

Elgin St. Thomas Food Programs & Services Guide

Updated: April 2019



The Elgin St. Thomas Food Programs and Services Guide

There are many food programs and services available in St. Thomas and Elgin County. This guide provides program information on low cost or free meals, emergency food services, cooking programs, nutrition services by Registered Dietitians, and much more.

The information in this guide is updated on a regular basis based on feedback from organizations. To ensure you have the most up-to-date copy, please access the most recent version on our website: <https://www.swpublichealth.ca/> and search “Food Programs and Services”. You can download the complete guide or parts of the guide as needed.

Southwestern Public Health would like to thank all of the organizations listed in this guide, both for their participation in this guide and their work in the community. The complete guide is updated regularly on an annual basis. For changes or updates to this guide, please contact us.







Southwestern Public Health






Phone: 519-631-9900






Toll free phone: 1-800-922-0096

email: healthyeating@swpublichealth.ca

Nutrition Services by Registered Dietitians

<p>Central Community Health Centre (CCHC) 359 Talbot St., St. Thomas 519-633-7989 ext. 409</p> <p>www.centralchc.com</p>		<p>Programs and Services: Individual counselling and classes for any nutrition concern and any age (do not have to be registered with CCHC)</p> <p>Service Area: Southwold, St. Thomas, Central Elgin, Malahide, and Bayham</p>
<p>Closing the Gap Healthcare Group 452 Talbot St., St. Thomas 519-631-9866</p> <p>www.closingthegap.ca/</p>		<p>Programs and Services: Free counselling for those that are referred through South West Local Health Integration Network</p> <p>Service Area: St. Thomas and Elgin County</p>
<p>East Elgin Family Health Team 424 Talbot St. W, Suite #1, Aylmer 519-773-3715</p> <p>www.eefht.ca</p> <p>Visit: eefht.ca/programs-services or call for more information on their programs</p>		<p>Programs and Services:</p> <p>Group Lifestyle Balance: 12-month program for those interested in living healthier & weight management. Open to anyone.</p> <p>Feeding Your Baby: 1-hour session for mothers/fathers/caregivers with young children, who are interested in learning more about infant feeding and introducing solids. Open to anyone.</p> <p>Get Heart Smart!: 4-week program for adults interested in improving their heart health and/or lowering their cholesterol and blood pressure. Open to anyone.</p> <p>Grocery Store Tours: 1-hour tour lead by registered dietitians. Open to anyone.</p> <p>Craving Change: 4-week program open to anyone interested in changing their relationship with food, managing emotional eating and/or dealing with cravings more effectively. Open to anyone.</p> <p>Individual nutrition counselling: Must be a patient of the clinic for individual nutrition counselling for all ages.</p> <p>Service Area: Elgin County & St. Thomas</p>
<p>Four Counties Health Services – Diabetes Education Program 395 Carrie St., Strathroy 1824 Concession Dr., Newbury 519-246-5902</p> <p>www.mhalliance.on.ca/service/diabetes</p>		<p>Programs and Services: Free diabetes education classes, and free individual and group counselling for those 18 years old and above with Type 1, Type 2, or prediabetes.</p>

<p>Southwest Centre for Forensic Mental Health Care 401 Sunset Dr., St. Thomas 519-631-8510 ext. 49379</p>		<p>Programs and Services: Counselling outpatients at Steele Street Residence only</p> <p>Service Area: Steele Street Residence</p>
<p>Southwest Ontario Aboriginal Health Access Centre</p> <p>77 Anishinaabeg Drive, Muncey 519-289-0352</p> <p>https://soahac.on.ca/service/diabetes/</p>		<p>Programs and Services: Individual counselling and classes for any nutrition concern and any age (do not have to be a patient at SOAHAC).</p> <p>Service area: Services are provided to on and off-reserve Indigenous (First Nation, Metis, Inuit) people and their families, in London and surrounding First Nation communities.</p>
<p>Southwestern Public Health: St. Thomas site 1230 Talbot St., St. Thomas 519-631-9900 www.swpublichealth.ca</p>		<p>Criteria for Services: Fill requests for nutrition literature/presentation material (reach & teach kits) that supports chronic disease prevention & child health. Provide programs and services that support mandatory health programs and service guidelines.</p> <p>Provide 'You're The Chef' cooking program—leader training. Visit website for details.</p> <p>Service Area: St. Thomas and Elgin County</p>
<p>St. Thomas Elgin General Hospital 189 Elm St., St. Thomas 519-631-2020 ext. 2408 www.stegh.on.ca</p>		<p>Programs and Services: Counselling for clients with Type 1 or Type 2 diabetes, gestational diabetes, pre-diabetes or at risk of developing diabetes that are 18 years and older. Also provides counselling services for those on a pump. Self referrals welcome.</p> <p>Service Area St. Thomas and Elgin County</p>
<p>Telehealth Ontario 1-866-797-0000</p>		<p>Programs and Services: Free over the phone counselling with Registered Dietitians for anyone in Ontario. Available: Monday-Friday 9:00am-5:00pm</p> <p>Service Area: Free in Ontario</p>

<p>Thames Valley Family Health Team (Site: Elmwood Family Health Organization) 111-417 Wellington St., St. Thomas 519-631-3223</p>		<p>Programs and Services: Individual counselling for patients of the clinic. Contact the Family Health Team for group program availability.</p> <p>Service Area: St. Thomas and Elgin County</p>
<p>Thames Valley Family Health Team (Site: Windemere Family Medical Centre) 202 - 460 Wellington St., St. Thomas 519-631-5670 ext. 251</p>		<p>Programs and Services: Individual counselling for patients of the clinic. Contact the Family Health Team for group program availability.</p> <p>Service Area: St. Thomas and Elgin County</p>
<p>Unlock Food (replacing EatRight Ontario) For expert nutrition information from Registered Dietitians visit: www.unlockfood.ca</p>		<p>Programs and Services: Website written and reviewed by dietitians. Includes information on nutrition, food and healthy eating including recipes, videos, and interactive healthy eating tools.</p>
<p>West Elgin Community Health Centre 153 Main St., West Lorne www.wechc.on.ca</p>		<p>Programs and Services: Individual and family counselling for any nutrition concern for any age (infants to seniors). Self-referrals welcome. Services are free.</p> <p>Service Area: No catchment area.</p>
<p>West Elgin Community Health Centre – Diabetes Education Centre 153 Main St., West Lorne 519-768-1715 ext. 2301 www.wechc.on.ca</p>		<p>Programs and Services: Individual counselling for clients with Type 1 or Type 2 diabetes, gestational diabetes, or pre-diabetes that are 18 years and older</p> <p>Service Area: West Elgin</p>

**West Elgin Community Health Centre –
Diabetes Education
Centre (East Elgin County
Outreach)**

424 Talbot St. West, Unit L9, Aylmer
519-765-4797
www.wehc.on.ca



Programs and Services:

Individual counselling for clients with Type 1 or Type 2 diabetes, gestational diabetes, or pre-diabetes that are 18 years and older

Service Area: Aylmer/East Elgin