

# Heron Emergency Food Centre

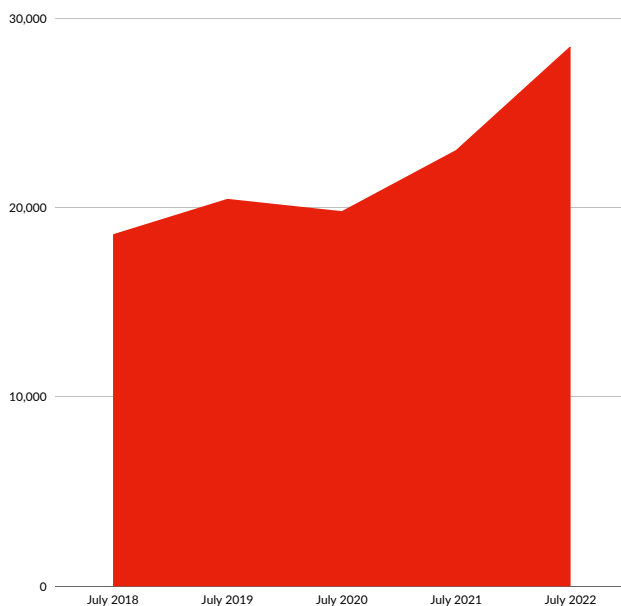
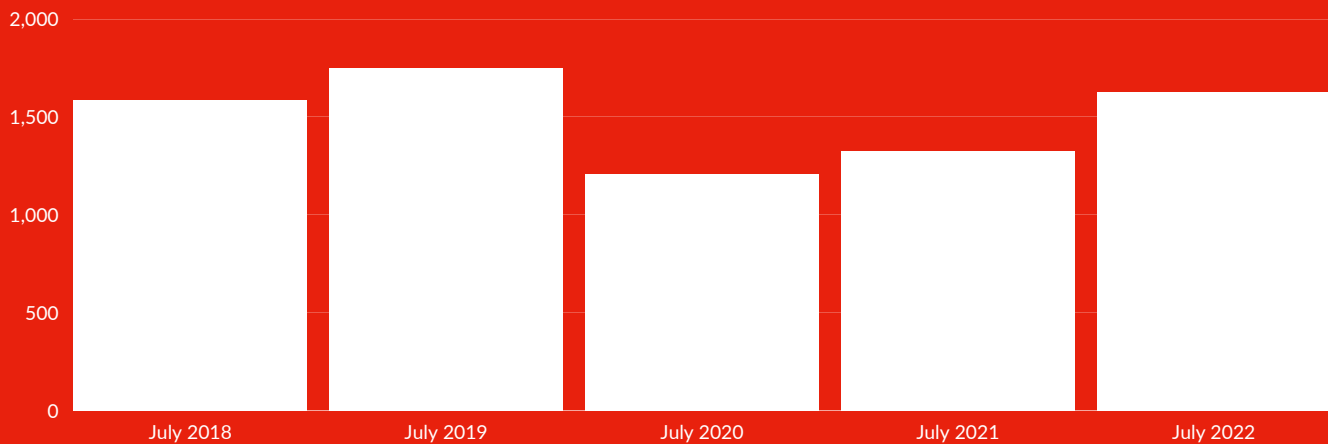


Ottawa Food Bank

Heron Emergency Food Centre is a member agency of the Ottawa Food Bank serving the community in South East Ottawa.

[Learn more about Heron Emergency Food Centre](#)

## Number of visits per month A snapshot of July 2018 - 2022



In order to create a more equitable future for everyone in Ottawa, **we need leaders who will prioritize ending food insecurity.**

In July 2018, the Ottawa Food Bank and its network reported **18,553** visits to community and emergency food banks across the city. In July 2022, there were **28,449**.

**This represents an increase in need of 54%.**

We are extremely concerned about the impacts of poverty on our community - a combination of low income, precarious work and housing, and unaffordability has resulted in a food insecurity crisis in Ottawa.

*\*This data only includes 27 community food banks and does not include food cupboards, meal programs, After4 programs, or multi-service programs.*

# Russell Heights Community House

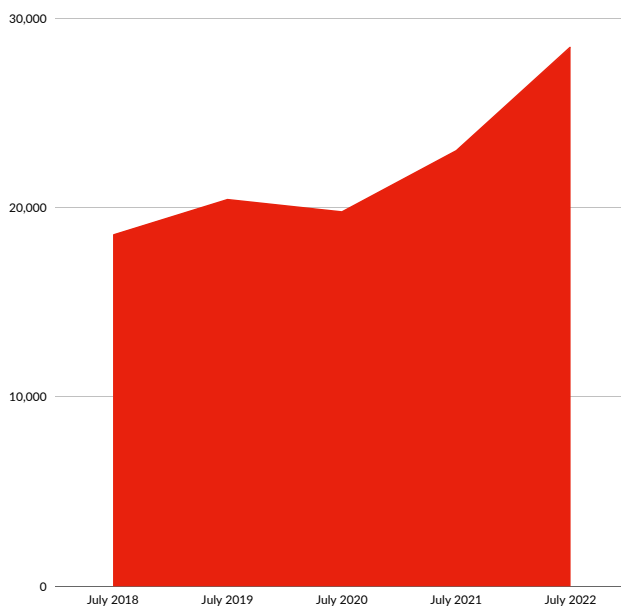
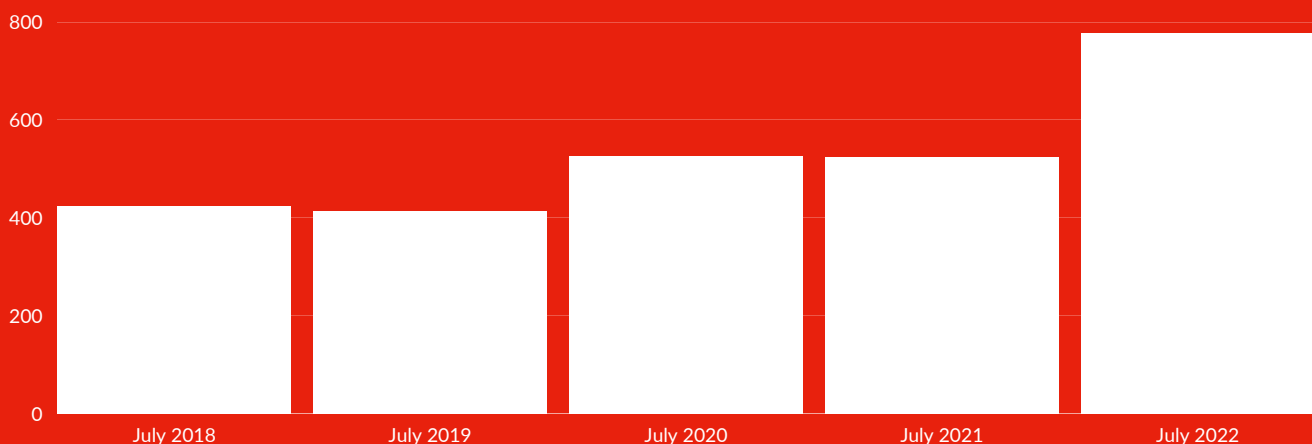


Ottawa Food Bank

The role of the Russel Heights Community House is to provide ongoing and creative strategies to connect with vulnerable children, youth and adults and to facilitate the development of social inclusion. Overall health is greatly impacted by social inclusion.

[Learn more about Russel Heights Community House](#)

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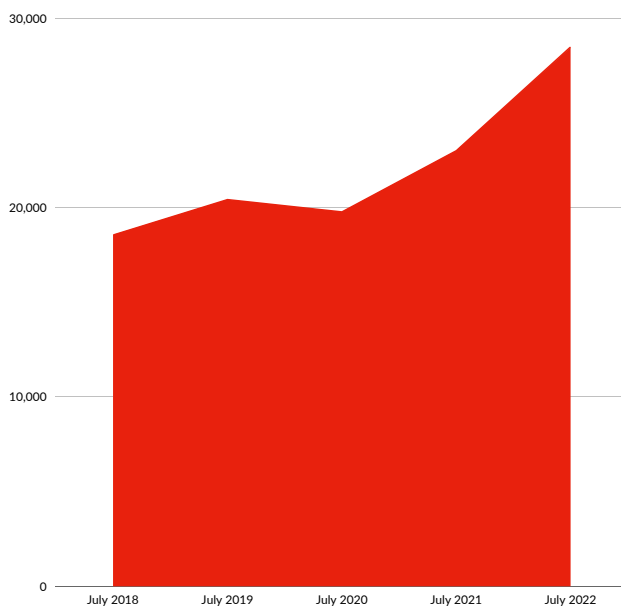
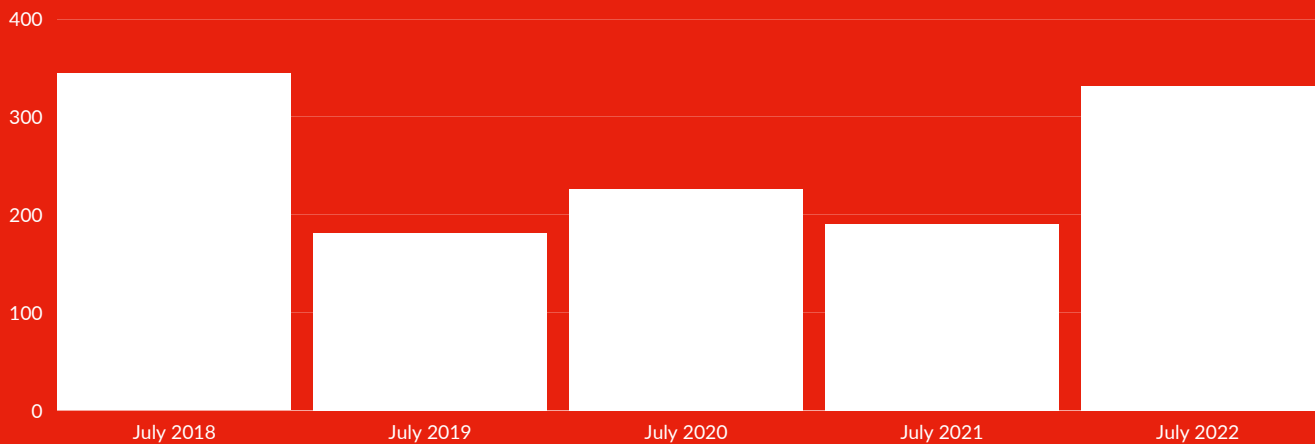
Ottawa Food Bank

# Blair Court Community House

Blair Court Community House is dedicated to supporting the vibrant and diverse community they serve by offering a wide range of programs and services that address the social, educational and recreational needs of the neighbourhood. Presently, Blair Court Community House is only offering their food bank as a regular program due to heightened demand.

[Learn more about Blair Court Community House](#)

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