

## Food Banks and Community Food Programs - South West

---

Free or low-cost food to individuals and families in need on an on-going, seasonal, and emergency basis. Services may include food banks, community gardens, Good Food Boxes, youth nutrition programs, and nutrition education programs.

Identification for each family member and proof of income and/or residency may be required to access some programs.

These services serve all or part of South West Ontario

- ▶ [AGAPE Centre](#)  
40 Fifth St W, Cornwall, ON K6J 2T4  
613-938-9297 ext 126
- ▶ [Arnprior and District Food Bank](#)  
Saint John Chrysostom Church, 295 Albert St, Church basement, Arnprior, ON K7S 3L9  
Leave a message at 613-668-4462 \* calls will be returned within 24 hours
- ▶ [Banff Avenue Community House](#)  
2084 Banff Ave, Unit A & B, Ottawa, ON K1V 7X9  
613-739-5702
- ▶ [Banque Alimentaire Alfred Food Bank](#)  
300 St Philippe St, Alfred, ON K0B 1A0  
Voicemail 613-679-4269
- ▶ [Barrhaven Food Cupboard](#)  
Walter Baker Centre, 100 Malvern Dr, Ottawa, ON K2J 2G5  
613-825-4505 \* leave a message
- ▶ [Blair Court Community House - Blair Court Community Food Bank](#)  
1566 Station Blvd, Ottawa, ON K1G 0M1  
613-736-5058
- ▶ [Bourget Food Bank](#)  
3779B Champlain Rd, Bourget, ON K0A 1E0  
613-293-9855
- ▶ [Britannia Woods Community House](#)  
115 Ritchie St, Unit 9, Ottawa, ON K2B 6E8  
613-820-0853
- ▶ [Caldwell Family Centre](#)  
1100 Medford St, Units 20-22, Ottawa, ON K1Z 8L5  
General Information 613-728-1800
- ▶ [Capital City Mission](#)  
521 Rideau St, Ottawa, ON K1N 5Z5  
613-241-2407
- ▶ [Care Centre Ottawa](#)  
500 Viewmount Dr, Ottawa, ON K2E 7P2  
613-693-0890
- ▶ [Caring and Sharing Exchange \(The\) - Christmas Exchange Program](#)  
Nepean, ON K2C 3H4  
613-226-6434
- ▶ [Carleton University Students' Association - Ottawa - Colonel By Dr - 314 University Centre - USC Food Centre](#)  
314 University Centre, 1125 Colonel By Dr, Ottawa, ON K1S 5B6  
613-520-4066

- ▶ [Casselman Food Bank](#)  
Paul-Émile Lévesque Centre, 756 Brebeuf St, Casselman, ON K0A 1M0  
613-764-5203
- ▶ [Centre Chrétien Viens et Vois](#)  
429 Mary St, Hawkesbury, ON K6A 2C8  
Office 613-632-0274 \* Cell 613-678-0179
- ▶ [Centre d'aide Rockland Help Centre - Clarence-Rockland Food Bank](#)  
2815 Chamberland St, Rockland, ON K4K 1K5  
613-446-7594
- ▶ [Centretown Churches Social Action Committee - Centretown Emergency Food Centre](#)  
Centretown United Church, 507 Bank St, Basement, Ottawa, ON K2P 1Z5  
613-232-3059
- ▶ [Centretown Community Health Centre - Social Services](#)  
420 Cooper St, Ottawa, ON K2P 2N6  
613-233-4443
- ▶ [Cobden and District Food Bank](#)  
58 Main St, Cobden, ON K0J 1K0  
613-647-7801
- ▶ [Community Assistance - Vankleek Hill Food Bank - Vankleek Hill Thrift Store](#)  
124 Main St E, PO Box 23, Vankleek Hill, ON K0B 1R0  
613-678-8119
- ▶ [Community Compassion Centre - Food Bank](#)  
Community Pentecostal Church, 1825 St Joseph Blvd, Orleans, ON K1C 7C6  
613-837-3555 ext 332 leave a message
- ▶ [Community Food Share - Finch Satellite](#)  
Chalmers United Church, Church St, Finch, ON K0C 2K0  
Winchester 613-774-0188
- ▶ [Community Food Share DS - Morrisburg](#)  
28 Ottawa St, Morrisburg, ON K0C 1X0  
613-543-0065
- ▶ [Community Food Share DS - Williamsburg](#)  
4324 Villa Dr, Williamsburg, ON K0C 1X0  
613-543-0065 Morrisburg Food Bank
- ▶ [Community Food Share DS - Winchester](#)  
497 May St, Winchester, ON K0C 2K0  
613-774-0188
- ▶ [Confederation Court Community House](#)  
2483-A Walkley Rd, Ottawa, ON K1G 3H2  
613-521-6807
- ▶ [Coopérative Ami Jeunesse](#)  
2720 Richmond Rd N, Unit 104, Ottawa, ON K2B 8M3  
613-820-3073
- ▶ [Dalhousie Food Action Group - Dalhousie Food Cupboard](#)  
211 Bronson Ave, Suite 107, Ottawa, ON K1R 6H5  
613-230-3982
- ▶ [Debra Dynes Family House - Emergency Food Bank](#)  
955 Debra Ave, Unit 85, Ottawa, ON K2C 0J5  
613-224-3824
- ▶ [Deep River and Area Food Bank](#)  
117 Banting Dr, Deep River, ON K0J 1P0  
613-584-3333 ext 7910
- ▶ [Eganville and District Community Food Bank](#)  
165 John St, Eganville, ON K0J 1T0  
613-401-5785
- ▶ [FAMSAC Food Cupboard - Emergency Food Service](#)  
Village Mews Plaza, 2194 Robertson Rd, Unit 21, Ottawa, ON K2H 9J5

613-820-5428

▶ [Foster Farm Family House](#)

1085 Ramsey Cres, Unit 332 & 334, Ottawa, ON K2B 7Z9

613-596-4866

▶ [Gloucester Emergency Food Cupboard](#)

2040 Arrowsmith Dr, Ottawa, ON K1J 8V9

613-749-4728

▶ [Good Neighbours Food Bank](#)

42 Blais St, Embrun, ON K0A 1W1

613-443-2793

▶ [Hawkesbury Central Food Bank](#)

Banque Alimentaire Centrale de Hawkesbury, 419 Cartier Blvd, Hawkesbury, ON K6A 1V9

613-636-0666

▶ [Heron Emergency Food Centre](#)

1480 Heron Rd, Ottawa, ON K1A 6A5

613-737-9090

▶ [highjinx](#)

290 Kent St, Ottawa, ON K2P 2A4

613-864-4289 ; 613-298-8302

▶ [House of Lazarus](#)

2245 Simms St, Mountain, ON K0E 1S0

613-989-3830

▶ [Jewish Family Services of Ottawa - Tikvah Program](#)

2255 Carling Ave, Suite 300, Ottawa, ON K2B 7Z5

613-722-2225 ask for Tikvah intake

▶ [Kanata Food Cupboard](#)

Warehouse, 340 Legget Dr, Door 46, Kanata, ON K2M 2C3

613-836-7847

▶ [Killaloe Food Bank](#)

Community Resource Centre, 12 North St, Killaloe, ON K0J 2A0

Food bank volunteer 613-757-2801

▶ [L'Original Food Bank and Thrift Store](#)

261 Longueuil St, L'Original, ON K0B 1K0

613-675-1999

▶ [Lanark County Food Bank - The Hunger Stop](#)

84 Mill St, Carleton Place, ON K7C 1T5

613-257-8546

▶ [Lifecentre Food Bank](#)

Lifecentre, 2675 Innes Rd, Unit 4, Ottawa, ON K1B 5N5

613-834-0900

▶ [Lowertown Community Resource Centre](#)

145 Beausoleil Dr, Ottawa, ON K1N 8W3

Main Office 613-789-3930 \* Community House 613-562-2925

▶ [Madawaska Valley Food Bank](#)

8 Martin St, Barry's Bay, ON K0J 1B0

No office phone \* see volunteer phone contact

▶ [Manotick Outreach Emergency Food Cupboard](#)

Manotick, ON

613-692-6333

▶ [Morrison Gardens Community House](#)

985-A Morrison Dr, Ottawa, ON K2H 7L1

613-596-6229

▶ [New Hope Church - Ottawa](#)

2224 Innes Rd, Ottawa, ON K1B 4C4

613-909-7274

▶ [North Gower and District Outreach Food Bank](#)

North Gower, ON  
613-489-3633

- ▶ [Orléans-Cumberland Community Resource Centre](#)  
240 Centrum Blvd, Unit 105, Orléans, ON K1E 3J4  
613-830-4357
- ▶ [Orléans-Cumberland Community Resource Centre - Orléans-Cumberland Food Bank](#)  
240 Centrum Blvd, Unit 105, Orléans, ON K1E 3J4  
613-830-4357
- ▶ [Osgoode Emergency Food Cupboard](#)  
Catholic Church St John the Evangelist, 2540 Stagecoach Rd, Osgoode, ON K0A 2W0  
613-821-1481
- ▶ [Ottawa Food Bank](#)  
1317 Michael St, Ottawa, ON K1B 3M9  
613-745-7001
- ▶ [Parkdale Food Centre - Food Programming](#)  
Somerset West Community Health Centre, 30 Rosemount Ave, Unit 2, Ottawa, ON K1Y 1P4  
613-722-8019
- ▶ [Pavilion Food Bank \(The\)](#)  
Greenboro Pavilion, 14 Tapiola Cres, Ottawa, ON K1T 1W9  
613-247-7772
- ▶ [Petawawa Pantry](#)  
3468 Petawawa Blvd Unit B, Petawawa, ON K8H 1X3  
613-687-1616
- ▶ [Pinecrest Terrace Community House](#)  
2483B Iris St W, Unit B, Ottawa, ON K2C 1C7  
613-596-6703
- ▶ [Renfrew and District Food Bank](#)  
8 Argyle St S, Renfrew, ON K7V 1T3  
613-433-9216
- ▶ [Riceville Food Bank](#)  
Riceville Christian Church Building, 3839 County Rd 16, Riceville, ON K0B 1G0  
613-715-0867
- ▶ [Richmond Food Bank](#)  
St Paul United Church, 3452 McBean St, Ottawa, ON K0A 2Z0  
613-838-5397
- ▶ [Rideau-Rockcliffe Community Resource Centre](#)  
815 St Laurent Blvd, Suite 3, Ottawa, ON K1K 3A7  
613-745-0073
- ▶ [Rideau-Rockcliffe Community Resource Centre - Emergency Food Service](#)  
815 St Laurent Blvd, Ottawa, ON K1K 3A7  
613-745-0073
- ▶ [Russell Heights Community House](#)  
1799 Russell Rd, Unit E, Ottawa, ON K1G 0N1  
613-736-9855
- ▶ [Sadaga Food Bank](#)  
174 Colonnade Rd, Unit 34, Ottawa, ON K2E 7J5  
613-225-0909
- ▶ [Salvation Army \(The\) - Booth Centre Ottawa - Community and Family Services](#)  
171 George St, Ottawa, ON K1N 5W5  
613-241-1573 ext 268
- ▶ [Salvation Army \(The\) - Cornwall - Community and Family Services - Food Bank](#)  
500 York St, Cornwall, ON K6J 3Z8  
613-932-7515 ext 5
- ▶ [Salvation Army \(The\) - Cornwall Community Church - Community and Family Services](#)  
500 York St, Cornwall, ON K6J 3Z8  
613-932-7515 ext 4

- ▶ [Salvation Army \(The\) - Kemptville - Community and Family Services](#)  
2 Oxford St W, Kemptville, ON K0G 1J0  
Administration 613-258-3583 ; store 613-258-0111
- ▶ [Salvation Army \(The\) - Renfrew](#)  
8 Argyle St S, Renfrew, ON K7V 4A3  
613-433-9785
- ▶ [Samaritan Support Services of Ottawa Carleton](#)  
1820 Carling Ave, Ottawa, ON K2A 1E2  
613-729-3172 ext 226
- ▶ [Sandy Hill Community Health Centre - Emergency Food Cupboard](#)  
221 Nelson St, Ottawa, ON K1N 1C7  
613-789-8941
- ▶ [Shepherds of Good Hope - Support Services - Soup Kitchen](#)  
233 Murray St, Ottawa, ON K1N 5M9  
613-789-8210 ext 0
- ▶ [SMH \(St Mary's Home\) - SMH Young Parent Outreach Centre](#)  
780 de l'Église St, Ottawa, ON K1K 3K7  
613-749-2491
- ▶ [Society of Saint Vincent de Paul - Alexandria](#)  
162 Main St S, Alexandria, ON K0C 1A0  
613-525-0941 \* 613-525-3466
- ▶ [Society of Saint Vincent de Paul - Alexandria - Food Bank](#)  
Sacred Heart Parish, 225 Main St S, Alexandria, ON K0C 1A0  
613-525-0941 \* administrative office - leave a message and someone will call back
- ▶ [Society of Saint Vincent de Paul - Cornwall - Food Bank](#)  
St-Francis de Sales Church, 434 Second St W, Cornwall, ON K6J 1H1  
613-932-9345
- ▶ [St Augustines Social Action Committee](#)  
St Augustine Church, 1060 Baseline Rd, Ottawa, ON K2C 0A6  
613-225-7388
- ▶ [St Basil's Social Action Group](#)  
Ottawa, ON K2A 2P7  
613-729-5149 ext 207
- ▶ [St Joe's Women's Centre](#)  
151 Laurier Ave E, Ottawa, ON K1N 6N8  
613-231-6722
- ▶ [St Joseph's Community Food Bank](#)  
Holy Name Annex, 295 First St, Pembroke, ON K8A 6X9  
613-732-3807
- ▶ [Stittsville Food Bank](#)  
1631 Stittsville Main St, Stittsville, ON K2S 1B1  
613-831-0451
- ▶ [Trinity Anglican Church - Cornwall](#)  
105 Second St W, Cornwall, ON K6J 1G4  
613-933-3991
- ▶ [Vanier Community Service Centre](#)  
Place Dupuis, 290 Dupuis St, Vanier, ON K1L 1A2  
613-744-2892
- ▶ [Vanier Community Service Centre - Partage Vanier Food Bank](#)  
Partage Vanier, 161 Marier Ave, Ottawa, ON K1L 1A2  
613-747-2839
- ▶ [West Carleton Food Access Centre](#)  
West Carleton Community Complex, 5670 Carp Rd, Lower Level, Kinburn, ON K0A 2H0  
613-832-5685
- ▶ [Westboro Region Food Bank](#)  
All Saints' Anglican Church, 354 Madison Ave, Ottawa, ON K2A 0E7

613-722-3851

▶ [Youville Centre](#)

150 Mann Ave, Ottawa, ON K1N 8P4

613-231-5150

These services are located outside of South West, but provide service to South West.

▶ [Feed Ontario](#)

229 Yonge St, Toronto, ON M5B 1N9

416-656-4100

You may use this information for non-commercial personal or educational purposes only. You must credit the copyright holder as the source on each copy of this information. Every effort is made to ensure that the information in this report is accurate, up-to-date, and comprehensive. However, the copyright holder cannot assume liability resulting from errors or omissions.

© 2022, thehealthline.ca. All rights reserved.