



Home meal delivery programs

Heart to Home

Free delivery of frozen meals to your home (no minimum order).

Phone: 1-800-786-6113 (Ottawa: 1-844-489-3900)

Website: www.hearttohomemeals.ca

Supperworks

Pickup or delivery.

Phone: 1-833-278-7737

Website: www.supperworks.com

Email: info@supperworks.com

Meals on Wheels

Delivery of hot, ready to eat meals Monday – Friday.

Delivery of frozen meals weekly or monthly (5 meal min. order).

This service is for seniors, those who are chronically ill, with disabilities, undergoing medical treatment or recovering from surgery or illness.

Find your local Meals on Wheels: www.mealsonwheels.ca

Central Ottawa: 613-233-2424, www.mealsonwheels-ottawa.org

Western Ottawa: 613-591-3686

The Red Apron

Pre-cooked, gourmet meals available in store (564 Gladstone Avenue) and for delivery Tuesday, Wednesday, and Thursday.

Phone: 613-695-0417

Website: www.redapron.ca/how-it-works.php

Email: info@redapron.ca

Time Saver Food

Frozen meals available for delivery Monday-Friday or for pick up at 350 Terry Fox Drive.

Phone: 613-293-9909

Website: www.timesaverfoods.com

Email: peter@timesaverfoods.com

Nutrifinna

Food delivered to your door daily in a cooler or as hot meals.

Phone: 613-850-0136

Website: www.nutrifinna.com

Operation Come Home

Partially organic meals delivered to your door.

Phone: 613-230-4663

Website: www.operationcomehome.ca

Ottawa Food Bank

Find your local foodbank online at www.ottawafoodbank.ca or by calling 613-745-7001

Grocery delivery

Loblaws/Real Canadian Superstore/Independent Grocers

Stores have changed their store hours (8 am - 8 pm). You can order groceries online and can either pick them up and an employee will bring to your car OR use a home delivery service called Instacart (1-888-246-5822). Website: www.loblaws.ca

Sobeys

Stores have changed their store hours (8 am - 8 pm). First hour of opening is to accommodate vulnerable populations.

Farm Boy

Stores have changed their store hours (Monday to Friday 8 am to 8 pm; Saturday 8 am to 6 pm; Sunday 9 am to 6 pm). First hour of opening is to accommodate vulnerable populations.

Metro

Stores have changed their store hours (8 am - 8 pm). They will deliver your grocery order after you shop for the groceries. No pick up services available. Website: www.metro.ca

Costco

Offers a 2-day delivery option for non-perishable products and household supplies. Tuesday through Thursday - special operating hours for members aged 60 or older (8 am to 9 am). Website: www.costco.ca

Walmart

Online ordering. Stores will bring online grocery orders to your car in their parking lots. Website: www.walmart.ca

Ingredient and recipe "Meal Kit" deliveries

Good Food Phone: 1-855-515-5191

Website: www.makegoodfood.com

Hello Fresh

Phone: 1-855-272-7002

Website: www.hellofresh.ca

Chef's Plate Phone: 1-855-420-2327

Website: www.chefsplate.com

Revive

Website:

Superfoods

www.revivesupefoods.com

Miss Fresh Phone: 1-844-647-7373

Website: www.missfresh.com

truLOCAL

Website: www.trulocal.ca

(meat and fish

from local suppliers)

Meal delivery services

Quite a few restaurants are still doing take-out and delivery. Call them to confirm, or use one of the following food delivery services online or on your smart phone:

Uber Eats

www.ubereats.com

Skip the Dishes

www.skipthedishes.com

Door Dash

www.doordash.com