



2026 HAMPER DELIVERY SERVICE **IT'S FREE!**

We are pleased to offer **free** volunteer-supported home delivery to community members in Highlands East, Harcourt & Paudash **who cannot visit the food bank in person** due to mobility, transportation and/or other challenges.



CHOOSE YOUR LOCATION



CARDIFF & PAUDASH

TO REGISTER, CONTACT SANDY

(613) 318-8805

Phone for delivery 2-3 days before delivery day. Deliveries are made on the 2nd and 4th Thursday of each month, after 1 PM.

	CALL IN ON		DELIVERY DAY
FEB	Mon, Feb 23	–	Thurs, Feb 26
MAR	Mon, Mar 9	–	Thurs, Mar 12
	Mon, Mar 23	–	Thurs, Mar 26
APR	Tues, Apr 7	–	Thurs, Apr 9
	Mon, Apr 20	–	Thurs, Apr 23
MAY	Mon, May 11	–	Thurs, May 14
	Mon, May 25	–	Thurs, May 28
JUN	Mon, Jun 8	–	Thurs, Jun 11
	Mon, Jun 22	–	Thurs, Jun 25
JUL	Mon, Jul 6	–	Thurs, Jul 9
	Mon, Jul 20	–	Thurs, Jul 23
AUG	Mon, Aug 10	–	Thurs, Aug 13
	Mon, Aug 24	–	Thurs, Aug 27
SEP	Tues, Sept 8	–	Thurs, Sept 10
	Mon, Sept 21	–	Thurs, Sept 24
OCT	Mon, Oct 5	–	Thurs, Oct 8
	Mon, Oct 19	–	Thurs, Oct 22
NOV	Mon, Nov 9	–	Thurs, Nov 12
	Mon, Nov 23	–	Thurs, Nov 26
DEC	Mon, Dec 7	–	Thurs, Dec 10

GOODERHAM, TORY HILL, HIGHLAND GROVE, HARCOURT & WILBERFORCE

TO REGISTER, CONTACT KAREN

(705) 243-2419

hello@centralfoodnetwork.org

Phone or email for delivery by 3 PM on Monday, the week before delivery. Deliveries are made on the 3rd Thursday of each month, after 12 PM.

	CALL BY 3 PM		DELIVERY DAY
FEB	Mon, Feb 9	–	Thurs, Feb 19
MAR	Mon, Mar 9	–	Thurs, Mar 19
APR	Tues, Apr 7	–	Thurs, Apr 16
MAY	Mon, May 11	–	Thurs, May 21
JUN	Mon, Jun 8	–	Thurs, Jun 18
JUL	Mon, Jul 6	–	Thurs, Jul 16
AUG	Mon, Aug 10	–	Thurs, Aug 20
SEP	Tues, Sept 8	–	Thurs, Sept 17
OCT	Mon, Oct 5	–	Thurs, Oct 15
NOV	Mon, Nov 9	–	Thurs, Nov 19
DEC	Fri, Dec 4	–	Week of Dec. 14