



North-East Ottawa Grocery Shopping Van, 2023

To: Fresh Co Supermarket - 320 McArthur Avenue Ottawa



- For seniors & adults with physical disabilities who live in North-East Ottawa, between Sandy Hill and Bathgate Dr.
- Free door-to-door van transportation to the store on Thursday mornings, every 2 weeks.
- A helping hand to get in & out of the van safely.
- Bring your groceries home in the van with you .
- COVID -19 protocols in place, (masking while travelling in the van).

Call us for more information or to register at 613-236-0428 ext. 2250.



The Good Companions is a not-for-profit agency funded by the Ontario Health East, United Way East Ontario and the City of Ottawa to provide activities and services in our community. Visit our Centre at 670 Albert Street to see all that we do. Website: www.thegoodcompanions.ca