

Local Farms, Producers, Food stores with Pick-up and Delivery options

Location	Supplier	Email	Phone Number	Pick-up	Delivery	Produce	Meats	Poultry	Seafood	Eggs	Dairy	Breads	Food Specialties
Specialty Grocers													
Signature Centre (Terry Fox Drive)	Kardish		613-224-1414 EXT.309	✓	✓								
Alta Vista (Kaladar Ave)	Kaladar Market	info@kaladarmarket.com		✓	✓	✓	✓	✓		✓			
5537 Hazeldean (Grant's Crossing)	Natural Food Pantry	info@naturalfoodpantry.ca	613-836-3669	✓	✓								
417/Walkley Rd	Zak's Produce Plus		613.422.5444	✓	✓	✓							herbs, dry goods, +
Meal Kit Delivery													
Canada wide	Good Food	chef@makegoodfood.ca											
Canada wide	Hello Fresh												
Canada wide	Chef's Plate	hello@chefsplate.com	855 420 2327										
Toronto (ship via UPS)	LiveFit Foods	hello@livefitfoods.ca	855-905-4833		✓	✓					✓		Groceries & Meals
Ottawa/Gatineau	Vittle	hello@vittle.ca	(613) 701-6250		✓	✓	✓	✓	✓	✓	✓		Groceries & Meals
Meat - fresh and frozen													
Ottawa, Ontario	Slipacoff's Premium Meats	order@premiummeats.ca	613-260-7444		✓								
Lasalle, Quebec	Maillard		1-855-335-5222		✓								
Nepean, Ontario	The Butchery		613-829-9133		✓								
Ottawa area	Farm2Fork	info@farm2forkdelivery.ca	1-888-509-1164		✓		✓	✓	✓				
Ottawa	Ottawa Valley Meats		613-402-8898		✓		✓	✓					Pork, Lamb, Cream, Milk, Freezer orders
Wholeseller, Restaurant Suppliers													
Quebec	GAËTAN A. CYR & FILS				✓	✓	✓	✓	✓	✓	✓	✓	General food wholesale
Ontario (International chain)	Sysco	Nevin.Cameron@ont.sysco.ca	(613) 222-7745		✓	✓	✓	✓	✓	✓	✓	✓	Resturant supply. Boxed bundles of meat, fish, produce, fruit + full restaurant product list
"Plant-based" Meats													
Victoria BC	The Very Good Butchers	hello@verygoodbutchers.com	778-440-4663		✓		✓						Plant based meats
Distributor													

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Carp, Ontario	Italfoods	ORDERS@ITALFOODS.CA	613-831-4446	✓			✓	✓		✓	✓	✓	Dry, Canned goods
Ottawa, Ontario	Burrow Shop	burrowshop@buchipop.com	613-366-5032	✓	✓								
Ottawa/Gatineau	Vittle	hello@vittle.ca	(613) 701-6250		✓	✓	✓	✓	✓	✓	✓		Groceries & Meals
Ottawa	Freshrun	info@freshrun.ca	343-204-2231		✓	✓	✓	✓	✓	✓	✓	✓	Herbs
830 Industrial Ave Unit 10	Produce Brothers			✓		✓							
Ottawa	Ottawa Good Food Box		(613) 860-6767		✓	✓							
Specialty Foods													
Kanata - Hazeldean Rd	Bulk Barn		613 831 4646	✓									Bulk foods
Carp, Ontario	Ottawa Valley Grain	operations@ovgp.ca	(613) 839-2802	✓									Grains, flours
Innes & 174	Almanac Grain			✓									Grains, flours
Kanata - Hazeldean Rd	Grace in the Kitchen		613 521 4818	✓			✓				✓		Deli foods, specialty items
Russel, On	Cochrane's Dairy		613 445 2959		✓					✓	✓	✓	Dairy
Ottawa - Byward market	Byward Fruit Market	info@bywardfruit.ca	613 241 6542		✓	✓							
Farms & Farm Coops													
Shawville Quebec	Bryson Farms	info@brysonfarms.com	(819) 647-6785	✓	✓	✓	✓	✓		✓	✓		Pickup option only if you live in Quebec
Munster, On	Saunders Farm	info@saundersfarm.com	613-838-5440										Announced will shortly be providing a more extensive online shopping, pickup and possibly delivery service
St. Andre Avellin, Quebec	FarmhouseFood Collective	hello-bonjour@farmhousefood.ca			✓								TBD - sign up on web site for information on June 2020 launch
North Gower	Foster Family Farm	info@fosterfamilyfarm.ca	(613) 851-3903	✓	✓	✓		✓		✓			Syrup
Jasper, Ontario	Funny Duck Farms	info@funnyduckfarms.com	(613)-963-0625		✓	✓		✓					
Marlbank, Ontario	Heriter Farm		613-478-6039				✓	✓		✓			pork, beef
	Shady Creek Lamb	kinburnsheep@gmail.com	613-913-4994				✓						Lamb

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CSA Farms													
Perth, Ontario	Waratah Downs	waratahdowns@gmail.com	613.267.7050		✓	✓							
Edwards, Ontario	Rochon Gardens	info@rochongarden.ca	613-821-3245		✓	✓							
	Joly Jam Farms	sales@jolyjamfarms.com			✓		✓	✓					Pork
	Capital Greens Urban Farm				✓	✓							
	Catena Farms				✓	✓							
	Enright Harvest Acres				✓	✓	✓	✓					
	Whitsend Market Garden				✓	✓	✓			✓			