


North East Thursday Grocery Shopping Van



FREE

To Food Basics

THE GOOD COMPANIONS OFFERS **FREE** GROCERY PICK UP 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



North East Grocery Van

2025 Shopping Dates

January	9 & 23
February	6 & 20
March	6 & 20
April	3 & 17
May	1 & 29
June	12 & 26
July	10 & 24
August	7 & 21
September	4 & 18
October	2 & 30
November	13 & 27
December	11