

Elgin St. Thomas Food Programs & Services Guide

Updated: April 2019

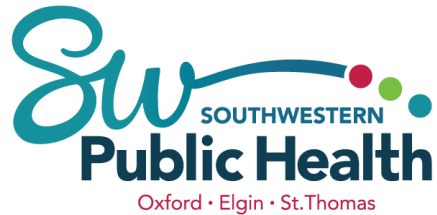


The Elgin St. Thomas Food Programs and Services Guide

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




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Diabetes Education

<p>Four Counties Health Services Middlesex Hospital Alliance 395 Carrie St., Strathroy 1824 Concession Dr., Newbury 519-246-5902</p> <p>www.mhalliance.on.ca/service/diabetes</p>		<p>Criteria for service: 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 Ontario Aboriginal Health Access Centre</p> <p>77 Anishinaabeg Drive, Muncey 519-289-0352</p> <p>https://soahac.on.ca/service/diabetes/</p>		<p>Criteria for service: Free diabetes counselling and education for individuals with Type 2 diabetes, pre-diabetes or at risk of developing diabetes that are 18 years and older. Education on an individual basis or in groups.</p> <p>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>St. Thomas Elgin General Hospital 189 Elm St., St. Thomas 519-631-2020 ext. 2408</p> <p>www.stegh.on.ca/hospital-services/diabetes-education</p>		<p>Criteria for service: 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. Call to book a service or appointment. Self referrals welcome.</p>
<p>West Elgin Community Health Centre</p> <p>West Elgin Community Health Centre 153 Main St., West Lorne 519-768-1715 ext. 2301</p> <p>Dutton Medical Centre 156 Main St., Dutton 519-768-1715 ext. 2301</p> <p>Aylmer Diabetes Education Program 424 Talbot St. W. Unit L9, Aylmer 519-765-4797</p>		<p>Criteria for service: Free counselling and education for individuals with Type 1 or Type 2 diabetes, gestational diabetes, or pre-diabetes or at risk of developing diabetes that are 18 years and older. Education on an individual basis or in groups. Flexible hours at multiple locations in Elgin County. Open to anyone.</p>

<p>IDA Pharmacy (Highland Drug Mart) 222 Colborne St., Port Stanley 519-768-1715 ext. 2301 http://wechc.on.ca/programs/diabetes/</p>		
<p>Yurek Pharmacy 519 Talbot St. St. Thomas 519-631-3330 http://yurekpharmacy.com/</p>		<p>Criteria for service: This Community Pharmacy Outreach location carries Canadian Diabetes Association literature and cookbooks, provides meter training, and along with the Canadian Diabetes Association, provides their staff and community members with diabetes education and awareness through information nights, displays and presentations. This pharmacy provides a Certified Diabetes Educator which is a free service to individuals living with diabetes.</p>
<p>Hills Pharmacy 35 Talbot St. E., Aylmer 519-773-9263 420 Talbot St. W., Aylmer 519-765-2880 https://www.hillspharmacy.ca/</p>		<p>Criteria for service: These Community Pharmacy Outreach locations carry Canadian Diabetes Association literature and cookbooks in their pharmacies, provide meter training, and along with the Canadian Diabetes Association, provide their staff and community members with diabetes education and awareness through information nights, displays and presentations.</p>