



## North East Ottawa Grocery Shopping Van 2024

To **FRESH Co Supermarket** - 320 McArthur Avenue.

Free! for seniors & adults with physical disabilities who live in North- East Ottawa, between Sandy Hill in the west, and Bathgate Drive in the east, and north of the Queensway.



- Free! door to door van transportation to the grocery store on Thursday mornings, every 2 weeks, year round.
- A helping hand from our driver to get in & out of the van safely.
- Bring your groceries home in the van with you (no delivery fee).
- Must be able to shop in the store and manage your groceries independently.

If interested in joining us, please call us to see if you live on one of our routes: 613-236-0428 ext. 2250





2024 Winter/Spring Dates: *(more dates will be announced in March)*

Jan 4 & 18  
28

Feb 1, 15 & 29

Mar 14 &

- 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](http://www.thegoodcompanions.ca)