderson site: At Anderson Rd. and Weir Rd.

Blackburn Hamlet site: Inside Blackburn between the Hamlet and Blackburn Bypass

Contact: Irene Harrison, gaga@ncf.ca

270 plots

Jardin Arrowsmith Thyme-less Garden

2040 Arrowsmith Dr. Ottawa

Contact: Ruth Torok, g2040@hotmail.com

11 plots

Jardin Communautaire Vanier Community Garden

300 Des Peres Blancs, Ottawa (Richelieu Park)

Contact: Mike Bulthuis, 613-222-9831, jardinvaniergarden@gmail.com

36 plots

Kilborn Allotment Garden

Kilborn Ave. and Haig Dr.

Contact: Natalie Ollson, natalie.ollson@ottawa.ca

www.kilborngardens.ca

355 plots

Lees Avenue Community Garden

166 Lees Ave. Ottawa

Contact: Ian Delta, oecommunitygarden@gmail.com

Leslie Park Community Garden

Leslie Park (Abingdon Dr. and Costello Ave.)

Contact: Mark Howard, 613-321-1300, leslieparkcommunitygarden@gmail.com

58 plots

Lindsay St. Community Garden

310 Lindsay St. Ottawa

Contact: Sebastien Armand, dancingdevas@gmail.com

Lowertown/Basseville Community Garden

40 Coburg St. Ottawa (Near the corner off Cobourg and St. Patrick)

Contact: Annie Mercier, 613-789-3930 x314, amercier@crcbv.ca

6 plots

Michele Heights Community Garden

2955 Michele Dr. Ottawa (Michele Heights, West of Carling Ave. and Richmond Rd.)

Contact: Sharmaarke Abdullahi, s.abdullahi@pqchc.com

23 plots

Nanny Goat Hill Community Garden

Corner of Bronson Ave. and Laurier Ave.

Contact: Elizabeth Eve, 613-851-1121, nangoathillgarden@gmail.com

80 plots

Nepean Allotment Gardens

230 Viewmount Dr. Ottawa (Between Merivale and Fisher)

Contact: Mike, chebbonagagardens@gmail.com

200 plots

Orleans Community Garden

3350 St. Joseph Blvd. Ottawa

Contact: Gina Lapointe, jcocg@hotmail.com

Facebook: Orleans Community Garden

70 plots

Ottawa East Community Garden

201 Main St. Ottawa (St. Paul's University)

Contact: Chris Tucker (Coordinator of St. Paul University plots) or Francis Savage (Coordinator of Oblate plots), oecommunitygarden@gmail.com

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

O-YA Community Garden - Osgoode Youth Association

5479 Osgoode Main St. Ottawa

Contact: 613 826-0726, o-yacentre@rogers.com

Pinecrest Terrace Community Garden

2483-B Iris St. Ottawa (Pinecrest Terrace Community House)

Contact: Lomumba Eman, 613-596-6703

1 communal plot

Rochester Heights Community Garden

Gladstone Ave. and Booth St. (Rochester Height Community House)

Contact: Josmi Bansal, 613-237-6529, jbansal@swchc.on.ca

Communal garden for children

Russell Heights Community Garden

1799E Russell Rd. Ottawa (Russell Heights Community House)

Contact: Don Smith, 613-736-9855

10 plots

Sandy Hill Community Garden

Dutchie's Hole Park, south of Strathcona Park and south of the intersection of Mann Ave. and Range Rd.

Contact: Barbara Powidel, sandyhillcommunitygarden@gmail.com

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

16 plots

Strathcona Heights Community Garden

Hildegarde Henderson Sandy Hill near Queensway and Lees Ave. off Wiggins Pvt.

Contact: strathgarden@yahoo.ca

40 plots

Sweet Willow Community Garden

31 Rochester St. Ottawa (Near the corner of Rochester St. and Primrose Ave.)

Contact: Vanessa Turner, swgcoordinator@gmail.com

www.sweetwillowgarden.blogspot.com

12 plots

The Bytowne Urban Gardens (BUGS)

75 Glendale Ave. Ottawa (Glebe Memorial Park)

Contact: bugscoordinator@gmail.com,

www.bugsottawa.ca

Trinity Community Garden

480 Avalon Pl. Ottawa (Riverview Park)

Contact: Bernadette Bailey, trinity.garden@rogers.com

Vars Community Garden

5859 Centre St. Ottawa

Contact: Jean Séguin, info@vars.ca

West Barrhaven Community Garden

3058 Jockvale Rd. Ottawa (Barrhaven Fellowship Christian Reform Church)

Contact: Andrea, 613-825-7512, wbcgarden@gmail.com

Other Community Gardening Projects

Canadian Organic Growers (COG), Growing Up Organic (GUO)

Contact: Allisa Campbell (Project Manager), guo-ottawa@cog.ca

www.cog.ca/ottawa/growing-up-organic/

All schools in Ottawa can participate in the program by starting a community garden, scheduling field trips or farmer visits.

Canadian Organic Growers (COG), Senior Organic Gardeners (SOG)

Contact: 613-244-4000 x2, ottawachapter@cog.ca

www.cog.ca/ottawa/goo/

SOG provides opportunities for seniors to do as much organic growing as they wish and are able to by using tools adapted to their abilities in their own homes and in retirement homes.

Jaku Konbit's GreenStar Enterprise

Kilborn allotment gardens

Contact: Barbrah Wilson, 613-567-0600

www.jakukonbit.com

Youth led community garden

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 613-699-6850 x10

Locations

Carlington Community Health Centre

900 Merivale Rd. Ottawa

Contact: 613-722-4000

www.carlington.ochc.org/

Details: Free of charge collective kitchen open to closed support groups only.

Centretown Community Health Centre

420 Cooper St. Ottawa

Contact: Susannah Juteau, 613-233-4443 x2198, sjuteau@centretownchc.org

Details: Offers a 6-week/ 4-week back to basic food course. Participants are asked to pay \$2 if possible.

Lowertown Community Resource Centre

40 Cobourg St. Ottawa

Contact: Jamila Libi, 613-789-3930 x313, info@crcbv.ca

Fax: 613-688-5554

www.crcbv.ca

Details: People from the community get together and cook nutritious and economical meals that can be frozen. Registration necessary, participants must be living in subsidized housing.

Pincrest-Queensway Community Health Centre

1365 Richmond Rd. Ottawa

Contact: Janice Canning, 613-820-4922 x3590, j.canning@pqchc.com or Sado Ibrahim,

613-820-4922 x3692, s.ibrahim@pqchc.com

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

Details: Cook with community members, share recipes, conversation and socialize in a friendly, supportive atmosphere.

SEVA Bethel Field House

166 Frank St. Ottawa (St Luke's Park)

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

Details: Sun 11am-1:30pm, no registration required

Somerset West Community Health Centre

55 Eccles St. Ottawa, 3rd Floor

Contact: Tania Dorley, at 613-238-8210 x2320, info@swchc.on.ca

Fax: 613-238-7595

www.swchc.on.ca

Details: Community kitchen available Tues from 9:30am-11:30am.

Southeast Ottawa Centre

1355 Bank St. Ottawa, Suite 600

Contact: Lynne Dubroy, 613-737-7195 x2559, lynne.dubroy@ottawa.ca

Fax: 613-739-8199

<http://www.seochc.on.ca/>

Details: The kitchen opens once a month and allows participants to complete 3 recipes, 2 main dishes and 1 dessert, while working closely with a dietician. Meals are available at a cost of \$2/meal a minimum of 3 participants are required.

Vanier Community Service Centre

290 Dupuis St. Ottawa

Contact: 613-744-2892, cscv@cscvanier.com

Fax: 613-744-2902

www.cscvanier.com

West Carleton Country Kitchen

At present, and thanks to the generous funding from the Anglican Diocese of Ottawa through the Bishop's Child Poverty Initiative, the West Carleton Country Kitchen is completing a pilot project that resulted in a 1) no-cost six-week program aimed at developing cooking skills and healthy attitudes toward physical activity in families, 2) the development of a communal garden in Carp, and 3) the upcoming delivery of a sports nutrition program aimed at changing attitudes about eating healthy food for community sports teams. The "classic" country kitchen is a volunteer-run monthly collective cooking program that brings together the rural community to prepare, cook, and eat nutritious and budget-conscious meals. The Country Kitchen is self-sustaining community initiative; exclusively volunteer run and operating with generous support from local businesses and farmers. Monthly meetings rotate among three locations in West Carleton communities.

For more information contact: Gail Carroll at thecarrolls@xplornet.com, and Eva Stewart-Bindernagel at evasb1@rogers.com

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 x736.

Locations

Carlington Community and Health Services

Location 1: Buns in the Oven

1475 Caldwell Ave. Ottawa (Bellevue Community Centre)

Contact: Wendy O'Connell-Smith, 613-722-4000, woconnell-smith@carlington.ochc.org

Location 2: My Bundle of Joy

955 Debra Ave. Ottawa, Unit 85 (Debra Dynes Family House)
Contact: Rana Arfeh, 613-722-4000 x246, rarfeh@carlington.ochc.org

Centretown Community Health Centre

420 Cooper St. Ottawa
Contact: Jennifer Theriault, 613-233-2317 x2202
jtheriault@centretownchc.org

Pinecrest-Queensway Health and Community Services

1365 Richmond Rd. Ottawa, 2nd Floor,
Contact: Anne Lim, 613-820-4922 x602, a.lim@pqhcs.com

Salvation Army Bethany Hope Centre

1140 Wellington St. Ottawa
Contact: Kim Ledoux, 613-725-5152, kledoux@ottawayoungparents.com

Somerset West Community Health Centre - First Steps

55 Eccles St. Ottawa
Contact: Bonnie Baxter, 613-238-8210 x2352, bbaxter@swchc.on.ca

St. Mary's Home

780 rue de L' Église, Ottawa
Contact: Kim Ledoux, 613-725-5152, kledoux@ottawayoungparents.com

South-East Ottawa Centre - For a Healthy Community

1355 Bank St. Ottawa, Suite 600
Contact: Sandy McIntyre, 613-737-7195 x2339, sandym@seochc.ca

South Nepean Satellite Community Health Services

4100 Strandherd Dr. Ottawa, 2nd floor
Contact: Kim Ledoux, 613-725-5152, kledoux@ottawayoungparents.com

Vanier Community Service Centre - Francophone program: Ça mijote

290 Dupuis St. Ottawa
Contact: Myriam Roy-Lévesque, 613-744-2892 x1084, myriam.roy-levesque@ottawa.ca

School-Based Food Programs

The Daily Bread Project is an Anglican led program that teaches basic grocery shopping and lunch making skills to public school students. Started as a pilot in one school in 2011, the Daily Bread Project is currently operating at three elementary schools in Western Quebec and at two community centres in Eastern Ontario. Once a week groups of students at participating schools go grocery shopping at local supermarkets and then make healthy lunches and snacks under the supervision of teachers, parents, volunteers, and nutritionists. Individuals or groups who are interested in expanding the project to their community are invited to contact the Anglican Diocese of Ottawa for more information.

Contact: Matthew Brown matthew-brown@ottawa.anglican.ca website: www.dailybreadproject.ca ; Telephone 613-232-7124 ext 237

Ottawa Network for Education School Breakfast Program

In Ottawa, 11,000 children in 148 schools begin each school day with a nutritious meal provided by the Ottawa Network for Education School Breakfast Program. The program provides funding for food, equipment, and program monitors (elementary school programs only).

School Breakfast Program

205-900 Morrison Dr. Ottawa

Contact: Carolyn Hunter, 613-366-3085 x254, chunter@onfe-rope.ca

<http://www.onfe-rope.ca/programs/school-breakfast-program>

Ottawa School Board Contacts

Ottawa Catholic School Board

Contact: Tracy Mertz, 613-523-5807 tracy.mertz@ocsd.ca or Susan Keleman, 613-224-4455 x2351, susan.kelemen@ottawacatholicschools.ca

Ottawa Carleton District School Board

Contact: Ann McCrimmon 613-596-8211 x8821, ann_mccrimmon@ocdsb.edu.on.ca

Conseil des écoles publiques de l'est de l'Ontario

Contact: Dale McLellan, 613-591-5384, dale.mclellan@cepeo.on.ca

Conseil des écoles catholiques de langue française du Centre-Est

Contact: Emile Maheu, 613-744-2555 x3331, maheue@ecolecatholique.ca

Kick Start - Ottawa Food Bank

It is widely known that children are not able to perform their best when they are hungry, that's the motivation behind the KickStart program. KickStart helps school meal programs and after-school clubs give nutritious meals and snacks to children who often go to school hungry. KickStart also supplies lunches to day camps throughout the summer when school is out. By preventing children from going hungry during the day, we can help them succeed in school and beyond. For more information about Kick Start programs and locations contact Michael 613-745-7001, michael@theottawafoodbank.ca,

<http://ottawafoodbank.ca/programs/kick-start/>

College & University Food Assistance Programs & Nutrition Services

Algonquin College

Not currently offering food assistance services.

Carleton University Students' Association Food Centre

1125 Colonel By Dr. Ottawa, 427B UniCentre Building, Carleton University

Contact: 613-520-2600 x2265, foodcentre@cusaonline.com

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

801 Aviation Pkwy. Ottawa, Building C1030

Contact: 613-742-2483 x2059

Grocery vouchers are available for emergencies.

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

Office of Campus Sustainability

141 Louis-Pasteur

Contact: 613-562-5800 x2530, sustainable@uOttawa.ca

<http://www.sustainable.uottawa.ca/home.html>

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 University of Ottawa - People's Republic of Delicious

631 King Edward Ave. 3rd Floor, University of Ottawa

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

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

University Of Ottawa Food Services

110 University, Ottawa, Marchand Residence, Room 102

Fax: 613-562-5201

<http://www.foodservices.uottawa.ca/>

Food Assistance Programs

When you don't have enough money for food.

In Ottawa, there are over 140 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 St. Ottawa
Contact: 613-745-7001, foodbank@theottawafoodbank.ca
Fax: 613-745-7377
www.ottawafoodbank.ca

Useful tool to help you find a food bank near you: www.ottawafoodbank.ca/get-help

Grocery/Hamper Program

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

Locations

Aboriginal Women's Support Centre

424 Catherine St. Ottawa, 2nd floor, Suite 3
Contact: Ida Kakekagumick, Reception, 613-741-5590 x221, info@minlodge.com
Fax: 613-748-8311
www.minlodge.com

Banff Avenue Community House

2084 Unit A & B Banff Ave. Ottawa
Contact: Sylvie Manser, 613-739-5702, banffhouse@hotmail.com
Fax: 613-739-0235

Barrhaven Food Cupboard

3013 Jockvale Rd. Ottawa
Contact: 613-825-4505, buc@magma.ca
Fax: 613-825-7724
www.barrhavenunited.org/food_cupboard.htm
Services available only to the residents of Barrhaven

Britannia Woods Food Centre

115 Ritchie St. Ottawa, Unit 9
Contact: 613-829-3696
Details: Food bank open Tues and Fri. 3 days a week Lunch Club: grab and go healthy lunches for children and youth. The lunch program is only available to residents of the Britannia Woods area.
<http://www.britanniawoods.com/>

Caldwell Family Centre

1100 Medford St. Ottawa, Unit 20-22
Contact: 613-728-5597

Centretown Emergency Food Centre

507 Bank St. Ottawa (McLeod-Stewarton United Church)
Contact: 613-232-3059

Confederation Court Community House

2483A Walkley Rd. Ottawa
Contact: 613-521-6807, confederationcourt@hotmail.com
Fax: 613-521-3082
Details: Wed 1pm-3pm.

Debra Dynes Emergency Food Bank

955 Debra Ave. Ottawa , Unit 85
Contact: Barbara Carroll, 613-224-3824, debradynes@on.aibn.com
www.debradynes.ncf.ca
Details: Mon, Wed and Fri 9am-12pm, 1pm-3pm, Tues 1pm-3pm.

Dalhousie Food Cupboard

399 Arlington Ave. Ottawa
Contact: 613-230-3982, dalhousiefoodcupboard@gmail.com
Details: Tues and Thurs 11am-3pm.

Dundas County Food Bank

17 Second St. Morrisburg
Contact: 613-543-0065
www.oafb.ca/934.html

Dundas County Food Bank

497 May St. Winchester
Contact: Donna Quesnel, 613-774-0188, donna.quesnel@sympatico.ca
www.oafb.ca/399.html
Details: Mon 10 am-12pm, Wed 7pm-9pm and Thurs 1pm-3pm.

FAMSAC, Nepean Family Service Association - Emergency Food Service

3891 Richmond Rd. Ottawa
Contact: Glenn Jackson, 613-820-5428
Details: Closed on first week of each month, 24 hr service.

Foster Farm Family House

1085 Ramsey Cres. Ottawa, Unit 334
Contact: 613-596-4866, fosterfarmhouse@hotmail.com
Details: Tues 9:30am-11:30am, Wed 9am-11am and 5pm-7pm (for students only), Thurs 9:30am-11:30am, Fri 12:30pm-2:30pm (general public).

Gloucester Emergency Food Cupboard

2040 Arrowsmith Dr. Ottawa
Contact: 613-749-4728, gefc@gefc.ca
Fax: 613-749-5532 www.gefc.ca

Good Neighbours Food Bank

195 Bay St. Embrun

Contact: Lisette Thibault, 613-443-2793

Harmony House

P.O. Box 57082, Somerset Postal Office Ottawa

Contact: 613-233-3386

Fax: 613-567-1707

Contact: Food bank Coordinator, 613-233-3386

Details: Harmony House receives weekly deliveries from the Ottawa Food Bank. The Food Bank program is available for current and former residents. On average, 20 to 25 families participate weekly.

Heron Emergency Food Centre (HEFC)

1480 Heron Rd. Ottawa, 2nd Floor, (Heron Rd. Community Centre Building)

Contact: 613-737-9090, info@hefc.ca

<http://www.hefc.ca/>

Details: The centre is open Tues 1:30pm - 3:30pm, Wed 6:00pm - 8:00pm, Thurs 1:30pm – 3:30pm and Fri 9:30am – 11:30am.

House of Lazarus Food Bank

2245 Simms St. Mountain

Contact: Pauline Pratt, 613-989-3830, house.lazarus01@gmail.com

<http://houseoflazarus.org/index.html>

Details: Food Bank hours are Mon to Sat 9am-12pm, Tues 5pm-8pm.

Kanata Food Cupboard

20 Young Rd. Kanata

Phone: Karen Waters 613-836-7847 x2, coord@kanatafoodcupboard.ca

Fax: 613-836-2855

Kosher Food Bank- Jewish Family Services of Ottawa

2255 Carling Ave. Ottawa, Suite 300

Contact: CO-chairs: Karen Fainstein, 613-725-0473 and Linda Shiff, 613-829-4831, info@jfsottawa.com

<http://jewishottawa.com/>

Details: Provides access to Miriam's Well (a monthly fruit and vegetable distribution program) and Agudath Israel's Kosher Food Bank.

Lanark County Food Bank

5 Allan St. Carleton Pl. Ottawa

Contact: Nadine Kennedy, 613-257-8546, lanarkfoodbank@yahoo.ca

LifeCentre Food Bank

2675 Innes Rd. Ottawa

Contact: Pastor Michelle, 613-697-7444, info@lifecentre.org

www.lifeCentre.org

Lowertown Good Neighbours Community House

145 Beausoleil Dr. Ottawa

Contact: 613-562-2925, mcbv@bellnet.ca
Details: Food distribution on Wed 9:30am-11:30am, 12:45pm-3:30pm

Manotick Outreach Emergency Food Pantry

5332 Long Island Rd. Manotick
Contact: 613-692-4254, office@stleonardsparish.ca
Fax: 613-692-3562
www.stleonardsparish.ca/web/guest/home

Miriam Centre

2742 St. Joseph Blvd. Ottawa
Phone: 613-830-8623, info@miriamottawa.org
www.miriamottawa.org

Morrison Gardens Community House

985A Morrison Dr. Ottawa
Contact: 613-596-6229, p.howes@pqhcs.com
Fax: Attention Morrison Gardens, 613-288-3407
Details: Food Bank open Mon 6pm-8pm, closed first Mon of the month.

Nativity Parish Food Cupboard

355 Acton St. Ottawa (Basement of church)
Contact: Louise Letarte, 613-521-2416, letartelouise@hotmail.fr
Details: Open the second week of every month for 3 consecutive weeks.

Odawa Native Friendship Centre

12 Stirling Ave. Ottawa
Contact: 613-722-3811, info@odawa.on.ca
Fax: 613-722-4667
www.odawa.on.ca
Details: Program hours may vary

Orléans-Cumberland Community Resource Centre

240 Centrum Blvd. Orléans, Unit 105
Contact: 613-830-4357, jbelanger@crcoc.ca
Fax: 613-830-4196
www.croc.ca
Details: Regular hours Tue 4pm -7pm, Thurs 1:30pm - 4:30pm and Fri 9am - 12pm

Overbrook Food Community Resource Centre – Emergency Food Program

225 Donald St. Ottawa, Unit 120
Contact: Tracey Moore, 613-745-0073, emergencyfoodprogram@ofcrc.org
Fax: 613-741-9292
Details: Emergency Baby cupboard, and Food Bank.
www.ofcrc.org

Parkdale Food Centre

105-89 Stonehurst Ave. Ottawa
Contact: 613-722-8019, parkdalefoodcentre@gmail.com
<http://www.parkdalefoodcentre.org/>

Details: Open every Tues 11am-2pm and 6pm-7:30pm, Thurs from 11am-2pm. Anyone who lives within the boundaries can visit the Parkdale Food Centre once a month for emergency food assistance.

Boundaries: Carling Ave. to the river and Bayswater to Island Park.

Partage Vanier

161 Marier Ave. Ottawa

Contact: 613-744-2892 x1073, scarriere@cscvanier.com

www.cscvanier.com

Pavillion Food Bank

14 Tapiola Cres. Ottawa

Contact: Sandra Buff, 613-247-7772

Pinecrest Terrace Community House

2483 Iris St W. Ottawa Unit B

Contact: 613-596-6703, ptchouse08@gmail.com

Details: Mon 6:30pm-8:30pm, Wed 1pm-3pm and Fri 9:30am-11:30am

lfbkpinecrestterrace.blogspot.ca/

Resurrection Church Social Action Committee

1940 Saunderson Dr. Ottawa

Contact: Maureen Kennedy, 613-733-4661

Fax: 613-733-8081

Richmond Food Bank

3452 McBean St. Ottawa (Basement hall of St. Paul's United Church)

Contact: Judy Wagdin, 613-838-5397

Details: By appointment.

Rockland Help Centre

2815 Chamberland, Rockland

Contact: Conrad Montcalm, 613-446-7594

Details: Open only on Thurs 12:30pm-3:30pm.

Russell Heights Community House

1799 Russell Rd. Ottawa, Unit E

Contact: 613-736-9855, housecoordinator@russellheights.ca

Fax: 613-736-9859

www.russellheights.ca

Details: The Food Bank is open the second and fourth Wed of each month 4:30pm-6pm.

Sadaqa Food Bank

174 Cobourg St. Ottawa, Suite 200

Contact: 613-680-5679

<http://www.sadaqafoodbank.net/>

Details: Provides supplemental Halal food packages once a month. Package sizes are determined based on family size and consist of approximately 3-5 days worth of food. ID and proof of address required.

Samaritan Support Services Food Bank

1820 Carling Ave. Ottawa

Contact: 613-729-3172 x2, sssoc@ottawaocg.org

Fax: 613-729-0610

Details: Fri 2pm-4pm, year-round, call to apply.

Shepherds of Good Hope

233 Murray St. Ottawa

Contact: 613-789-8210, reception@shepherdsofgoodhope.com

Fax: 613-789-0888

www.shepherdsofgoodhope.com

Details: Grocery and Clothing Programs Wed and Fri 10am-1pm.

St. Basil's Social Action Group

940 Rex Ave. Ottawa

Contact: June Lewis, 613-729-5149

Fax: 613-729-0498

Details: Closed the first week of the month.

Stittsville Food Bank

1631 Stittsville Main St. Ottawa

Contact: Theresa Qadri, 613-831-0451, stittsvillefoodbank@gmail.com

www.stittsvillefoodbank.ca

Details: Open the last Tues of the month 1pm-2pm.

The Pavilion Food Bank

14 Tapiola Cres. Ottawa

Contact: 613-247-7772

<http://ottawa.cioc.ca/record/OCR0041?UseCICVw=39>

Details: Tue 6:30pm-8pm, Fri 10am-11:30am, year round. The food bank provides food for 3 days, once a month. Special diets can be accommodated. Drop in, bring personal identification and proof of address for each family member.

Boundries: North-South: CN tracks to RR 8, East-West: Hwy 417 to Airport Pkwy.

Westboro Region Food Service

354 Madison Ave. Ottawa

Contact: Virginia Miller, 613-722-3851

Fax: 613-725-3990

West Carleton Emergency Food Aid

434 Donald B Munro Dr. Bsmt. Carp

Contact: 613-839-5685

Details: Pick-up hours Mon, Wed and Fri 2:30pm-3:30pm

Soup Kitchens

Please call ahead to confirm services and hours of operation.

Locations

Centre 507

507 Bank St. Ottawa

Contact: 613-233-5626

Fax : 613-233-5088

<http://www.centre507.org/>

Details: Adult drop in centre safe and supportive environment where individuals can access a variety of free programs and services including soup, coffee and snacks. Centre hours are Mon to Fri 12pm–3:30pm, Mon, Wed and Thurs 5:30pm–9:00pm, Sun 1:00pm–4:00pm.

Operation Come Home

150 Gloucester St. Ottawa

Contact: 613-230-4663

<http://operationcomehome.ca/>

Details: Serves breakfast daily 8am-11:30am. Dinner is served Sun and Mon evenings to youth under 30 who are at risk.

Salvation Army – Ottawa Booth Centre

171 George St. Ottawa

Contact: 613-241-1573, info@ottawaboothcentre.org

Fax: 613-241-2818

www.ottawaboothcentre.org

Shepherds of Good Hope

233 Murray St. Ottawa

Phone: Ashref Afrasyabi, 613-789-8210, reception@shepherdsofgoodhope.com

Fax: 613-789-0888

www.shepherdsofgoodhope.com

Details: Soup kitchen lunch Mon to Sun 11:30am-12:30pm, dinner 5:30pm-9:30pm.

St. Joe's Women's Centre

151 Laurier Ave. East, Ottawa

Contact: 613-231-6722, aroy@st-josephs.ca

Fax: 613-233-4594

www.stjoeswomenscentre.org

Details: Hours of operation Mon to Fri 9am-4pm.

St. Luke's Lunch Club and Drop-In

760 Somerset St. West, Ottawa

Contact: Maxine Stata, Office, 613-238-4193 or Drop-in Centre, 613-234-6287, lunchclub@stlukesottawa.ca

stlukesottawa.ca

Details: Light Breakfast Mon to Fri 8am-9am, Hot Lunch Mon to Fri 12pm-1pm.

The Well

154 Somerset St. West, Ottawa

Contact: Kirstie Gray, 613-594-8861 x27, info@the-well.ca

Fax: 613-594-5878

www.the-well.ca

The Mission

35 Waller St. Ottawa

Contact: 613-234-1144, mission@ottawamission.com

Fax: 613-234-2813

www.ottawamission.com

Details: Community Meals, Mon and Wed to Sun 8am-3pm, Tues 7:30am-3pm, Sandwiches for anyone in need Mon to Sun 9pm.

Tungasuvvingat Inuit Family Resource Centre- Community Monthly Lunch

206 Montreal Rd. Ottawa (St. Margaret's Anglican Church, Parish Hall)

Contact: 613-749-4500, info@tungasuvvingatinuit.ca

Fax: 613-749-8713

Details: There is a monthly community lunch featuring traditional foods as well as urban fair. The focus of the lunch is active living and healthy eating in a community setting. The lunch is held on the third Thurs of each month at 12pm. First come, first served.

Heather Manor Breakfast Program

The Heather Manor Breakfast Program offers a nutritious breakfast to approx. 30-40 residents Monday to Thursday from 8-10am. It is a friendly and welcoming place for neighbours to come together. The Program receives its food supplies from the Ottawa Food Bank and is fully run by volunteers. For more information, contact Brigitte Scobie, Tenant Community Worker with Ottawa Community Housing at (613) 249-0458 ext.5241

Community-oriented Food Businesses: Food Coops, Catering, Harvesting

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:

- Voluntary and open membership
- Democratic member control
- Member economic participation
- Autonomy and independence
- Education, training, and information
- Co-operation among co-operatives
- Concern for community

Hidden Harvest Ottawa

We organize harvests for existing trees and sell edible trees that make sense for Ottawa’s future harvests. Fruit and nuts that would otherwise go to waste on public and private property are rescued by connecting tree owners with those eager to harvest local food. The bounty from harvest events is shared amongst the nearest food agency, the homeowner, the harvesters, and Hidden Harvest Ottawa (HHO). With volunteer support, these harvest events will provide the opportunity, education, infrastructure and legal means for people to access the edible fruit and nut trees around them. We make it easy to plant good food-bearing trees by offering high quality trees for sale and for donation to community groups who have vacant land.

Contact information: website: <http://ottawa.hiddenharvest.ca> info@hiddenharvest.ca

Krackers Katering

c/o The Causeway Work Centre
22 O’Meara St. Ottawa
Contact: 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.

Savour Ottawa

Just Food

2389 Pepin Crt. Ottawa

Contact: 613-699-6850 x13

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 the 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).

Food Cooperatives

Fitzroy Beef Farmers Co-operative

Ken & Cathy Stewart

1973 Alywin Rd. Fitzroy

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.

La Siembra Co-operative

4 Florence St. Ottawa Suite 210

Contact: 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.

The Ottawa Valley Food Co-operative is a networking project for local food producers and consumers, whereby local consumers can connect with and buy from local food producers.

www.ottawavalleyfood.org

Sandy Hill People and Pet Food Co-op

Tel: (613) 321-5915

E-mail: info@peoplefood.org

<http://www.peoplefood.org/>

304 Wilbrod St. Ottawa (at the corner of Friel)

Our mission and our vision is to be a vibrant community-based workers' co-operative that supplies healthy food choices for both people and their pets while at the same time promoting ecological agriculture, safeguarding the ethical treatment of animals, favouring fairly-traded imports, and doing our utmost to support local producers and businesses.

Community Health and Resource Centers

Community Health and Resource Centers 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.

Carlington Community and Health Services

900 Merivale Rd. Ottawa

Contact: Main Line: 613-722-4000, Medical: 613-722-2161, info@carlington.ochc.org

Dietitian-Nutritionist: Caroline Samson

Fax: 613-761-1805

<http://www.carlington.ochc.org/>

Centretown Community Health Centre

420 Cooper St. Ottawa

Contact: Main Line: 613-233-4443, Primary Care Medical Services: 613-233-4697

Dietitian: Susannah Juteau

Main Fax: 613 233-3987

<http://www.centretownchc.org/>

Eastern Ottawa Resource Centre

2339 Ogilvie Rd. Ottawa (Main Floor)

Contact: 613-741-6025, info@eorc-gloucester.ca

Fax: 613-741-7029

www.eorc-gloucester.ca

Lowertown Community Resource Centre

40 Cobourg St. Ottawa

Contact: Guylaine Gratton, 613-789-3930, Public Health Nurse, 613-789-3930 x316, info@crxcbv.ca

Fax: 613-688-5554

<http://www.crcbv.ca/>

Nepean, Rideau and Osgoode Community Resource Centre

1642 Merivale Rd. Ottawa, Unit 541 (Formerly Nepean Community Resource Centre)

Contact: 613-596-5626, info@nrocr.org, Reception: ndudman@nrocr.org,

Community Development: kkearnan@nrocr.org or kocchiuto@nrocr.org,

Admin/Finance/Communications: bwolfe@nrocr.org

Fax: 613.596.1870

<http://www.nrocr.org/>

Orléans-Cumberland Community Resource Centre

210 Centrum Blvd. Ottawa, Suite 211

Contact: Mélanie Jubinville (Stafford Community Developer), 613-830-HELP(4357), info@crcoc.ca

Fax : 613-830-4196

<http://www.croc.ca/>

Ottawa East Family Health Centre

3095 St. Joseph, Orléans, Suite 202

Contact: 613-590-0533

Fax: 613-590-7351

www.esfestottawa.ca

Pinecrest-Queensway Health and Community Services

1365 Richmond Rd. Ottawa (2nd Floor)

Contact: Main Line: 613-820-4922, Medical Line, 613-820-2001, general@pqchc.com

Dietitian: Anne Lim

Fax: 613-288-3407, Medical Fax, 613-820-2006

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

Rideau-Rockcliffe Community Resource Centre

Emergency Food Program

225 Donald St. Unit 120

Contact: Tracey Moore, 613-745-0073 x126

Community Developer Overbrook Sector: Armand, 613-745-0073 x119 or

armand.kayolo@ofcrc.org

Carson Grove, Thorncliff, Manor Park: Brigitte, 613-745-0073 x122, brigitte.larose@ofcrc.org

Glen Castle Heights Forbes Cardinal: 613-745-0073

Fax: 613-741-9292

Email: info@ofcrc.org

www.ofcrc.org

Sandy Hill Community Health Centre

221 Nelson St. Ottawa

Contact: Medical Nutrition: 613-789-8458, Administration: 613-789-1500 or 613-789-7962,

info@sandyhillchc.on.ca

Fax: Medical, 613-789-8710

www.sandyhillchc.on.ca

Somerset West Community Health Centre

55 Eccles St. Ottawa (3rd Floor)

Contact: Krystal Taylor, 613-238-8210x2248, ktaylor@swchc.on.ca or Bonnie Baxter

(Dietitian), 613-238-8210 x2352, bbaxter@swchc.on.ca, Main Reception: 613-238-8210,

Medical Reception: 613-238-1220

Fax: Main: 613-238-7595, Medical: 613-235-2982

www.swchc.on.ca

Southeast Ottawa Centre

1355 Bank St. Ottawa, Suite 600

Contact: Sandy McIntyre and Annette Charron (Nutritionists), 613-737-4809 x2339, Medical,

613-737-4809, Main: 613-737-5115, office@seochc.on.ca

Fax: (613) 739-8199

<http://www.seochc.on.ca/>

Tungasuvvingat Inuit Family Resource Centre

297 Savard Ave. Vanier

Contact: Kevin, 613-749-4500, info@tungasuvvingatinuit.ca

Fax: 613-749-8713

Vanier Community Service Centre

290 Dupuis St. Ottawa

Contact: 613-744-2892, cscv@cscvanier.com

Fax: 613-744-2902

www.cscvanier.com

Wabano Centre for Aboriginal Health

299 Montreal Rd. Ottawa

Contact: 613-748-5999

Fax: 613-748-0550

<http://www.wabano.com/contact/>

Western Ottawa Community Resource Centre

2 MacNeil Ct, Kanata

Contact: Annie Muldoon (Counsellor), 613-591-3686 x284, Maria Christina Serge (Community Developer), 613-591-3686 x278, info@wocrc.ca

Fax: 613-591-2501

<http://www.wocrc.ca/en>

Ottawa Food Policy Council

The Ottawa Food Policy Council (OFPC) brings together diverse people from the food, farming and community sector to create a coherent and enabling environment for policies and projects that support a sustainable and healthy food system. This is a food system that ensures everyone can access sustainable produced, healthy, affordable, sufficient and culturally acceptable food. Using the [Ottawa Food Action Plan](#) as a starting point, OFPC members identify emerging issues, encourage food system innovation, and facilitate community participation in food policy development.

Contact:

OFPC c/o 2389 Pepin Court Ottawa K1B 4Z3

<http://www.ofpc>

Text

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 613580-6744 x23574 or email cfa.program@ottawa.ca

EatRight Ontario

EatRight Ontario is a telephone and web-based service where Registered Dietitians respond to questions about food and nutrition. A large variety of resources are also available on topics such as healthy eating, budgeting, child nutrition and much more. EatRight Ontario is your first stop for trusted information and advice on nutrition and healthy eating. Please call 613-877-510-5102 or visit www.eatrightontario.ca to send an email.

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 dietician, a referral will be made to a community dietician or other community programs. Call the Ottawa Public Health Nutrition Line, 613-580-6744 x23403.

Nutritious Food Basket

Each year in May, Ottawa Public Health conducts the Nutritious Food Basket Survey. The survey requires visits to eight grocery stores throughout the Ottawa region. Sixty-seven food items, representing current nutrition recommendations, are priced to determine an average cost of a nutritious diet for individuals and families in Ottawa. The results of the survey are used to monitor the affordability and accessibility of healthy foods. For more information call 613-580-6744 x23403.

Ottawa Public Health Nutrition Website

This website has nutrition information about: Feeding Babies and Toddlers, Healthy Eating on a Budget, Nutrition Services that are available in Ottawa, 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

Ottawa Public Health Breastfeeding Supports

Ottawa Public Health has a lot of supports for breastfeeding families:

Ottawa Breastfeeding Buddies

Pairs a Breastfeeding Buddy volunteer who has breastfed her child for 6 months or longer with pregnant or new mothers. If you want a Breastfeeding Buddy call 613-580-6744 ext. 23932 or email ottbreastfeedingbuddies@ottawa.ca

Ottawa Public Health Information Line

Nurses are available Monday to Friday from 9:00-4:00pm to answer any questions about breastfeeding and caring for your baby. Call 613-580-6744 or email healthsante@ottawa.ca

Breastfeeding Support Drop-ins

Breastfeeding support by public health nurses and lactation consultants.

Baby Express Drop-ins

Breastfeeding and well baby support by public health nurses to babies under one year of age.

For more information and drop-in schedules (drop-in support is available 7 days a week) visit Ottawa.ca/health

Just Food

Ottawa Buy Local, Grow Local Food Guide

This guide lists farms in the region of Eastern Ontario and West Quebec, farmers' market, businesses that support local farmers (restaurants & retailers) and community gardens. It is searchable, and includes hours of operation, products sold and contact information including websites. The On-line Guide also includes a harvest chart, so you know what food is in season. www.justfood.ca

Farmer Training Program/Start-up Farm

The Just Food Farmer Training Program has two key components:

1. An annual series of winter and summer workshops available to all new and re-strategizing farmers in the region.
2. Start-Up Farm: On-site training program. Applications open in the fall for the following season.

Test-croppers who are interested in farming commercially, and wish to access land, shared equipment and training support focused on production and business/marketing will be assisted with transitioning to a successful farm start-up. The test-croppers will receive access to ¼ acre in their first year. Upon successful completion of the year and business plan moving forward, the test-croppers will move to a start up farm with ½ acre in year two and a full acre in year three.

CSA Farms Promotion (Community Shared Agriculture)

CSA is an approach to growing and buying food in which the farmer and eater are working cooperatively. In a CSA the farmer grows food for a predetermined group of people. Each family/person enters into an agreement of purchase prior to the start of the season. The farmer gains a guaranteed market; the eater gains high quality, fresh food as it becomes available throughout the season. CSA farms offer weekly delivery or pick-up. See the Ottawa Buy Local Guide for a listing of who delivers CSA boxes into Ottawa.

Internship Program

Just Food accepts interns for a variety of interesting positions including administration, research and project implementation. Applications are throughout the year and posted on the Just Food free electronic newsletter.

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-to-Farmer Training.

Become a Member of Just Food

Everyone is welcome to become a member of Just Food. Go to www.justfood.ca:

- to read the Mission and Values of Just Food.
- to read the Rights and Responsibilities of membership.
- to sign up as a member of Just Food

The annual membership fee is \$25, with a sliding scale (pay-what-you-can) from \$24 to \$1. A membership fee provides much appreciated revenue to Just Food, but no one will be refused membership because of inability to pay.

Just Food Newsletter

Everyone is invited to receive an electronic copy of the monthly newsletter, which promotes food-related events, workshops and issues that are happening in Ottawa. Sign up on the take action page of the website: www.justfood.ca.

Just Food

613-699-6850 x10

E-mail: info@justfood.ca

www.justfood.ca
