



HASTINGS PRINCE EDWARD  
**Public Health**

# Nutrition Directory

## Programs & Services

*For Residents of Hastings & Prince Edward Counties*

This directory contains a comprehensive list of reliable and credible nutrition programs and services for the public. Its purpose is to help facilitate the nutrition referral process to professionals and agencies in the region.

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# SECTION 1:

## Nutrition Services by Registered Dietitians

We are pleased to help direct you to the most reliable sources of nutrition information, which are registered dietitians.

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 healthy nutrition plans, and helping individuals, their families and communities to access nutrition for health.

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](http://www.collegeofdietitians.org).

# BELLEVILLE

AGENCY/PROGRAM	SERVICES	SPECIAL NOTES
<b>Belleville Nurse Practitioner-Led Clinic</b>  231 Front Street Belleville, ON K8N 2Z4 Phone: 613-779-7304 Fax: 613-779-6960 <a href="http://www.bnplc.ca">www.bnplc.ca</a>	Services include counselling for all ages on topics including chronic disease education and management, weight management, general nutrition and health promotion.	Self-referral for registered patients.  Services are available to any patient finding it difficult or without access to primary health care.
<b>Belleville and Quinte West Community Health Centre</b>  <b>Belleville Site:</b> 161 Bridge Street West Belleville, ON K8P 1K2 Phone: 613-962-0000 ext. 233 Fax: 613-962-4149 <a href="http://www.bqwchc.com">www.bqwchc.com</a>  <b>Program Information:</b> Phone: 613-962-0000 ext. 233	Individual counselling with a registered dietitian is available for those with high blood pressure, high cholesterol, diabetes and other conditions.  New programs are being offered regularly. For a complete list of CHC programs please visit the website.	Self-referral.  For community members who are not clients of the CHC, counselling depends on dietitian's availability and assessed on an individual basis.  Programs are free but registration is required.
<b>Quinte Health Care Outpatient Nutrition Services</b>  <b>Belleville General Hospital Site:</b> 265 Dundas Street East Belleville, ON K8N 1E2 Phone: 613-969-7400 ext. 2028 Fax: 613-961-2522 <a href="http://www.qhc.on.ca">www.qhc.on.ca</a>	Outpatient individual counselling services are provided by a registered dietitian to pediatric and adult clients.	Self-referral.  An appointment is required for individual counselling for all ages.  Follow-up appointments are booked if necessary.

## BELLEVILLE cont'd

AGENCY/PROGRAM	SERVICES	SPECIAL NOTES
<b>Quinte Health Care Diabetes Education &amp; Management Program</b>  <b>Belleville General Site:</b> WCA 1 265 Dundas Street East Belleville, ON K8N 1E2 Phone: 613-969-7400 ext. 2028 Fax: 613-961-2522 <a href="mailto:diabetes@ghc.on.ca">diabetes@ghc.on.ca</a> <a href="http://www.ghc.on.ca">www.ghc.on.ca</a>	Group classes: Healthy Eating for Diabetes class is provided by a registered dietitian.  Community group sessions: upon request.  Quinte Pediatric Diabetes Program  Diabetes Specialist Physician Clinic  Individual counselling for Type 1 Diabetes, Type 2 Diabetes, Prediabetes and Gestational Diabetes.	Self-referral.  An appointment is required for individual counselling for all ages.  Follow-up appointments are booked if necessary.
<b>Queen's Family Health Team</b>  <b>Belleville-Quinte Site:</b> 145 Station Street Belleville, ON K8N 2S9 Phone: 613-771-1910 ext. 133 Fax: 613-771-3394 <a href="http://www.familymedicine.queensu.ca/patients/qfht-belleville-location">www.familymedicine.queensu.ca/patients/qfht - belleville location</a> .	Nutrition counselling is available for patients of the physicians who are part of the Queen's Family Health Team Belleville-Quinte site.	Physician referral required.

# QUINTE WEST

AGENCY/PROGRAM	SERVICES	SPECIAL NOTES
<b>Belleville and Quinte West Community Health Centre</b>  <b>Trenton Site:</b> Community Dietitian 70 Murphy Street Trenton, ON K8V 0A8 Phone: 613-965-0698 Fax: 613-965-0570 <a href="http://www.bqwchc.com">www.bqwchc.com</a>  <b>Program Information:</b> Phone: 613-962-0000 ext. 233	Individual counselling with a registered dietitian is available for those with high blood pressure, high cholesterol, diabetes and other conditions.  New programs are being offered regularly. For a complete list of CHC programs please visit the website.	Self-referral.  For community members who are not clients of the CHC, counselling will depend on dietitian availability and is assessed on an individual basis.  Programs are free but registration is required.
<b>Brighton Quinte West Family Health Team</b>  <b>Quinte West Medical Centre:</b> 80 Catherine Street Trenton, ON K8V 6N8 Phone: 613-613-0770 Fax: 613-394-7079 <a href="http://www.bqwfht.ca">www.bqwfht.ca</a>	Individual counselling available for diabetes, weight management, general healthy eating, cholesterol management and hypertension.  Group sessions offered for diabetes management, prediabetes, heart healthy eating and craving change.	Physician, health care provider or self referral for registered patients.
<b>Canada Prenatal Nutrition Program (CPNP)</b> <b>Food For You: Food For Two</b>  <b>Quinte West Youth Centre</b> 2 Wooler Road Trenton, ON K8V 4J4 Phone: 613-966-5500 or Toll-free: 1-800-267-2803 ext. 675 TTY: 711 or 1-800-267-6511 <a href="http://www.hpepublichealth.ca">www.hpepublichealth.ca</a>	Drop-in program for expectant parents and families with new babies requiring extra support. Participants receive free groceries, milk, vitamins, transportation and onsite child care.  Wednesdays: 10:00 am - 12:00 pm.  A registered dietitian and/or registered nurse are available to answer questions related to healthy eating, baby care or other concerns.	Self-referral.  Must enter the program prenatally, but may attend until baby is 6 months.

## QUINTE WEST cont'd

AGENCY/PROGRAM	SERVICES	SPECIAL NOTES
<p><b>Quinte Health Care Outpatient Nutrition Services</b></p> <p><b>Trenton Memorial Hospital Site:</b>            242 King Street            Trenton, ON K8V 3X1            Phone: 613-392-2540 ext. 5352            Fax: 613-961-5526  <a href="http://www.qhc.on.ca">www.qhc.on.ca</a></p>	<p>Outpatient individual counselling services are provided by a registered dietitian to pediatric and adult clients.</p>	<p>Self-referral.</p> <p>An appointment is required for individual counselling.</p> <p>Follow-up appointments are booked if necessary.</p>
<p><b>Quinte Health Care Diabetes Education &amp; Management Program</b></p> <p><b>Trenton Memorial Hospital Site:</b>            242 King Street            Trenton, ON K8V 3X1            Phone: 613-969-7400 ext. 5371            Fax: 613-961-5526  <a href="mailto:diabetes@qhc.on.ca">diabetes@qhc.on.ca</a>  <a href="http://www.qhc.on.ca">www.qhc.on.ca</a></p>	<p>Group classes:            Healthy Eating for Diabetes class is provided by a registered dietitian.</p> <p>Community group sessions: Upon request.</p> <p>Individual counselling for Type 1 Diabetes, Type 2 Diabetes, Prediabetes and Gestational Diabetes.</p>	<p>Self-referral.</p> <p>An appointment is required for individual counselling for all ages.</p> <p>Follow-up appointments are booked if necessary.</p>

# NORTH HASTINGS

AGENCY/PROGRAM	SERVICES	SPECIAL NOTES
<b>Bancroft Family Health Team</b>  19 Oak Street Bancroft, ON K0L 1C0 Phone: 613-332-1565 ext. 238 Fax: 613-332-5541 <a href="http://www.bancroftfht.com">www.bancroftfht.com</a>	Individual counselling for most clinical nutrition referrals available.  Diabetes education provided by four certified diabetes educators, including one registered dietitian.  Healthy eating cooking classes offered three times a year.	Self-referral for registered patients.
<b>Canada Prenatal Nutrition Program (CPNP)</b> <b>Food For You: Food For Two</b>  Métis Nation of Ontario office 91 Chemaushgon Road, Bancroft, ON K0L 1C0 Phone: 613-966-5500 or 1-800-267-2803 ext. 223 TTY: 711 or 1-800-267-6511 <a href="http://www.hpepublichealth.ca">www.hpepublichealth.ca</a>	Drop-in program for expectant parents and families with new babies requiring extra support. Participants receive free groceries, milk, vitamins, transportation and onsite child care.  Thursdays: 10:00 am - 12:00 pm.  A registered dietitian and/or registered nurse are available to answer questions related to healthy eating, baby care or other concerns.	Self-referral.  Must enter the program prenatally, but may attend until baby is 6 months.
<b>North Hastings Family Health Team &amp; Diabetes Education Program</b>  Box 418, 1P Manor Lane Bancroft, ON K0L 1C0 Phone: 613-332-5692 ext. 224 Fax: 613-332-5749 <a href="http://www.northhastingsfht.ca">www.northhastingsfht.ca</a>	Individual counselling with a registered dietitian is available for those with high blood pressure, high cholesterol, diabetes and other conditions.  Community-based presentations are available upon request.  Education programs include: weight management, heart health, self-management programs for chronic disease, chronic pain, and diabetes.	Self-referral for registered patients and residents living in North Hastings.  Programs are free but registration is required.

# CENTRAL HASTINGS

AGENCY/PROGRAM	SERVICES	SPECIAL NOTES
<p><b>Central Hastings Family Health Team</b>  <a href="http://www.chfht.ca">www.chfht.ca</a></p> <p><b>Madoc Site:</b>            Tri Area Medical Centre            52 St. Lawrence Street East            Main Floor            Madoc, ON K0K 2K0            Phone: 613-473-4134            Fax: 613-473-4740</p> <p><b>Marmora Site:</b>            Marmora Medical Centre            1 Madoc Street, Box 520            Marmora, ON K0K 2M0            Phone: 613-472-6131            Fax: 613-472-6135</p> <p><b>Gilmour Site:</b>            Gilmour Medical Clinic            371 Weslemkoon Lake Road            RR2 Gilmour, ON K0L 1W0            Phone: 613-474-0233            Fax: 613-474-0233</p>	<p>Individual counselling is available. All patients newly diagnosed with Type 2 Diabetes and new to insulin get automatic referral to a registered dietitian for one-on-one counselling.</p> <p>Group classes are also available.</p> <p>Quarterly Healthy Eating class include discussion of healthy weights, cholesterol, label reading, meal planning and grocery shopping tour.</p>	<p>Individual nutrition counselling available for registered patients only.</p> <p>Limited services at Gilmour site and based on circumstance.</p> <p>Group classes open to the public when space is available.</p>
<p><b>Gateway Community Health Centre</b></p> <p>41 McClellan Road            Bag Service #99            Tweed, ON K0K 3J0            Phone: 613-478-1211            Fax: 613-478-1220  <a href="http://www.gatewaychc.org">www.gatewaychc.org</a></p>	<p>Individual counselling with a registered dietitian available for blood pressure, cholesterol, diabetes, and weight loss support.</p> <p>Group presentations providing nutrition information are available upon request.</p> <p>Several free community programs are available throughout the year. Please visit website for details.</p>	<p>Self-referral for registered clients and residents of Central Hastings.</p>

## TYENDINAGA

AGENCY/PROGRAM	SERVICES	SPECIAL NOTES
<b>Tyendinaga Diabetes Education Program</b>  Community Wellbeing Centre 50 Meadow Drive Deseronto, ON K0K 1X0 Phone: 613-967-3603 Fax: 613-962-4210 <a href="http://www.mbg-tmt.org">www.mbg-tmt.org</a>	Individual and group sessions for Type 2 diabetes management. Services for prediabetes and high risk individuals are also available.	Self-referral.

## WEST HASTINGS COUNTY

AGENCY/PROGRAM	SERVICES	SPECIAL NOTES
<b>Brighton Quinte West Family Health Team</b>  <b>Brighton Site:</b> 170 Main Street Brighton, ON K0K 1H0 Phone: 613-475-1555 Fax: 613-475-6251 <a href="http://www.bqwfht.ca">www.bqwfht.ca</a>	Individual counselling available for diabetes, weight management, general healthy eating, cholesterol management and hypertension.  Group sessions offered for diabetes management, prediabetes, heart healthy eating and craving change.	Physician, health care provider or self-referral for registered patients.
<b>Campbellford Memorial Hospital</b>  146 Oliver Road Campbellford, ON K0L 1L0 Phone: 705-653-1140 ext. 2132 <a href="http://www.cmh.ca">www.cmh.ca</a>	Inpatient instruction on therapeutic diets.  Outpatient counselling for a variety of nutritional health concerns, including diabetes, cholesterol, blood pressure, weight management, kidney disease, cancer, and irritable bowel disease.  Group programs include Diabetes and Heart Healthy education.	Self-referral for outpatient counselling services.  Group programs open to self-referral or referral by physician, nurse practitioner or nurse.

# PRINCE EDWARD COUNTY

AGENCY/PROGRAM	SERVICES	SPECIAL NOTES
<p><b>Prince Edward Family Health Team</b>  <a href="http://www.pefht.ca">www.pefht.ca</a></p> <p><b>Picton Site:</b>            35 Bridge Street, Suite 1            Picton, ON K0K 2T0            Phone: 613-476-0400 ext. 211            Fax: 1-866-476-0425</p> <p><b>Wellington Site:</b>            Sandbanks Medical Centre            12 Prince Edward Drive            Wellington, ON K0K 3L0            Phone: 613-399-1281 ext. 5</p>	<p>Individual nutrition counselling available in weight management, general healthy eating, cholesterol management, diabetes, celiac disease.</p> <p>Community presentations and grocery store tours are available on request in Prince Edward County.</p>	<p>Self-referral.</p> <p>Group classes may be offered. Please call for more information.</p>
<p><b>Quinte Health Care Outpatient Nutrition Services</b></p> <p><b>Prince Edward County Memorial Hospital Site:</b>            P.O. Box 1900            Picton, ON K0K 2T0            Phone: 613-969-7400 ext. 4525            Fax: 613-961-2522  <a href="http://www.qhc.on.ca">www.qhc.on.ca</a></p>	<p>Outpatient individual counselling services are provided to adults by a registered dietitian. (available Fridays.)</p>	<p>Self-referral.</p> <p>An appointment is required for individual counselling not associated with ambulatory clinics.</p> <p>Follow-up appointments are booked if necessary.</p>

# ALL HASTINGS AND PRINCE EDWARD COUNTIES

AGENCY/PROGRAM	SERVICES	SPECIAL NOTES
<b>Hastings Prince Edward Public Health</b>  179 North Park Street Belleville, ON K8P 4P1 Phone: 613-966-5500 or Toll-free: 1-800-267-2803 ext. 610 TTY: 711 or 1-800-267-6511 <a href="http://www.hpepublichealth.ca">www.hpepublichealth.ca</a>	Public health dietitians provide general healthy eating resources and consultation to community agencies and to the public. Those with clinical requests are directed to registered dietitians in the client's geographic area.  Topics for programs, consultation and resources include food security, food skills, the built environment and community policies, healthy schools, infant feeding, and healthy workplaces.	Public health dietitians do not provide one-on-one nutrition counselling services.
<b>In the Pink Nutrition Consulting</b>  Gail LeBlanc, RD 62 Forchuk Crescent Trenton, ON K8V 6N3 Phone: 613-965-1050 Fax: 613-965-1845	Individual and group counselling available in therapeutic nutrition (e.g. weight management, diabetes, cancer, etc.).	Fee for service.  Self-referral.
<b>Quinte and District Rehabilitation Inc.</b>  106-11 Bay Bridge Road Belleville, ON K8P 3P6 Phone: 613-966-5015 <a href="http://www.quinterehab.com">www.quinterehab.com</a>	In-home nutrition counselling provided for patients who are referred by the Community Care Access Centre (CCAC). Private and corporate counselling available by individual request.	Services available throughout Hastings and Prince Edward Counties.  Self-referral through Local Health Integration Network.

## DIETITIANS' SPEAKERS BUREAU

Members of the Dietitians' Speakers Bureau are available to provide nutrition presentations outside their usual employment to community groups, organizations and agencies. Please review the following list to find a registered dietitian who meets your location, time, and topic requirements. A fee for service may apply depending on the organization and service requested. Please contact registered dietitians directly to discuss service and fees.

<b>Name</b>	<b>Gail LeBlanc, RD</b>
<b>Contact</b>	613-965-1050
<b>Location</b>	Belleville, Trenton, Brighton, Prince Edward County
<b>Time available</b>	Evenings
<b>Areas of expertise</b>	All nutrition areas; geriatrics.

<b>Name</b>	<b>Allison Phillips, RD</b>
<b>Contact</b>	613-827-0606; aphillipsrd@gmail.com
<b>Time available</b>	Daytime and evenings
<b>Areas of expertise</b>	General healthy eating; weight management; diabetes; oncology; early years and infant nutrition.

<b>Name</b>	<b>Sarah Turner, BSc, RD, CDE</b>
<b>Contact</b>	705-772-3885
<b>Location</b>	Campbellford and surrounding area
<b>Time available</b>	Evenings
<b>Areas of expertise</b>	General healthy eating; diabetes; cholesterol and weight management.

## SECTION 2:

# 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.

# DIABETES

## Diabetes Canada

Diabetes Canada leads the fight against diabetes by helping those affected by diabetes live healthy lives, preventing the onset and consequences of diabetes, and discovering a cure. Across the country, Diabetes Canada's regional office staff and volunteers conduct programs and provide support to help people living with or affected by diabetes navigate their care and self-management.

National Life Building  
1400-522 University Avenue  
Toronto, ON M5G 2R5  
Toll-free: 1-800-361-1306  
National: 1-800-BANTING (226-8464)

Email: [info@diabetes.ca](mailto:info@diabetes.ca)  
Website: [www.diabetes.ca](http://www.diabetes.ca)  
Facebook: [/DiabetesCanada](https://www.facebook.com/DiabetesCanada)  
Twitter: [@DiabetesCanada](https://twitter.com/DiabetesCanada)

### Regional Office:

South East Ontario Regional Leadership Centre (Kingston)

Includes: the counties of Leeds & Grenville, Lanark - except the Town of Carleton Place and Mississippi Mills, Prince Edward, Lennox and Addington, Hastings, Frontenac, the city of Kingston, the municipality of Brighton

#1407 Unit 14  
993 Princess Street  
Kingston, ON K7L 1H3  
Phone: 613-384-9374  
Fax: 613-384-1079

## Allergy/Asthma Information Association

National organization dedicated to helping individuals and their families cope with allergies to food.

200-5409 Eglinton Avenue West  
Toronto, ON M9C 5K6  
Phone: 416-621-4571  
Toll-free: 1-800-611-7011  
Fax: 416-621-5034

Email: [admin@aaia.ca](mailto:admin@aaia.ca)  
Website: [www.aaia.ca](http://www.aaia.ca)  
Facebook: [/AllergyAsthmaInformationAssociation](https://www.facebook.com/AllergyAsthmaInformationAssociation)

## The Allergy, Asthma and Immunology Society of Ontario

A society made up of doctors specializing in allergies. Responses to inquiries on the information "hotline" are provided. Information pamphlets are available on the website.

2 Demaris Avenue  
Downsview, ON M3N 1M1  
Hotline: 416-633-2215

Website: [www.allergyasthma.on.ca](http://www.allergyasthma.on.ca)

## Food Allergy Canada

A national non-profit organization for people with life threatening allergies. Provides a wide variety of allergy related resources, a newsletter and food-alert bulletins.

505 Consumers Road  
Suite 507  
Toronto, ON M2J 4V8  
Phone: 416-785-5666  
Toll-free: 1-866-785-5660

Email: [info@foodallergycanada.ca](mailto:info@foodallergycanada.ca)  
Website: [www.foodallergycanada.ca](http://www.foodallergycanada.ca)  
Facebook: [/FoodAllergyCanada](https://www.facebook.com/FoodAllergyCanada)  
Twitter: [@FoodAllergyCanada](https://twitter.com/FoodAllergyCanada)

## Food Allergy Research & Education

This is a non-profit organization. Members receive a bi-monthly newsletter, recipes, and alerts of food mislabelling. A wide variety of resources are available including books, brochures, recipes, and videos.

7925 Jones Branch Drive  
Suite 1100  
McClean, VA 22102  
United States of America  
Toll-free: 1-800-929-4040

Email: [contactfare@allergy.org](mailto:contactfare@allergy.org)  
Website: [www.foodallergy.org](http://www.foodallergy.org)  
Facebook: [/FoodAllergyFARE](https://www.facebook.com/FoodAllergyFARE)  
Twitter: [@FoodAllergy](https://twitter.com/FoodAllergy)

## Canadian Celiac Association

Information and resource material available on celiac sprue. Education and training for professionals, parents and general public. Local chapter provides new member kit and peer counsellor/mentor.

National:  
5025 Orbitol Drive  
Bldg 1 – Suite 400  
Mississauga, ON L4W 4Y5  
Phone: 905-507-6208  
Toll-free: 1-800-363-7296

Email: [askthecca@celiac.ca](mailto:askthecca@celiac.ca)  
Website: [www.celiac.ca](http://www.celiac.ca)  
Facebook: [/CCAceliac](https://www.facebook.com/CCAceliac)  
Twitter: [@CCAceliac](https://twitter.com/CCAceliac)

Kingston Chapter:

Email: [chapter.on.kingston@celiac.ca](mailto:chapter.on.kingston@celiac.ca)  
Website: [www.kingstonceliac.ca](http://www.kingstonceliac.ca)

## EATING DISORDERS – Information and Resources

### The National Eating Disorder Information Centre

The Centre provides information and resources about eating disorders and food and weight preoccupation, as well as referrals for treatment in Canada.

200 Elizabeth Street  
ES7-421  
Toronto, ON M5G 2C4  
Phone: 416-340-4156  
Toll-free: 1-866-633-4220

Email: [nedic@uhn.on.ca](mailto:nedic@uhn.on.ca)  
Website: [www.nedic.ca](http://www.nedic.ca)  
Facebook: [/thenedic](https://www.facebook.com/thenedic)  
Twitter: [@theNEDIC](https://twitter.com/theNEDIC)

# EATING DISORDERS – Adult Services

## Bellwood Health Services Inc.

Residential or outpatient treatment programs for adults 18 years or older struggling with an eating disorder with or without a co-occurring addiction. Individual counselling and family program available with multidisciplinary team. Self-referral. Fee for services.

175 Brentcliffe Road  
Toronto, ON M4G 0C5  
Phone: 416-495-0926  
Toll-free: 1-800-495-6198  
Fax: 416-495-7943

Website: [www.edgewoodhealthnetwork.com](http://www.edgewoodhealthnetwork.com)  
Twitter: [@EdgewoodHealth](https://twitter.com/EdgewoodHealth)

## Carrie Watson Counselling

Carrie Watson provides counselling and therapy for individuals, couples, and families. She is skilled in the treatment of eating disorders and related issues including body image, self-esteem, trauma, depression, anxiety, and relationships. Self-referral. Fee for services.

308 Wellington Street, 4<sup>th</sup> Floor  
Kingston, ON K7K 7A8  
Phone: 613-770-4587

Email: [carrie@carriewatson.ca](mailto:carrie@carriewatson.ca)  
Website: [www.carriewatson.ca](http://www.carriewatson.ca)

## Hotel Dieu Hospital: Adult Eating Disorder Clinic

The Adult Eating Disorders Program (AEDP) at Hotel Dieu Hospital (HDH) is an outpatient program that provides client-centered, evidenced-based treatment to individuals struggling with anorexia nervosa, bulimia nervosa, or other specified feeding or eating disorders. The program provides services to females and males 18 years of age and older. Referrals are accepted from a variety of health professionals. The involvement of a family physician is required for medical monitoring. Services covered by OHIP.

166 Brock Street  
Kingston, ON K7L 5G2  
Phone: 613-544-3400 ext. 2506  
Referral Fax: 613-548-6095  
Website: [www.hoteldieu.com/programs-and-departments/adult-eating-disorders-program](http://www.hoteldieu.com/programs-and-departments/adult-eating-disorders-program)

## Insight to Action Counselling Services

Julie M. Sweeney, RSSW, Accredited Counsellor.

Services include counselling for disordered eating, body image, self esteem and anxiety. Self-referral. Fee for services.

Frankford, ON  
Phone: 613-885-8567

Email: [juliemsweeney@gmail.com](mailto:juliemsweeney@gmail.com)  
Facebook: [InsightToActionCounsellingServices](https://www.facebook.com/InsightToActionCounsellingServices)

## Lakeridge Health Eating Disorders Program

The Lakeridge Health Eating Disorders program is a hospital based outpatient program located in the community. The program specializes in the assessment and treatment of eating disorders for youth and adults. The interdisciplinary treatment team offers individual, family and group therapy, caregiver support and nutritional counselling, based on best practice approaches for the treatment of eating disorders. Referrals must be made by a physician or primary health care provider who is willing to provide medical follow-up and management. Services covered by OHIP.

850 King Street West  
Oshawa, ON L1J 2L5  
Phone: 905-576-8711 ext. 4622  
Fax: 905-721-4843  
Website: [www.lakeridgehealth.on.ca/en/ourservices/eatingdisordersprogram.asp](http://www.lakeridgehealth.on.ca/en/ourservices/eatingdisordersprogram.asp)

## Ottawa Eating Disorder Clinic

Individual outpatient assessment and treatment of a variety of eating disorders, in both adults and children, including anorexia nervosa, bulimia nervosa, binge eating disorder as well as body image disturbances and weight management problems. Treatment plans are developed in collaboration with clients and are designed to fit each individual's needs. Self or health care provider referrals accepted. Fee for services.

Westgate Shopping Centre 1309 Carling Avenue, 2nd Flr, Ste 3 Ottawa, ON K1Z 7L3 Phone: 613-729-0801 Fax: 613-729-0529	Email: <a href="mailto:admin@ocbt.ca">admin@ocbt.ca</a> Website: <a href="http://www.ocbt.ca">www.ocbt.ca</a>
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## Overeaters Anonymous

Overeaters Anonymous (OA) offers a program of recovery from compulsive eating using the Twelve Steps and Twelve Traditions of OA. OA charges no dues or fees; it is self-supporting through member contributions. OA is not just about weight loss, weight gain or maintenance, or obesity or diets. It addresses physical, emotional and spiritual well-being. It is not a religious organization and does not promote any particular diet.

Belleville Meetings: Tuesdays 6:30pm Eastminster United Church 432 Bridge Street East Belleville, ON K8N 1R1 Phone: 613-967-1206 (Sylvia)	Email: <a href="mailto:info@oaontario.org">info@oaontario.org</a> Website: <a href="http://www.oaontario.org">www.oaontario.org</a>
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## **Peterborough Regional Health Centre - Eating Disorder Clinic, Women's Health Care Centre**

This program provides outpatient services to people who have eating disorders such as anorexia nervosa and bulimia nervosa. Individual and group therapy for clients 18 years of age and over, and their families. The program approach uses a multidisciplinary team. Services covered by OHIP.

Women's Health Care Centre  
Peterborough Regional Health Centre  
1 Hospital Drive,  
Peterborough, ON K9J 7C6  
Phone: 705-743-4132  
Website: [www.prhc.on.ca/cms/eating-disorder-program](http://www.prhc.on.ca/cms/eating-disorder-program)

## **Regional Centre for the Treatment of Eating Disorders – The Ottawa Hospital**

This program serves the needs of adult patients in the Ottawa-Carleton region and Eastern Ontario who suffer from serious eating disorders that include anorexia nervosa, bulimia nervosa, binge eating and other eating disorders. Comprehensive multidisciplinary treatment is provided in a contained and structured environment with therapy offered almost exclusively in a group format. Physician referral required. Services covered by OHIP.

General Campus, Room 4428  
501 Smyth Road  
Ottawa, ON K1H 8L6  
Phone: 613-737-8042  
Referral Fax: 613-737-8085  
Website: [www.ottawahospital.on.ca/en/clinical-services/deptpgmcs/programs/regional-centre-for-the-treatment-of-eating-disorders/](http://www.ottawahospital.on.ca/en/clinical-services/deptpgmcs/programs/regional-centre-for-the-treatment-of-eating-disorders/)

## **Toronto General Hospital Eating Disorder Program**

This program provides comprehensive information, assessment and intensive treatment to individuals 17 years or older with anorexia nervosa, bulimia nervosa or other forms of disordered eating. (Does not offer treatment for obesity or binge eating disorder.) Physician referral required. Services covered by OHIP.

7 Eaton South/8 Eaton North  
200 Elizabeth Street  
Toronto, ON M5G 2C4  
Phone: 416-340-3041  
Fax: 416-340-3430  
Website: [www.eatingdisorderuhn.com/index.html](http://www.eatingdisorderuhn.com/index.html)

## Trillium Health Partners – Credit Valley Hospital

This is a specialized multi-level intervention eating disorders treatment program for adults 18 years or older. Treatment is delivered in a group therapy format to clients who are diagnosed with anorexia nervosa, bulimia nervosa, or eating disorder not otherwise specified (unable to provide treatment to patients with the diagnosis of binge eating disorder). Services include inpatient, outpatient and day hospital programs. Physician referral required. Services covered by OHIP.

The Credit Valley Hospital  
2200 Eglinton Avenue West  
Mississauga, ON L5M 2N1  
Phone: 905-813-4505  
Referral Fax: 905-338-2878

Website: <http://trilliumhealthpartners.ca/patientservices/mentalhealth/Pages/Eating%20Disorders.aspx>

## EATING DISORDERS—Child and Youth Services

### CHEO Regional Eating Disorders Program

Comprehensive interdisciplinary assessment for individuals 18 years or younger with an eating disorder who are referred by their physicians. Ongoing medical, nutritional and mental health services are provided as needed. Inpatient, day treatment, and outpatient programs available. Services covered by OHIP.

Children's Hospital of Eastern Ontario  
401 Smyth Road, 5th Floor  
Ottawa, ON K1H 8L1  
Phone: 613-737-7600  
Intake: 613-737-2496 ext. 2496  
Fax: 613-738-3662

Website: [www.cheo.on.ca/en/eatingdisorders](http://www.cheo.on.ca/en/eatingdisorders)

### Family and Youth Clinic – Peterborough Regional Health Centre

The Family and Youth Clinic is an outpatient program offering treatment for children/adolescents (0 to 18 years) and their families where significant mental health difficulties are a primary concern. Referrals are accepted from family members or community professionals such as physicians, school counsellors, etc. Referrals are made by contacting the office directly. Services covered by OHIP.

Peterborough Regional Health Centre  
1 Hospital Drive  
Peterborough, ON K9J 7C6  
Phone: 705-876-5114

Website: [www.prhc.on.ca/cms/family-youth-clinic](http://www.prhc.on.ca/cms/family-youth-clinic)

## Hopewell Eating Disorders Support Centre of Ottawa

Hopewell is eastern Ontario's only eating disorder support centre. They are a not-for-profit registered charitable organization that is a centre of excellence, providing information and support to those affected by eating disorders (anorexia nervosa, bulimia nervosa, or binge eating). Programs and services include resource listings, telephone, office and email support, mentoring programs, support groups for individuals and families, expressive art groups, outreach presentations, and workshops for individuals and professionals.

404 McArthur Avenue  
Ottawa, ON K1K 1G8  
Phone: 613-241-3428

Email: [info@hopewell.ca](mailto:info@hopewell.ca)  
Website: [www.hopewell.ca](http://www.hopewell.ca)  
Facebook: [HopewellOttawa](https://www.facebook.com/HopewellOttawa)  
Twitter: [@HopewellOttawa](https://twitter.com/HopewellOttawa)

## Hospital for Sick Children Eating Disorder Program

The Eating Disorders Program at the Hospital for Sick Children (Sick Kids) diagnoses and treats children and adolescents 8 to 18 years with a range of eating disorders. Sick Kids is a specialty centre for the province of Ontario and has an interdisciplinary approach to treatment. Services offered include inpatient, day treatment, outpatient programs, and family education. Physician or nurse practitioner referral required. Services covered by OHIP.

The Hospital for Sick Children  
555 University Avenue  
Toronto, ON M5G 1X8  
Phone: 416-813-5620  
Fax: 416-813-5392

Website: [www.sickkids.ca/adolescentmedicine/eating-disorders-program.html](http://www.sickkids.ca/adolescentmedicine/eating-disorders-program.html)

## Hotel Dieu Hospital: Child & Youth Eating Disorder Program

The outpatient Eating Disorder program at Hotel Dieu is a comprehensive, interdisciplinary and specialized program that provides assessment and treatment for children and adolescents with eating disorders. The team consists of a psychiatrist, behaviour therapist, dietitian, doctor, nurse practitioner and social worker. The Eating Disorder team at Hotel Dieu utilizes a family therapy based treatment which includes family therapy, individual therapy (when appropriate), parent support groups and nutritional support. Referrals are accepted from a family physician. Services covered by OHIP.

166 Brock Street  
Kingston, ON K7L 5G2  
Phone: 613-544-3400 ext. 2508  
Referrals Fax: 613-544-7623

Website: [www.hoteldieu.com/programs-and-departments/Child-and-Adolescent-Mental-Health-Program/outpatient-services](http://www.hoteldieu.com/programs-and-departments/Child-and-Adolescent-Mental-Health-Program/outpatient-services)

## Lakeridge Health Eating Disorders Program

The Lakeridge Health Eating Disorders program is a hospital based outpatient program located in the community. They specialize in the assessment and treatment of eating disorders for youth and adults. The interdisciplinary treatment team offers individual, family and group therapy, caregiver support and nutritional counselling, based on best practice approaches for the treatment of eating disorders. Referrals must be made by a physician or primary health care provider who is willing to provide medical follow-up and management. Services covered by OHIP.

850 King Street West  
Oshawa, ON L1J 2L5  
Phone: 905-576-8711 ext. 4622  
Fax: 905-721-4843  
Website: [www.lakeridgehealth.on.ca/en/ourservices/eatingdisordersprogram.asp](http://www.lakeridgehealth.on.ca/en/ourservices/eatingdisordersprogram.asp)

## Ottawa Eating Disorder Clinic

Individual outpatient assessment and treatment of a variety of eating disorders, in both adults and children, including anorexia nervosa, bulimia nervosa, binge eating disorder as well as body image disturbances and weight management problems. Treatment plans are developed in collaboration with clients and are designed to fit each individual's needs. Self or health care provider referrals accepted. Fee for services.

Westgate Shopping Centre 1309 Carling Avenue, 2nd Flr, Ste 3 Ottawa, ON K1Z 7L3 Phone: 613-729-0801 Fax: 613-729-0529	Email: <a href="mailto:admin@ocbt.ca">admin@ocbt.ca</a> Website: <a href="http://www.ocbt.ca">www.ocbt.ca</a>
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## Stevenson, Waplak & Associates

Mental health professionals who work specifically with the management and treatment of eating disorders in children and teens, up to 17 years of age, and their families. Accepting patient referrals and consultations. Fee for services.

72 Orchard Drive Belleville, ON K8P 2K7 Phone: 613-967-0545	Email: <a href="mailto:info@swa-qch.com">info@swa-qch.com</a> Website: <a href="http://www.stevensonwaplak.com/swa">www.stevensonwaplak.com/swa</a> Facebook: <a href="https://www.facebook.com/StevensonWaplak">StevensonWaplak</a> Twitter: <a href="https://twitter.com/StevensonWaplak">@StevensonWaplak</a>
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## Youth Habilitation Quinte Inc.

Specialized eating disorder counselling for youth 16 to 24 years old is offered at the Belleville, Madoc and Trenton offices. Eating disorder counselling is also offered in some of the local high schools for students in grades 9 to 12. Individuals requiring counselling can self-refer or be referred by a physician, school, community agency, etc. Free service.

Phone: 613-969-0830 (Request to speak to intake worker)	Website: <a href="http://www.youthab.ca">www.youthab.ca</a>
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## OTHER HEALTH CONCERNS

### Canadian Aids Society (CAS)

CAS represents community-based HIV/AIDS organizations across the country. Their objective is to strengthen the response to HIV/AIDS in Canada and enrich the lives of people and communities living with, and affected by, HIV/AIDS.

190 O'Connor Street, Suite 100  
Ottawa, ON K2P 2R3  
Phone: 613-230-3580  
Toll-free: 1-800-499-1986  
Fax: 613-563-4998

Email: [casinfo@cdnaids.ca](mailto:casinfo@cdnaids.ca)  
Website: [www.cdnaids.ca](http://www.cdnaids.ca)  
Facebook: [/aidsida](https://www.facebook.com/aidsida)  
Twitter: [@cdnaids](https://twitter.com/cdnaids)

### CATIE (HIV and Hepatitis C)

CATIE is Canada's source for up-to-date, unbiased information about HIV and hepatitis C. They connect people living with HIV or hepatitis C, at-risk communities, health care providers and community organizations with the knowledge, resources and expertise to reduce transmission and improve quality of life.

555 Richmond Street West  
Suite 505, Box 1104  
Toronto, ON M5V 3B1  
Toll-free: 1-800-263-1638  
Fax: 613-563- 4998

Email: [questions@catie.ca](mailto:questions@catie.ca)  
Website: [www.catie.ca](http://www.catie.ca)  
Facebook: [/CATIEInfo](https://www.facebook.com/CATIEInfo)  
Twitter: [@CATIEInfo](https://twitter.com/CATIEInfo)

### Canadian Cancer Society

Provides information on cancer including prevention, screening and cancer site specific information. Also provides support services including peer support and smoker's helpline as well as information on local services available in the community.

Hastings Prince Edward Counties Community Office  
121 Dundas Street East, Suite 104  
Belleville, ON K8N 1C3  
Phone: 613-962-0686  
Toll-free: 1-800-385-5457  
Fax: 613-962-8523

Email: [hastings@ontario.cancer.ca](mailto:hastings@ontario.cancer.ca)  
Website: [www.cancer.ca](http://www.cancer.ca)  
Facebook: [/CanadianCancerSociety](https://www.facebook.com/CanadianCancerSociety)  
Twitter: [@cancersociety](https://twitter.com/cancersociety)

## Canadian Cystic Fibrosis Foundation

Foundation provides information and training for scientific and health care personnel and distributes educational material for patients, families, and general public regarding Cystic Fibrosis.

2323 Yonge Street, Suite 800  
Toronto, ON M4P 2C9  
Phone: 416-485-9149  
Toll-free: 1-800-378-2233

Email: [info@cysticfibrosis.ca](mailto:info@cysticfibrosis.ca)  
Website: [www.cysticfibrosis.ca](http://www.cysticfibrosis.ca)  
Facebook: [CysticFibrosisCanada](https://www.facebook.com/CysticFibrosisCanada)  
Twitter: [@CFCanada](https://twitter.com/CFCanada)

Local Chapter:  
Kingston, Quinte and 1000 Islands  
Krista Hanna-Thompson  
Phone: 613-372-2850

Email: [Krista.Thompson@gmail.com](mailto:Krista.Thompson@gmail.com)  
Facebook: [/cysticfibrosiskingston](https://www.facebook.com/cysticfibrosiskingston)

## Canadian Liver Foundation

A national, charitable organization, with chapters across the country, dedicated to liver health and to eliminating the over 100 forms of liver disease. Canadian Liver Foundation staff and volunteers provide one-on-one and group support to liver disease patients and their families in communities across Canada. Resources and information are available.

National Office  
3100 Steeles Avenue East, Suite 801  
Markham, ON L3R 8T3  
Toll-free: 1-800-563-5483

Email: [clf@liver.ca](mailto:clf@liver.ca)  
Website: [www.liver.ca](http://www.liver.ca)  
Facebook: [CanadianLiverFoundation](https://www.facebook.com/CanadianLiverFoundation)  
Twitter: [@CdnLiverFdn](https://twitter.com/CdnLiverFdn)

## Canadian Obesity Network

The mission of the Canadian Obesity Network (CON) is to improve the lives of Canadians affected by obesity through the advancement of anti-discrimination, prevention, and treatment efforts.

Canadian Obesity Network  
1-116 Li Ka Shing Centre for Health  
Research Innovation  
8602-112 Street, Edmonton, AB  
Phone: 780-492-8361  
Fax: 780-492-9414

Email: [info@obesitynetwork.ca](mailto:info@obesitynetwork.ca)  
Website: [www.obesitynetwork.ca/public](http://www.obesitynetwork.ca/public)  
Facebook: [/CONRCO](https://www.facebook.com/CONRCO)  
Twitter: [@CanObesityNet](https://twitter.com/CanObesityNet)

## Crohn's and Colitis Foundation of Canada

Information and resources on inflammatory bowel disease for both patients and health professionals.

600-60 St. Clair Avenue East  
Toronto, ON M4T 1N5  
Phone: 416-920-5035  
Toll-free: 1-800-387-1479

Email: [support@crohnsandcolitis.ca](mailto:support@crohnsandcolitis.ca)  
Website: [www.crohnsandcolitis.ca](http://www.crohnsandcolitis.ca)  
Facebook: [getgutsycanada](https://www.facebook.com/getgutsycanada)  
Twitter: [@getgutsycanada](https://twitter.com/getgutsycanada)

Local Chapter: Kingston  
Phone: 613-806-7956

Email: [kingston@crohnsandcolitis.ca](mailto:kingston@crohnsandcolitis.ca)  
Facebook: [gutsykingston](https://www.facebook.com/gutsykingston)

## Feeding Tube Awareness Foundation

The Feeding Tube Awareness Foundation is dedicated to providing parents and caregivers with the information needed for day-to-day life with a child who is tube-fed. Please note that this site should not replace medical information from health care professionals.

P.O. Box 29  
New Hyde Park, NY 11040  
United States of America

Email: [info@feedingtubeawareness.org](mailto:info@feedingtubeawareness.org)  
Website: [www.feedingtubeawareness.org](http://www.feedingtubeawareness.org)  
Facebook: [/FeedingTubeAwareness](https://www.facebook.com/FeedingTubeAwareness)

## Gastrointestinal Society of Canada

This Gastrointestinal Society of Canada website provides information and resources for consumers struggling with gastrointestinal conditions.

31-3665 Kingsway  
Vancouver, BC V5R 5W2  
Toll-free: 1-866-600-4875  
Fax: 1-855-875-4429

Email: [info@badgut.org](mailto:info@badgut.org)  
Website: [www.badgut.org](http://www.badgut.org)  
Facebook: [/GISociety](https://www.facebook.com/GISociety)  
Twitter: [@GISociety](https://twitter.com/GISociety)

## Hyperemesis Education and Research Foundation (HER)

The HER Foundation is the world's largest grassroots network of hyperemesis gravidarum (HG) survivors and leading site for HG information on the Internet. HER is dedicated to helping those suffering hyperemesis and those who have survived it. Their mission is to find a cure for hyperemesis and its complications through advanced research, provide education and support to those seeking effective management strategies for hyperemesis, and provide information on new resources and treatment options as they become available.

9600 SE 257th Drive  
Damascus, OR 97089  
United States of America

Email: [kimber@HelpHER.org](mailto:kimber@HelpHER.org)  
Website: [www.hyperemesis.org](http://www.hyperemesis.org)  
Facebook: [/HERFoundation](https://www.facebook.com/HERFoundation)  
Twitter: [@HGmoms](https://twitter.com/HGmoms)

## Heart and Stroke Foundation of Ontario

Information and literature on heart disease, strokes, and healthy lifestyles. Offers Heart Support Group and Stroke Support Group.

2300 Yonge Street, Suite 1300  
Box 2414, Toronto, ON M4P 1E4  
Phone: 416-489-7111  
Fax: 416-489-6885

Website: [www.heartandstroke.ca](http://www.heartandstroke.ca)  
Facebook: [/heartandstroke](https://www.facebook.com/heartandstroke)  
Twitter: [@TheHSF](https://twitter.com/TheHSF)

Local Chapter: Kingston (Supporting Kingston, Belleville, Frontenac, Hastings, Lennox & Addington, Prince Edward County, Quinte West, Brighton and Bancroft)  
720 Progress Avenue  
Kingston, ON K7M 4W9  
Phone: 613-384-2871

Email: [jackie.st.pierre@heartandstroke.ca](mailto:jackie.st.pierre@heartandstroke.ca)  
Fax: 613-384-2899

## Kidney Foundation of Canada

National volunteer health organization, which raises money to support research into the search for the cause, cure, and treatment of kidney disease. Resources and information are available.

### National:

310-5160 Decarie Boulevard

Montreal, QC H3X 2H9

Toll-free: 1-800-361-7494

Fax: 514-369-2472

Email: [info@kidney.ca](mailto:info@kidney.ca)

Website: [www.kidney.ca](http://www.kidney.ca)

Facebook: [/kidneyfoundation](https://www.facebook.com/kidneyfoundation)

Twitter: [@kidneycanada](https://twitter.com/kidneycanada)

### Ontario Branch:

1599 Hurontario Street, Suite 201

Mississauga, ON L5G 4S1

Toll-free: 1-800-387-4474

Fax: 905-271-4990

Email: [kidney@kidney.on.ca](mailto:kidney@kidney.on.ca)

Website: [www.kidney.ca/ontario](http://www.kidney.ca/ontario)

Facebook: [/KidneyOntario](https://www.facebook.com/KidneyOntario)

Twitter: [@kidneyontario](https://twitter.com/kidneyontario)

### Kingston Chapter:

P.O. Box 24003, Barriefield PO

Kingston, ON K7L 0B4

Phone: 613-542-2121

Toll-free: 1-800-387-4474 ext.4562

Email: [rdewaard@kidney.on.ca](mailto:rdewaard@kidney.on.ca)

Website: [www.kidney.ca/Southeastern](http://www.kidney.ca/Southeastern)

Facebook: [@KidneyKingston](https://www.facebook.com/KidneyKingston)

## Oley Foundation (Home Tube Feeding and IV Nutrition Support)

Oley Foundation is a national, independent, non-profit organization that strives to enrich the lives of patients dependent on home intravenous nutrition ([parenteral](#)) and tube feeding ([enteral](#)) through education, advocacy, and networking. The Foundation also serves as a resource for consumer's families, clinicians and industry representatives, and other interested parties.

43 New Scotland Avenue MC28

Albany Medical Center

Albany, NY 12208

Phone: 518-262-5079

Fax: 518-262-5528

Website: [www.oley.org](http://www.oley.org)

Facebook: [/The-Oley-Foundation](https://www.facebook.com/The-Oley-Foundation)

Twitter: [@OleyFoundation](https://twitter.com/OleyFoundation)

### Local Support Groups:

Don Lacey, HPN Caregiver

Oshawa, ON

Phone: 905-579-4737

Email: [sandy\\_Lacey@sympatico.ca](mailto:sandy_Lacey@sympatico.ca)

## Osteoporosis Canada

Information and resources are available for the public about the risk reduction and treatment of osteoporosis.

### National Office:

1200 Eglinton Avenue East, Suite 500

Toronto, ON M3C 1H9

Phone: 416-696-2663

Toll-free: 1-800-463-6842

Fax: 416-696-2673

Email: [info@osteoporosis.ca](mailto:info@osteoporosis.ca)

Website: [www.osteoporosis.ca](http://www.osteoporosis.ca)

Facebook: [/osteoporosiscanada](https://www.facebook.com/osteoporosiscanada)

Twitter: [@OsteoporosisCA](https://twitter.com/OsteoporosisCA)

Peterborough Chapter:  
PO Box 373, STN Main  
Peterborough, ON K9J 6Z3  
Phone: 705-740-2776

Email: [peterborough@osteoporosis.ca](mailto:peterborough@osteoporosis.ca)

## **Ostomy Canada Society**

Ostomy Canada Society is a non-profit volunteer organization dedicated to all people with an ostomy, and their families, helping them to live life to the fullest through support, education, collaboration and advocacy.

5800 Ambler Drive, Suite 210  
Mississauga, ON L4W 4J4  
Toll-free: 1-888-969-9698  
Fax: 1-905-212-9002

Email: [info1@ostomycanada.ca](mailto:info1@ostomycanada.ca)  
Website: [www.ostomycanada.ca](http://www.ostomycanada.ca)  
Facebook: [/OstomyCanada](https://www.facebook.com/OstomyCanada)  
Twitter: [@OstomyCanada](https://twitter.com/OstomyCanada)

Local Chapter:  
Belleville, Quinte West and Area  
Loyalist College, Room P21  
Wallbridge-Loyalist Road, Belleville  
Phone: 613-962-4343 (Joan Sindall)

# SECTION 3:

## Where to Find Food

Specialty food products and supplies for nutrition-related health concerns should always be discussed with your primary health care provider and registered dietitian.

Use of local meal and food programs is discretionary.

# SPECIALTY FOOD PRODUCTS

## Canbrands Specialty Foods

Gluten-free items which are also egg and milk-free are available for order. All baked items are Kosher Dairy. Low protein products are also available. Resources and information about special dietary food products for special diets are available on request.

3500 Laird Road, Unit 4  
Mississauga, ON L5L 5Y4  
Phone: 905-829-6003  
Toll-free: 1-844-433-6637

Email: [info@canbrands.ca](mailto:info@canbrands.ca)  
Website: [www.canbrands.ca](http://www.canbrands.ca)

## Specialty Food Shop

A mail order service of special dietary products. Resources and information are available to customers upon request. Products can also be ordered online. Shipping in Ontario is free.

Products available fall into the following categories:

- Specialized Nutritional Needs (Adult and Pediatric):
  - Cystic fibrosis
  - Energy boosting foods, supplements and enteral formulas
  - Enteral feeding supplies
  - Low protein and metabolic foods, supplements and enteral formulas
  - Thickening products
- Allergen & Gluten-free
- Infant Products:
  - Infant feeding supplies (breast pump/supplies, specialized feeding tools)
  - Breastmilk substitute

Hospital for Sick Children  
555 University Avenue  
Toronto, ON M5G 1X8  
Phone: 416-813-5294  
Toll-free: 1-800-737-7976

Email: [sfs.admin@sickkids.ca](mailto:sfs.admin@sickkids.ca)  
Website: [www.specialtyfoodshop.com](http://www.specialtyfoodshop.com)

# FREE OR LOW COST FOOD

## Food Access Guide

The Food Access Guide provides information about free or low cost food and meal programs and services in Hastings and Prince Edward Counties. It is updated annually and available online.

Hastings Prince Edward Public Health  
179 North Park Street  
Belleville, ON K8P 4P1  
Phone: 613-966-5500  
Toll-free: 1-800-267-2803  
TTY: 711 or 1-800-267-6511

Email: [foodsecurity@hpeph.ca](mailto:foodsecurity@hpeph.ca)  
Website: [www.foodaccess.ca](http://www.foodaccess.ca)



HASTINGS PRINCE EDWARD  
**Public Health**