

# Nutrition Services by Registered Dietitians in Oxford County

Last Updated: December 2023

Program	Description
<p><b>Alexandra Hospital</b></p> <p>29 Noxon St., Ingersoll 519-485-1700 ext. 8455 <a href="http://www.alexandrahospital.on.ca/">www.alexandrahospital.on.ca/</a></p>	<p><b>Nutrition counselling</b></p> <ul style="list-style-type: none"> <li>▪ Individual nutrition support and advice</li> <li>▪ Must be 16 years of age and older</li> <li>▪ Referrals required</li> </ul> <p><b>Diabetes education</b></p> <ul style="list-style-type: none"> <li>▪ Individual nutrition support and advice for Type 1 diabetes, Type 2 diabetes, gestational diabetes, or prediabetes</li> <li>▪ Prediabetes group classes available</li> <li>▪ Must be 18 years of age or older</li> <li>▪ Self-referrals welcome</li> </ul>
<p><b>Health811</b></p> <p>Call 811 (TTY: 1-866-797-0007) <a href="http://www.health811.ontario.ca">www.health811.ontario.ca</a></p>	<p><b>Nutrition counselling</b></p> <ul style="list-style-type: none"> <li>▪ Free nutrition support and advice with Registered Dietitians</li> <li>▪ Available over the phone or through <a href="#">chat</a></li> <li>▪ Available for residents of Ontario</li> <li>▪ Available: Mondays, Wednesdays, Fridays 9:00am-5:00pm. Tuesdays and Thursdays 9:00am-9:00pm.</li> </ul>
<p><b>Oxford County Community Health Centre</b></p> <p>35 Metcalf St., Woodstock 519-539-1111 ext. 208</p>	<p><b>Nutrition counselling</b></p> <ul style="list-style-type: none"> <li>▪ Individual nutrition support and advice</li> <li>▪ Any age (infants to seniors)</li> <li>▪ Self-referrals welcome</li> <li>▪ Services are free</li> </ul> <p><b>Group programs</b></p> <ul style="list-style-type: none"> <li>▪ Cooking classes may be available</li> </ul> <p>Service Area: Oxford County</p>

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<p><b>Southwest Ontario Aboriginal Health Access Centre (SOAHAC)</b></p> <p>77 Anishinaabeg Drive, Muncey          519-289-0352          fax: 519-289-0355  <a href="https://soahac.on.ca/service/diabetes/">https://soahac.on.ca/service/diabetes/</a></p>	<p><b>Nutrition counselling</b></p> <ul style="list-style-type: none"> <li>▪ Individual nutrition support and advice</li> <li>▪ Group classes available</li> <li>▪ Any age</li> <li>▪ Do not have to be a patient at SOAHAC</li> </ul> <p><b>Diabetes education</b></p> <ul style="list-style-type: none"> <li>▪ Individual nutrition support and advice for diabetes</li> <li>▪ Group classes available</li> <li>▪ Must be 18 years of age and older</li> <li>▪ Support for Type 2 diabetes, prediabetes or at risk of developing diabetes</li> <li>▪ Do not have to be a patient at SOAHAC</li> </ul> <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><b>STAR Family Health Team: Tavistock Location</b></p> <p>80 Maria St., Tavistock          519-655-2322  <a href="http://www.starfht.ca">www.starfht.ca</a></p>	<p><b>Nutrition counselling</b></p> <ul style="list-style-type: none"> <li>▪ Individual nutrition support and advice</li> <li>▪ Must be a patient of the Family Health Team</li> <li>▪ Self-referrals welcome</li> </ul> <p><b>Online group programs</b></p> <ul style="list-style-type: none"> <li>▪ Open to the public</li> <li>▪ <b>Feeding Your Baby:</b> <ul style="list-style-type: none"> <li>○ One-hour virtual session on introducing solid foods</li> </ul> </li> <li>▪ <b>Feeding Picky Eaters:</b> <ul style="list-style-type: none"> <li>○ Monthly virtual drop-in education and support group for parents of children 1-5 years old</li> </ul> </li> <li>▪ <b>Nutrition Hot Topics:</b> <ul style="list-style-type: none"> <li>○ One-hour virtual workshop, takes place monthly</li> </ul> </li> </ul>

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<p><b>Thames Valley Family Health Team</b></p> <p>959 Dundas St. Woodstock 519-537-6701</p>	<p><b>Nutrition counselling</b></p> <ul style="list-style-type: none"> <li>▪ Individual nutrition support and advice</li> <li>▪ Must be a patient of the Family Health Team</li> <li>▪ Self-referrals welcome</li> </ul> <p><b>Online group classes</b></p> <ul style="list-style-type: none"> <li>▪ Open to the public</li> <li>▪ Includes Heart Health, Sweet Talk: Managing Your Blood Sugars, and Prenatal Information Group</li> <li>▪ To register for a program, visit: <a href="https://thamesvalleyfht.ca/programregistration/">https://thamesvalleyfht.ca/programregistration/</a></li> </ul>
<p><b>Tillsonburg Hospital</b></p> <p>Satellite Location of Alexandra Hospital Diabetes Education</p> <p>167 Rolph St., Tillsonburg 519-485-1700 ext. 8455</p>	<p><b>Diabetes education</b></p> <ul style="list-style-type: none"> <li>▪ Individual nutrition support and advice for Type 1 diabetes, Type 2 diabetes, gestational diabetes, or prediabetes</li> <li>▪ Must be 18 years of age or older</li> <li>▪ Self-referrals welcome</li> </ul>
<p><b>Unlock Food</b></p> <p>For expert nutrition information from Registered Dietitians visit: <a href="https://www.unlockfood.ca/">https://www.unlockfood.ca/</a></p>	<p><b>Nutrition resources</b></p> <ul style="list-style-type: none"> <li>▪ Nutrition website written and reviewed by dietitians</li> <li>▪ Includes information on a variety of nutrition topics</li> <li>▪ Includes healthy eating recipes, videos, and interactive healthy eating tools</li> </ul>
<p><b>Woodstock Hospital Ambulatory Care Services</b></p> <p>310 Juliana Dr., Woodstock 519-421-4233 ext 2126 <a href="http://www.woodstockhospital.ca">www.woodstockhospital.ca</a></p>	<p><b>Nutrition counselling</b></p> <ul style="list-style-type: none"> <li>▪ Individual nutrition support and advice</li> <li>▪ Group Healthy Heart class available</li> <li>▪ Must be 18 years of age and older</li> <li>▪ Self-referrals welcome</li> </ul> <p><b>Diabetes education</b></p> <ul style="list-style-type: none"> <li>▪ Nutrition support and advice for Type 1 diabetes, Type 2 diabetes, prediabetes, or gestational diabetes</li> <li>▪ Group classes available</li> <li>▪ Must be 18 years of age and older</li> <li>▪ Self-referrals welcome</li> </ul> <p>Service area: Oxford County</p>

# Nutrition Services by Registered Dietitians in Oxford County

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>