

Oxford County: Nutrition Services by Registered Dietitians

Alexandra Hospital

Address: 29 Noxon St., Ingersoll

Phone: 519-485-9611

Website: www.alexandrahospital.on.ca/

- Nutrition counselling: Individual nutrition support and advice
- Must be 18+; Referrals required
- Individual support for Type 1, Type 2, gestational diabetes, prediabetes
- Prediabetes group classes available

Health811

Phone: Call 811 (TTY: 711)

Website: health811.ontario.ca

- Free nutrition support and advice with Registered Dietitians
- Available by phone or chat for Ontario residents

Oxford County Community Health Centre

Address: 301–35 Metcalf St., Woodstock

Phone: 519-539-1111 ext. 208

Website: <https://oxchc.ca/programs/>

- Nutrition counselling: Individual support for any age (infants to seniors)
- Self-referrals welcome; Services are free
- Group programs: cooking classes
- Service criteria: For those without access to a Registered Dietitian through primary care or insurance

STAR Family Health Team – Tavistock Location

Address: 80 Maria St., Tavistock

Phone: 519-655-2322

Website: www.starfht.ca

- Nutrition counselling: Must be a patient of the Family Health Team
- Group program: Feeding Your Baby (open to public)

Southwest Ontario Aboriginal Health Access Centre (SOAHAC)

Address: 77 Anishinaabeg Drive, Muncey

Phone: 519-289-0352

Website: <https://soahac.on.ca/service/diabetes/>

- Nutrition counselling: Individual support; Group classes available
- Any age; No need to be a patient at SOAHAC
- Diabetes education: Support for diabetes, Type 2, prediabetes, at-risk individuals
- Service area: Indigenous (First Nation, Métis, Inuit) people on/off reserve in London & surrounding communities

Thames Valley Family Health Team

Address: 959 Dundas St., Woodstock, Suite 204

Phone: 519-537-6701

Website: <https://thamesvalleyfht.ca/programregistration/>

- Nutrition counselling: Must be a patient; Self-referrals welcome
- Online group programs open to public: Heart Health, Sweet Talk, Best Weight, Intuitive Eating

Tillsonburg Hospital – Satellite of Alexandra Hospital Diabetes Education

Address: 167 Rolph St., Tillsonburg

Phone: 519-485-9611

- Type 1, Type 2, gestational diabetes, prediabetes education
- Must be 18+; Self-referrals welcome

Unlock Food

Website: <https://www.unlockfood.ca/>

- Nutrition resources written and reviewed by Registered Dietitians
- Information on nutrition topics such as recipes, videos, interactive healthy eating tools

Woodstock Hospital – Ambulatory Care Services

Address: 310 Juliana Dr., Woodstock

Phone: 519-421-4233 ext 2126

Website: www.woodstockhospital.ca

- Nutrition counselling, individual support
- Must be 18+; Self-referrals welcome
- Type 1, Type 2, prediabetes, gestational diabetes education
- Online program: Binge eating disorder

Looking for a private Dietitian?

Some Dietitians may charge a fee. To find a private Registered Dietitian near you, visit Dietitians of Canada: www.dietitians.ca/Find-a-Dietitian