

Oxford County Food Programs & Services Guide

Updated: September 2019



The Oxford County Food Programs and Services Guide

There are many food programs and services available in Oxford 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 – Woodstock site

Phone: 519-421-9901

Toll free phone: 1-800-922-0096

email: healthyeating@swpublichealth.ca

Diabetes Education

<p>Tillsonburg District Memorial Hospital – Diabetes Education Centre</p> <p>167 Rolph St. Tillsonburg, ON N4G 3Y9</p> <p>519-842-3611 ext. 5362</p>		<p>Criteria for Service: Individual counselling for adults (18+) with Type 1, Type 2, prediabetes, gestational diabetes and counselling for individuals on an insulin pump.</p> <p>Self-referrals or Doctor referrals accepted.</p>
<p>Alexandra Hospital- Diabetes Education Centre</p> <p>29 Noxon St. Ingersoll, ON N5C 3V6</p> <p>519-485-9611</p>		<p>Criteria for Services: Counselling for adults (18+) with Type 1, Type 2 and pre-diabetes. Satellite program of Tillsonburg District Memorial Hospital (please see Tillsonburg or Woodstock for counselling for gestational diabetes and individuals on insulin pumps)</p> <p>Self-referrals welcome. Appointments available on Tuesday afternoons and Wednesdays all day.</p>
<p>Woodstock Hospital-Ambulatory Care Services- Diabetes Education Centre</p> <p>310 Juliana Dr., Woodstock, ON N4V 0A4</p> <p>519- 421- 4233 ext. 2126</p>		<p>Criteria for Services: Counselling and education for adults (18+) with pre-diabetes, Type 1, Type 2, gestational diabetes and for those on an insulin pump. Education on an individual basis or in groups.</p> <p>Visit https://www.wgh.on.ca/display/OS/Diabetes+Education+Program for specific program descriptions.</p> <p>Self-referrals or doctor referrals accepted.</p>