

Meal Delivery Options

Time Saver Foods

1101 Baxter Road, (The Ottawa Citizen Building, Second Floor)
Ottawa, Ontario, Canada
K2C 3M4
Peter Seltenreich
Telephone: (613) 293-9909
E-Mail: peter@timesaverfoods.com
<http://www.timesaverfoods.com/>

Red Apron

571 Gladstone Ave.
Ottawa, Ontario K1R 5P2
Telephone: (613) 321-0417
E-Mail: info@redapron.ca
<http://www.redapron.ca/>

Meal Prep Ottawa

1224 A Shillington Ave.
Ottawa On, Canada
Telephone: 613-701-1363
<https://www.mealprepottawa.com/collections/meal-plans>

Heart to Home Meals

Telephone: 1-844-489-3900
<https://www.hearttohomemeals.ca/>

Meals on Wheels

Telephone: 613-233-2424
<http://www.mealsonwheels-ottawa.org/>
*If West of Bayshore and south of Baseline, contact the Western Ottawa Community Resource Centre
Telephone: 613-591-3686
<https://wocrc.ca/>

This information is provided as a reference list of only some of the existing providers in the community. QCH staff cannot endorse the services of these providers.