

NUTRITION DIRECTORY

For Residents of Haldimand and Norfolk Counties



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Compiled by Haldimand and Norfolk Health and Social Services. For updates, please contact hnhu.org/contact-us/.

Adapted with the permission of Hastings Prince Edward Public Health.

Section 1:

Nutrition Services by Registered Dietitians

This information is intended to help direct you to reliable sources of nutrition information. Registered Dietitians (RDs) in Ontario are uniquely trained food and nutrition experts. They are the recognized experts in translating scientific, medical and nutrition information into practical nutrition plans that support healthy living for individuals, families, and communities. Guided by a code of ethics and regulated by the College of Dietitians of Ontario, RDs provide nutrition information you can trust. For more information, please visit www.collegeofdietitians.org

Agency Contact Information	Catchment Area	Services	Referral Process	Fees
<p>Haldimand Family Health Team www.haldimandfht.com</p> <p>Caledonia Site: 245 Argyle Street, Suite 3, Caledonia, ON N3W 1K7</p> <p>Phone: 365-206-0303</p> <p>Dunnville Site: 334 Broad Street West, Dunnville, ON N1A 1T1</p> <p>Phone: 289-335-1263</p> <p>Hagersville Site: 75 Parkview Road Suite 7, Hagersville, ON NOA 1H0</p> <p>Phone: 905-768-9599</p>	<p>Haldimand County</p>	<p>Individual nutrition counselling with a registered dietitian is available for rostered patients of the Haldimand Family Health Team.</p> <p>Virtual and in-person appointments available.</p> <p>Group education sessions and programs are offered on a variety of topics, including metabolic health and postpartum. Some programs may be open to un-rostered patients.</p> <p>Visit website for details.</p>	<p>Self-referral or physician referral for rostered patients.</p>	<p>Covered by OHIP.</p>

Agency Contact Information	Catchment Area	Services	Referral Process	Fees
<p>Norfolk Family Health Team www.norfolkfht.ca</p> <p>Delhi site: 105 Main Street, Delhi, ON N4B 2L8</p> <p>Phone: 519-582-2323 Fax: 519-582-1513</p>	<p>Norfolk County</p>	<p>Individual nutrition counselling with a registered dietitian is available to:</p> <ul style="list-style-type: none"> • Rostered patients of the Norfolk Family Health Team. • Rostered and non-rostered patients in the Chronic Non-Cancer Pain Management Program (CNCMP). • Rostered and non-rostered patients of the Norfolk Prenatal and Newborn Health Program (NPNHP). <p>Virtual and in-person appointments available.</p> <p>Free group programs and workshops on various nutrition themes offered throughout the year. Eligibility varies for rostered and non-rostered patients. Visit website for details.</p>	<p>Referrals come from health care providers within the family health team, CNCMP and NPNHP.</p>	<p>Covered by OHIP.</p>

Agency Contact Information	Catchment Area	Services	Referral Process	Fees
<p>Haldimand Norfolk Diabetes Program www.ngh.on.ca/diabetes E-mail: ngmdiabetes@ngh.on.ca</p> <p>Simcoe Site: West Street Health Center 216 West Street, Suite 302 Simcoe, ON N3Y 1S8</p> <p>Phone: 519-720-6700 Ext 4466 Fax: 519-752-8686</p> <p>Hagersville Site: West Haldimand General Hospital at the Family Health Team 75 Parkview Road, suite 7, Hagersville, ON NOA 1H0</p> <p>Phone: 519-720-6700 Ext 4466 Fax: 519-752-8686</p> <p>Dunnville Site: Haldimand War Memorial Hospital 400 Broad Street West, Dunnville, ON N1A 1T3</p> <p>Phone: 905-774-7431 Ext 1232 or 1288 Fax: 519-752-8686</p>	<p>Haldimand County and Norfolk County</p>	<p>The Haldimand Norfolk Diabetes Program team provides education, counseling, and support for adults with diabetes, prediabetes, low-risk gestational diabetes, and those at risk for developing diabetes.</p> <p>Work with a team of certified diabetes nurses and dietitian educators to reach your goals. Individual appointments available by phone, in-person, or virtually.</p> <p>Group sessions also offered. Call for more details.</p>	<p>Self-referral and referrals from physician/ health care provider are accepted.</p>	<p>Covered by OHIP.</p>

Agency Contact Information	Catchment Area	Services	Referral Process	Fees
<p>Haldimand Norfolk Health Unit www.hnhu.org</p> <p>Simcoe office: 12 Gilbertson Drive P.O Box 570 Simcoe, ON N3Y 4N5</p> <p>Phone: 519-426-6170</p> <p>Dunnville office: 117 Forest Street East Dunnville, ON N1A 1B9</p> <p>Phone: 905-318-6623</p> <p>Caledonia office: 100 Haddington Street Caledonia, ON N3W 2N4</p> <p>Phone: 905-318-6623</p>	<p>Haldimand County and Norfolk County</p>	<p>Public health dietitians provide general food and nutrition resources and consultation to community groups/agencies and to the public. Those with clinical requests are directed to registered dietitians in the client's geographic area.</p> <p>Public health dietitians do not provide one-on-one nutrition counselling services.</p> <p>Topics for programs, consultation and resources include food security, food literacy, the built environment and community policies, school nutrition, menu planning in child care settings, infant feeding, and healthy workplaces.</p>	<p>Not applicable.</p>	<p>Not applicable.</p>

Agency Contact Information	Catchment Area	Services	Referral Process	Fees
<p>Health811 <u>Health811 - Health811 (gov.on.ca)</u></p> <p>Phone: 811 (TTY: 1-866-797-0007)</p> <p>Hours: Monday, Wednesday, Friday: 9:00am-5:00pm</p> <p>Tuesday, Thursday: 9:00am-9:00pm</p>	<p>Ontario</p>	<p>Speak with a registered dietitian to access free nutrition information and advice on a range of topics.</p> <p>Service available via phone or live chat function. When you call or chat, you will be connected to an advisor who will securely and confidentially collect your basic information and reason for the call. To speak to a dietitian, the advisor will:</p> <ul style="list-style-type: none"> • Queue your call for a call back based on your preference to be contacted (morning, afternoon, evening) <p>Note: Health811 does not make appointments or schedule follow-ups. Calls are unlimited.</p> <p>Visit the website for more details.</p>	<p>Not applicable.</p>	<p>Free.</p>

Agency Contact Information	Catchment Area	Services	Referral Process	Fees
<p>Healthy Moms Eating Well for 2 (Canada Prenatal Nutrition Program) http://www.hnreach.on.ca/healthy-moms-eating-well-for-2</p> <p>Haldimand-Norfolk REACH P.O. Box 5054 101A Nanticoke Creek Parkway Townsend, ON N0A 1S0</p> <p>Phone: 519-587-2441 or 1-800-265-8087 ext. 407 Fax: 519-587-2682</p>	<p>Haldimand County and Norfolk County</p>	<p>A prenatal nutrition program designed to help you 'give your baby the healthiest start in life' They offer:</p> <ul style="list-style-type: none"> • Home, phone and virtual visits • Grocery cards for healthy foods • Prenatal vitamins • Meeting with dietitian • Smoking cessation counselling • Infant feeding information and support • Infant care and information 	<p>Call the Healthy Moms Eating Well for 2 Outreach Worker at 519-587-2441 or 1-800-265-8087 ext 407.</p> <p>Eligibility: Pregnant adolescents and adults.</p>	<p>Free.</p>
<p>Emily Szatrowski Nutrition Consulting www.foodfreedomsolution.com</p> <p>1037 Charlotteville Rd. 7 Simcoe, ON N3Y 4K5</p> <p>Phone: 226-907-05088 E-mail: emily@foodfreedomsolution.com</p>	<p>Haldimand County and Norfolk County</p> <p>All residents of Ontario</p>	<p>Individual nutrition counselling with a registered dietitian.</p> <p>Area of focus: Disordered eating, eating disorders, intuitive eating.</p> <p>Virtual and in-person appointments available.</p> <p>Group program also available. Visit the website for details.</p>	<p>Self-referral.</p>	<p>Fee for service.</p> <p>Potential for coverage from private insurance plans.</p>

Agency Contact Information	Catchment Area	Services	Referral Process	Fees
<p>Shoppers Drug Mart (previously Zehrs Caledonia) www.dietitianservices.ca</p>	<p>Haldimand County and Norfolk County</p> <p>Services also available at other locations outside the counties. Visit website for additional locations.</p>	<p>One-on-one nutrition services offered virtually on a variety of topics, including: diabetes, heart health, digestive health, sports nutrition, picky eating, eating disorders and women's health.</p>	<p>Self-referral.</p> <p>Visit website to book an appointment.</p>	<p>Fee for service.</p> <p>Potential for coverage from private insurance plans.</p>

Nutrition Information for Medical Concerns

The information provided from the following organizations and resources is not a substitute for medical treatment. Always speak to your health care provider before making changes to your health care plans.

Nutrition Across the Lifecycle

Unlock Food

Unlock Food is a website dedicated to helping Canadians connect with a dietitian and find the nutrition and food information that they need, when they need it. On UnlockFood.ca, you will find information on nutrition, food and healthy eating, as well as recipes, videos and online tools. The content of UnlockFood.ca focuses on healthy eating throughout the lifecycle from infants to seniors, nutrition topics of interest, and preventing and managing health conditions.



Website: UnlockFood.ca



Facebook: @UnlockFood.ca



Twitter: @UnlockFoodCA



Instagram: @unlockfoodca

Diabetes

Diabetes Canada

Diabetes Canada is a non-profit organization that shares resources, information, tools, recipes, and a monthly newsletter to support individuals affected by diabetes and health-care providers who care for them. Information on prevention is also available.



Phone: 1-800-226-8464



Email: info@diabetes.ca



Website: diabetes.ca



Facebook: @DiabetesCanada



Twitter: @DiabetesCanada



Instagram: @DiabetesCanada

Food Allergies

Food Allergy Canada

A national non-profit organization that educates, supports, and advocates for the needs of people living with food allergies and the risk of anaphylaxis. Provides allergy related resources, tools, webinars, food-alert bulletins, and a monthly newsletter for healthcare professionals, educators, food services, caregivers and the general public.



Toll-free: 1-866-785-5660



Email: info@foodallergycanada.ca



Website: foodallergycanada.ca



Facebook: Food Allergy Canada



Twitter: @FoodAllergyCAN



Instagram: @food_allergy_canada

Celiac Disease

Canadian Celiac Association

Access information, research, resources and recipes for gluten related disorders. Information is tailored for health professionals, food industry professionals, parents and the general public.



Phone: 905-507-6208 **Toll-free:** 1-800-363-7296



Email: info@celiac.ca



Website: celiac.ca



Facebook: @CCAceliac



Twitter: @CCAceliac



Instagram: @CCAceliac

Eating Disorders - Information and Resources

The National Eating Disorder Information Centre (NEDIC)

NEDIC is a non-governmental and non-profit organization that provides information and resources to inform and to help individuals, adults, caregivers, and youth who are or who know someone who might be living with an eating disorder or a preoccupation with food and weight.

If you or someone you know is looking for professional help, use the 'Find a Provider' feature on the website to find a provider who suits your needs. In the moment support, information, resources and system/pathway navigation related to eating disorders/disordered eating are also available through their toll-free phone line and online chat feature.

Visit the 'Community Education' tab for details on educational programming available to educators, students, and providers across Canada.



Toll-free helpline: 1-866-633-4220

Monday-Thursday: 9:00 a.m.-9:00 p.m.

Friday: 9:00 a.m.-5:00 p.m.



Live chat services:

Monday-Thursday: 9:00 a.m.-9:00 p.m.

Friday: 9:00 a.m.-5:00 p.m.

Saturday-Sunday: 1:00 p.m.-7:00 p.m.



Email: nedic@uhn.ca



Website: nedic.ca



Facebook: @thenedic



Twitter: @theNEDIC



Instagram: @the_nedic

Eating Disorder Programs

Programs included on this list are within 150km or offer virtual programming. Visit nedic.ca for a complete list of programs available in Ontario.

Bellwood Health Services – Toronto

Services: Adult inpatient program

Phone: 1-866-925-8306

Email: www.edgewoodhealthnetwork.com

Body Brave – Virtual

Services: Online individual, group and self-guided programming (17+)

Phone: 905-312-9628

E-mail: info@bodybrave.ca

Website: bodybrave.ca

Change Creates Change Eating Disorder Care - Virtual

Services: Virtual services for individuals and parents/caregivers (8-25 years of age)

Phone: 519-639-6090

Email: info@changecreateschange.com

Website: changecreateschange.com

Credit Valley Eating Disorders Program – Mississauga

Services: Inpatient, day treatment, transition and outpatient programs (18+)

Phone: 905-813-2200

Website: trilliumhealthpartners.ca

Homewood Health Centre – Guelph

Services: Residential treatment program (16+)

Phone: 866-373-2817

E-mail: healthcentre@homewoodhealth.com

Website: homewoodhealth.com/health-centre/eating-disorders-program

London Health Sciences Centre Children’s Hospital Child and Adolescent Mental Health Care Program - London

Services: Inpatient, outpatient, day treatment

Phone: 519-685-8500 ext. 56158

Website: lhsc.on.ca/child-and-adolescent-mental-health-care-program

London Health Sciences Centre & Canadian Mental Health Association Middlesex Adult Eating Disorders Service – London

Services: Outpatient, day treatment and residential treatment programs (18+)

Phone: 519-685-8500 ext. 74793

Website: lhsc.on.ca/adult-eating-disorders-service-aeds/the-adult-eating-disorders-service

McMaster Children’s Hospital Eating Disorder Program – Hamilton

Services: Inpatient, outpatient and day treatment programs (children and youth)

Phone: 905-521-2100 ext. 73497

Website: hamiltonhealthsciences.ca/mcmaster-childrens-hospital/areas-of-care/services/eating-disorder-program/

Niagara Eating Disorder Outpatient Program (NEDOP) - Niagara

Services: Outpatient program (16+)

Phone: 905-378-4647 ext. 32532

Email: nedop@niagarahealth.on.ca

Website: niagarahealth.on.ca/site/eating-disorder-program

North York General Hospital Eating Disorders Program – North York

Services: Outpatient and day hospital programs (children and adolescent) | Outpatient Binge Eating Disorder program and partial day hospital program (18+)

Phone: 416-756-6933

Website: nygh.on.ca/eating-disorders-program

Sheena’s Place – Toronto

Services: Support groups (17+)

Phone: 416-927-8900

Email: info@sheenasplace.org

Website: sheenasplace.org

Sick Kids Eating Disorders Program - Toronto

Services: Inpatient, outpatient and day hospital programs (8-18 years of age)

Phone: 416-813-7654 ext. 205620

Website: sickkids.ca/en/care-services/clinical-departments/adolescent-medicine/

St. Joseph’s Healthcare Hamilton Eating Disorders Program - Hamilton

Services: Outpatient program (16+)

Phone: 905.522.1155 ext. 33433

Website: stjoes.ca/hospital-services/mental-health-addiction-services/mental-health-services/eating-disorders-program

UHN Intensive Eating Disorders Program – Toronto

Services: Inpatient and virtual intensive outpatient treatment (17+)

Phone: 416-340-3477

Website: uhn.ca/MentalHealth/Clinics/Eating_Disorder#information

William Osler Health System Eating Disorders Clinic – Brampton

Services: Outpatient program (children, adolescents, youth and adults)

Phone: 905-494-2120 ext. 56709

Website: williamoslerhs.ca/en/areas-of-care/mental-health-services-for-adults.aspx#Eating-disorders-clinic

Section 3:

Emergency and Low Cost Food Programs

Food in Haldimand and Food in Norfolk Brochures

The Haldimand Norfolk Health Unit (HNHU) and Church Out Serving (COS) partner to produce a directory of emergency food programs, meal programs, community kitchen and low cost transportation services. Brochures are available online at the website below and hard copies are available at all HNHU locations.

HNHU Locations:

Simcoe

12 Gilbertson Dr., Simcoe
Phone: 519-426-6170

Dunnville

117 Forest St E., Dunnville
Phone: 905-318-6623

Caledonia

100 Haddington St., Caledonia
Phone: 905-318-6623

Website:

HNHU: <https://hnhu.org/health-topic/food-and-nutrition/food-programs-and-resources-for-haldimand-and-norfolk/>

COS: churchoutserving.org

