

Food Banks/Cupboards:

Kanata, West Carleton, Stittsville, Richmond, Bells Corners

Organization	Locations	Days, Hours of Operation	Email	Phone Number	New Clients	Delivery
<a href="#">Kanata Food Cupboard</a>	<p><b>Clients Only</b> – To book a visit for food pick-up or delivery 613-836-7847 20 Young Road (inside St. Paul's Anglican Church)</p> <p><b>Office Staff/General Inquiries</b> (Warehouse/Food Sorting Location) 613-355-9834 340 Legget Drive, Door #46</p>	<p>Call Mon-Fri from 9 am to 10 pm to book an appointment</p> <p>Pickup times Mon-Weds-Thurs-Fri evenings and Tues afternoons</p>	<a href="mailto:info@kanatafoodcupboard.ca">info@kanatafoodcupboard.ca</a>	613-836-7847	✓	Tuesday evenings
<a href="#">West Carleton Food Access Centre</a>	5670 Carp Road, Kinburn, ON on the lower level of the West Carleton Community Complex	<p>Call to place order Mon-Wed-Fri 9am to 1pm</p> <p>Pick-up hours Mon-Wed-Fri 2:30-3:30pm</p>	<a href="mailto:WCfoodaid@gmail.com">WCfoodaid@gmail.com</a>	(613) 832 - 5685	✓	In collaboration with clients
<a href="#">Richmond Food Bank</a>	3452 McBean St, Richmond, Ontario K0A 2Z0 (St. Paul's United Church)	Food Bank Mon-Fri 3 pm-4 pm, Sat 10 am		613-838-5397, then press 3 to leave a message for the Foodbank	✓	Saturday mornings
<a href="#">Stittsville Food Bank</a>	1631 Main St., Stittsville	Arrange by phone (leave message at the phone number, a volunteer will call back)	<a href="mailto:stittsvillefoodbank@gmail.com">stittsvillefoodbank@gmail.com</a>	(613) 831-0451		
<a href="#">FAMSAC</a>	<p>2006 Robertson Road</p> <p>FAMSAC provides emergency food assistance to the communities of Bayshore, Bells Corners, Crystal Beach, Craig Henry, Manordale, and Trend Village</p>	613-820-5428 and leave a message with your name, the number of people requiring assistance and contact information, including when it is best to reach you	<a href="mailto:info@famsac.ca">info@famsac.ca</a>	613-820-5428	✓	Mon-Fri in collaboration with clients