

NUTRITION SERVICES WOODSTOCK AND OXFORD COUNTY

Nutrition Services by Registered Dietitians

Last Updated: May 2022

Program	Description
<p>Alexandra Hospital</p> <p>29 Noxon St., Ingersoll 519-485-1700 ext. 8455 www.alexandrahospital.on.ca/</p>	<p>Nutrition counselling</p> <ul style="list-style-type: none"> ▪ Individual nutrition support and advice ▪ Any age ▪ Referrals required <p>Diabetes education</p> <ul style="list-style-type: none"> ▪ Individual nutrition support and advice for diabetes ▪ Group classes available ▪ Must be 18 years of age or older ▪ Support for Type 1 diabetes, Type 2 diabetes, gestational diabetes, or prediabetes ▪ Self-referrals welcome
<p>Health Connect Ontario</p> <p>1-866-797-0007</p>	<p>Nutrition counselling</p> <ul style="list-style-type: none"> ▪ Free over the phone nutrition support and advice with Registered Dietitians ▪ Available for anyone in Ontario ▪ Available: Monday-Friday 9:00am-5:00pm
<p>Oxford County Community Health Centre</p> <p>Sites: 35 Metcalf St., Woodstock 519-539-1111 ext. 208</p> <p>The Livingston Centre 96 Tillson Ave. Tillsonburg 519-842-9008</p>	<p>Nutrition counselling</p> <ul style="list-style-type: none"> ▪ Individual nutrition support and advice ▪ Any age (infants to seniors) ▪ Self-referrals welcome ▪ Services are free <p>Service Area: Oxford County</p>

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<p>Southwest Ontario Aboriginal Health Access Centre (SOAHAC)</p> <p>77 Anishinaabeg Drive, Muncey 519-289-0352 fax: 519-289-0355 https://soahac.on.ca/service/diabetes/</p>	<p>Nutrition counselling</p> <ul style="list-style-type: none"> ▪ Individual nutrition support and advice ▪ Group classes available ▪ Any age ▪ Do not have to be a patient at SOAHAC <p>Diabetes education</p> <ul style="list-style-type: none"> ▪ Individual nutrition support and advice for diabetes ▪ Group classes available ▪ Must be 18 years of age and older ▪ Support for Type 2 diabetes, prediabetes or at risk of developing diabetes ▪ Do not have to be a patient at SOAHAC <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>Thames Valley Family Health Team</p> <p>959 Dundas St. Woodstock 519-537-6701</p>	<p>Nutrition counselling</p> <ul style="list-style-type: none"> ▪ Individual nutrition support and advice ▪ Must be a patient of the Family Health Team ▪ Self-referrals welcome
<p>Unlock Food</p> <p>For expert nutrition information from Registered Dietitians visit: https://www.unlockfood.ca/</p>	<p>Nutrition resources</p> <ul style="list-style-type: none"> ▪ Nutrition website written and reviewed by dietitians ▪ Includes information on a variety of nutrition topics ▪ Includes healthy eating recipes, videos, and interactive healthy eating tools
<p>Woodstock Hospital Ambulatory Care Services</p> <p>310 Juliana Dr., Woodstock 519-421-4233 ext 2126 www.woodstockhospital.ca</p>	<p>Nutrition counselling</p> <ul style="list-style-type: none"> ▪ Individual nutrition support and advice ▪ Group classes available ▪ Must be 18 years of age and older ▪ Self-referrals welcome <p>Diabetes education</p> <ul style="list-style-type: none"> ▪ Nutrition support and advice for diabetes ▪ Group classes available ▪ Must be 18 years of age and older

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	<ul style="list-style-type: none"> ▪ Support for Type 1 diabetes, Type 2 diabetes, prediabetes, or gestational diabetes ▪ Self-referrals welcome <p>Service area: Oxford County</p>
<p>Zehrs</p> <p>Sites: 969 Dundas St., Woodstock 519-209-2647 https://patient.medeohealth.com/booking/zehrs-woodstock</p> <p>400 Simcoe St., Tillsonburg 519-209-2647 https://patient.medeohealth.com/booking/zehrs-tillsonburg</p>	<p>Nutrition counselling</p> <ul style="list-style-type: none"> ▪ Individual nutrition support and advice ▪ Available mainly virtually ▪ Call for information on fees <p>Group nutrition services</p> <ul style="list-style-type: none"> ▪ Group education, Corporate Wellness, private group grocery store tours, virtual nutrition webinars, and field trips for kids ▪ Fees vary depending on service; call for more information