

Nutrition Services by Registered Dietitians in Oxford County

Last Updated: February 2025

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 ▪ Must be 18 years of age and older ▪ Referrals required <p>Diabetes education</p> <ul style="list-style-type: none"> ▪ Individual nutrition support and advice for Type 1 diabetes, Type 2 diabetes, gestational diabetes, or prediabetes ▪ Prediabetes group classes available ▪ Must be 18 years of age or older ▪ Self-referrals welcome
<p>Health811</p> <p>Call 811 (TTY: 1-866-797-0007) www.health811.ontario.ca</p>	<p>Nutrition counselling</p> <ul style="list-style-type: none"> ▪ Free nutrition support and advice with Registered Dietitians ▪ Available over the phone or through chat ▪ Available for residents of Ontario ▪ Available: Mondays, Wednesdays, Fridays 9:00am-5:00pm. Tuesdays and Thursdays 9:00am-9:00pm.
<p>Oxford County Community Health Centre</p> <p>301 – 35 Metcalf St., Woodstock 519-539-1111 ext. 208 https://oxchc.ca/programs/ https://www.facebook.com/OCCHC</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>Group programs</p> <ul style="list-style-type: none"> ▪ Cooking classes – information on upcoming groups can be found on our website or facebook <p>Service area: Residents of Oxford County Service criteria: Those who do not have access to a Registered Dietitian through their primary health care provider or third party insurance.</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>STAR Family Health Team: Tavistock Location</p> <p>80 Maria St., Tavistock 519-655-2322 www.starfht.ca</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>Online group programs</p> <ul style="list-style-type: none"> ▪ Open to the public ▪ Includes: Feeding Your Baby, Feeding Picky Eaters, and Nutrition Hot Topics
<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>Online group programs</p> <ul style="list-style-type: none"> ▪ Programs that are open to the public include Heart Health, Sweet Talk: Managing Your Blood Sugars, and Best Weight ▪ Intuitive Eating program (must be a patient of the Family Health Team) <p>To register for a program, visit: https://thamesvalleyfht.ca/programregistration/</p>

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<p>Tillsonburg Hospital</p> <p>Satellite Location of Alexandra Hospital Diabetes Education</p> <p>167 Rolph St., Tillsonburg 519-485-1700 ext. 8455</p>	<p>Diabetes education</p> <ul style="list-style-type: none"> ▪ Individual nutrition support and advice for Type 1 diabetes, Type 2 diabetes, gestational diabetes, or prediabetes ▪ Must be 18 years of age or older ▪ 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 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 Healthy Heart class 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 Type 1 diabetes, Type 2 diabetes, prediabetes, or gestational diabetes ▪ Group classes available ▪ Must be 18 years of age and older ▪ Self-referrals welcome <p>Online group program</p> <ul style="list-style-type: none"> ▪ Binge eating disorder <p>Service area: Oxford County</p>
<p>There may be other dietitians in the area that offer services for a fee. To find a dietitian near you, visit Dietitians of Canada: https://www.dietitians.ca/Find-a-Dietitian</p>	