

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

Nutrition Services by Registered Dietitians

Oxford Community Health Centre

Woodstock Site:
35 Metcalf Street
Woodstock, Ontario N4S 3E6
519-539-1111 ext. 208

Ingersoll Centre for Health and Wellness
19 King Street East
Ingersoll, Ontario N5C 1G3
519-539-1111 ext. 208

Tillsonburg Site:
The Livingston Centre
96 Tillson Ave.
Tillsonburg, ON N4G 3A1
519-842-9008



Programs & Services:

Individual counselling for any nutrition concern for any age (infants to seniors). Self-referrals welcome. Services are free.

Service Area: Oxford County

Craving Change TM




A 6-week group education program to discuss emotional eating and help you understand 'why' you eat the way you do. Discover the situations, thoughts and emotions that affect your food choices, and learn how to best manage them.

Date & Time: Call for more information

Group Education

Several free group education/support groups available around various nutrition related topics. Check the Oxford County Community Health Centre Blue Calendar for a list of classes.

Date & Time: Call for more information.

<p>Thames Valley Family Health Team</p> <p>959 Dundas St. Woodstock office 519-537-6701</p>		<p>Services provided: Individual counselling by a Registered Dietitian on all nutrition-related topics</p> <p>Dates: Monday-Friday</p> <p>Requirements: Must be a patient of the Family Health Team</p>
<p>Zehrs</p> <p>Woodstock Location: 969 Dundas Street Woodstock, ON N4S 1H2 519-421-3411</p> <p>Tillsonburg Location: 400 Simcoe Street Tillsonburg, ON N4G 4X1 519-209-2647</p> <p>elysia.cartlidge@loblaw.ca</p> <p>https://www.bookadietitian.ca/</p>		<p>Personalized Nutrition Services:</p> <p>Shop with Your Dietitian, Individual nutrition counselling</p> <p>Group Nutrition Services:</p> <p>Group education, private group grocery store tours, in-store food demonstrations, nutrition workshops and fields trips for kids.</p> <p>Dates & Times: Call for more information on specific services</p> <p>Cost: Fees vary depending on service, call for more information</p> <p>**services offered at both locations</p>
<p>Southwestern Public Health Woodstock Site:</p> <p>410 Buller St. Woodstock, ON N4S 4N2</p> <p>519-421-9901 www.swpublichealth.ca</p>		<p>Criteria for Services:</p> <p>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: Oxford County</p>

Telehealth Ontario
1-866-797-0000



Programs and Services:

Free over the phone counselling with Registered Dietitians for anyone in Ontario. Available: Monday-Friday 9:00am-5:00pm

Service Area: Free in Ontario