



# **Food and Nutrition Programs and Services in Perth County**

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For more information, contact Health Line at Huron Perth Public Health 1-888-221-2133 ext. 3267.

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# Food and Nutrition Programs and Services in Perth County

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## Food and Nutrition Education Programs

Cooking Classes and Clubs		
Organization	Classes Offered	Details
<b>Zehr's Stratford</b> 865 Ontario St, Stratford	<ul style="list-style-type: none"> <li>•Adult Classes</li> <li>•Little Hands (age 2-6)</li> <li>•Kitchen Kids (age 6-11)</li> <li>•Teen Classes (age 11-16)</li> <li>•Seasonal – Kids- All ages</li> <li>•Camps (age 6-11)</li> <li>•What's For Dinner?</li> <li>•Private and Corporate Cooking Classes</li> </ul>	Various cooking classes available for both children and adults. Cost for individual classes and class registration available online. <a href="https://www.pccookingschool.ca">https://www.pccookingschool.ca</a>
<b>Salvation Army</b> Phone: 519-291-2900 Email: <a href="mailto:Gwyneth_Woods@can.salvationarmy.org">Gwyneth_Woods@can.salvationarmy.org</a>	<b>Food Explorers Cooking Club</b>	Calling kids ages 9 to 11 to join our Food Explorers Guide to Cooking! A fun cooking club where kids are given the opportunity to taste, cook, and learn about delicious food. This program brings kids into the kitchen for an exciting, hands-on way to learn about food. Kids will learn basic cooking skills and make delicious food every week. No Cost. Call or Email for more information on registration.
<b>St. Marys Public Library</b> 15 Church Street N, St. Marys Phone: 519-284-3346	<b>Cooking Club</b> (Adult Program)	Join us the second Thursday of each month at 10:30 am for our Cooking Club Whether you're a seasoned chef or just beginning, this club is for you! Join us each month to talk recipes, techniques, ingredients, and more! A new cookbook will be provided by the Library each month to inspire new members between meetings!

		For more information or to register for this book club, drop into the library or give us a call. Newcomers are always welcome!
<p><b>The Local Community Food Centre</b> 612 Erie Street, Stratford Phone: 519-508-3663 Website: <a href="https://thelocalcfc.org/">https://thelocalcfc.org/</a></p> <p>Contact Kate Van at 519-508-3663 ext. 1003 or <a href="mailto:kate@thelocalcfc.org">kate@thelocalcfc.org</a> for availability and to register.</p>	<p><b>Community Kitchen</b> Tuesdays 5:00pm – 8:00pm</p>	Educational evening cooking sessions for everyone interested in cooking healthy, delicious meals on a tight budget. At the end of the session, everyone enjoys the meal they prepared together.
	<p><b>Newcomer Family Community Kitchen</b> Fridays 10:00am – 1:00pm</p>	This exciting weekly program has been designed to bring newcomers to Canada, including friends and sponsors, together to cook and share recipes from their home countries. Each session ends with an enjoyable community meal with plenty left for each family to bring an additional meal home!
	<p><b>Gardener’s Plate</b> Mondays 10:00am – 1:00pm</p>	For seniors, this 10-week program focuses on teaching skills, knowledge, and behaviours on growing and harvesting food, and preparing whole foods in the kitchen. Improve your physical health and mental well-being in the garden and kitchen. Registration required.
	<p><b>Food Fit</b> Thursdays 5:00pm – 8:00pm</p>	A program for those who are ready to make changes towards better health. Participants develop the tools to make healthier lifestyle choices through nutrition and healthy cooking education and group exercise activities. Weekly group sets collective goals and provides invaluable peer support. At the end of each session, everyone shares the healthy meal that was prepared together.
<p><b>The Local Community Food Centre</b> 612 Erie Street, Stratford Phone: 519-508-3663 Website: <a href="https://thelocalcfc.org/">https://thelocalcfc.org/</a></p>	<p><b>Pizza FEAST</b> Wednesdays 3:30pm – 6:30pm</p>	All the kids in Stratford are invited to create their own custom pizzas cooked in the Stratford Chefs School wood-fired oven in the community garden! Also, storytelling and live entertainment from the Stratford Public Library!

Contact Megan Stong at 519-508-3663 ext. 1004 or <a href="mailto:megan@thelocalcfc.org">megan@thelocalcfc.org</a> for availability and to register.	<b>Seed, Feed, and Lead</b> Fridays 2:00pm – 5:00pm	A fun and hands-on program for kids/youth of all ages to learn how to cook nutritious meals. Participants bring home a batch of what they've made to share with their families.
High School Courses		
School	Courses Offered	
<b>Listowel District Secondary School</b>	<ul style="list-style-type: none"> <li>•Grade 10 Food and Nutrition (O)</li> <li>•Grade 12 Nutrition and Health (U)</li> <li>•Grade 12 Food and Healthy Living (O)</li> </ul>	
<b>Mitchell District High School</b>	<ul style="list-style-type: none"> <li>•Grade 9 Food and Nutrition (O)</li> </ul>	
<b>St. Marys District Collegiate and Vocational Institute</b>	<ul style="list-style-type: none"> <li>•Grade 10 Food and Nutrition (O)</li> <li>•Grade 11 Food and Culture (U/C)</li> <li>•Grade 11 Food and Culture (O)</li> <li>•Grade 12 Nutrition and Health (U)</li> <li>•Grade 12 Nutrition and Health (C)</li> </ul>	
<b>Stratford Central Secondary School</b>	<ul style="list-style-type: none"> <li>•Grade 9 Food and Nutrition (O)</li> </ul>	
<b>Stratford Northwestern Secondary School</b>	<ul style="list-style-type: none"> <li>•Grade 9 Food and Nutrition</li> </ul>	
<b>St. Michael Catholic Secondary School</b>	<ul style="list-style-type: none"> <li>•Grade 10 Food and Nutrition (O)</li> <li>•Grade 11 Food and Culture (O)</li> <li>•Grade 11 Food and Culture (U/C)</li> <li>•Grade 12 Nutrition and Health (C)</li> <li>•Grade 12 Nutrition and Health (U)</li> </ul>	
Chef School		
Organization	Details	
<b>Stratford Chef School</b> <u>Administration Office</u>	Learn in actual restaurant kitchens, be inspired by working professionals who are in touch with the industry and who will prepare you for its ever-changing needs and trends.	

<p>192 Ontario Street Stratford, ON N5A 3H4  Phone: 519-271-1414  Email: <a href="mailto:admin@stratfordchem.com">admin@stratfordchem.com</a></p> <p><u>Learning Centre</u>  184 Ontario Street Stratford, ON N5A 3H4</p>	For more information, visit <a href="http://stratfordchef.com/">http://stratfordchef.com/</a>
<b>Miscellaneous</b>	
<b>Organization</b>	<b>Details</b>
<b>AgScape</b> <a href="https://agscape.ca/">https://agscape.ca/</a>	As the voice of Agriculture in the Classroom Ontario, AgScape provides factual, balanced, curriculum-linked food literacy programs and resources to Ontario's educators and students. Visit their website for more information.

## Food Access Programs

<b>Breakfast Programs</b>			
<b>Organization</b>	<b>Program</b>	<b>Time</b>	<b>Eligibility</b>
<b>Huron-Perth Children's Aid Society</b> <u>Site</u> Community Centre 37 Franklin Dr. Stratford, On N5A 6R1  <u>Primary Contact</u> Heather Brick, Program Supervisor Phone 519-271-5290 ext. 2249	<b>Your, Mine, Ours-Breakfast Club</b> Children who live at Franklin Drive are invited to come to the Community Centre to enjoy a nutritious breakfast and be with their friends. Healthy hygiene is encouraged	Tuesday- Thursday 7:30am – 8:30 am Year Round	Open to children living in Ontario Housing who live at Franklin Drive, Stratford. No cost.

Website: <a href="http://www.h-pacs.ca">www.h-pacs.ca</a>	and children are required to brush their teeth, wash their face, and comb their hair before leaving the centre for school. Children are provided with a drinking box and a snack to be taken to school.		
<b>The Local Community Food Centre</b> 612 Erie Street, Stratford Phone: 519-508-3663	<b>Wellness Breakfast</b>	Thursdays Yoga: 8am Breakfast: 8:30am-9:00am	Open to all. No charge.
<b>Student Nutrition Programs</b>			
<b>Organization</b>		<b>Details</b>	
<b>Perth Ontario Student Nutrition Programs</b>		Ontario Student Nutrition Program Huron-Perth (OSNP-HP) offers funding and support to schools that want to have a breakfast, snack, or lunch program. The program works with parents, students and school staff to provide healthy food and help schools plan activities. For more information visit <a href="https://www.pdhu.on.ca/programs-and-services/osnp-hp-school-nutrition-program/">https://www.pdhu.on.ca/programs-and-services/osnp-hp-school-nutrition-program/</a>	
<b>Community Meals</b>			
<b>Details</b>			
For specific meal times visit: <a href="http://www.pdhu.on.ca/health-topics/healthy-eating/programs/food-banks/evening-community-meals/">http://www.pdhu.on.ca/health-topics/healthy-eating/programs/food-banks/evening-community-meals/</a>			
<b>Organizations</b>			
<b>The Local Community Food Centre</b> 612 Erie Street, Stratford	<b>Avondale United Church</b> 194 Avondale Avenue, Stratford		

Phone: 519-508-3663	Phone: 519-271-7946
<b>St. Andrew's Presbyterian Church</b> 25 St. Andrew Street, Stratford Phone: 519-271-5668	<b>Knox Presbyterian Church</b> 142 Ontario Street, Stratford Phone: 519-271-0373
<b>Stratford Christian Reform Church</b> 190 Athlone Crescent, Stratford Phone: 519-273-1292	<b>St. James Anglican Church</b> 6 Hamilton Street, Stratford Phone: 519-271-3572 (Most meals held at Knox Church)
<b>St. Joseph's Parish Hall</b> 96 Huron Street, Stratford Phone: 519-271-6722	<b>Avon Mennonite Church</b> 90 Greenwood Court, Stratford Phone: 519-273-2261
<b>St. Pauls Church</b> 9 Douro Street, Stratford Phone: 519-271-4527	<b>Memorial Baptist Church</b> 113 Bruce Street, Stratford Phone: 519-271-2196
<b>Zion Lutheran Church</b> 202 Erie Street, Stratford Phone: 519-271-8527	<b>St. Marys United Church</b> 85 Church Street S, St. Marys Phone: 519-284-3016
<b>Parkview United Church</b> 470 Ontario Street, Stratford Phone: 519-271-1609	

### Food Banks

Organization	days	Details
<b>House of Blessing</b> 423 Erie Street, Stratford Phone: 519-273-3433	Tuesdays, Wednesdays, Thursdays 10:00am-12:00 noon and 1:00pm-3:00pm	Open to Stratford and area residents. One pick up per month. Also provides diapers and formula, clothing, back to school supplies and Christmas toys.
<b>Salvation Army- Stratford</b> 230 Lightbourne Avenue, Stratford	Mondays 1:15pm – 4:30pm	Open to all. Christmas hampers available.

Phone: 519-271-2950	Tuesdays 9:15am – 11:30am Thursdays 9:15am – 11:30am and 1:15pm – 4:30pm By appointment ONLY.	
<b>Society of Saint Vincent de Paul</b> St. Joseph’s Catholic Church 96 Huron Street, Stratford (enter Church Hall off Hibernia Street) Phone: 519-271-6722	Wednesdays 3:00pm-5:00pm  Closed the week between Christmas and New Year’s day.	Open to all, year round. Eligible once every four weeks.  The “Christmas Giving Tree” is available to families; registration is required.
<b>St. James Anglican Church</b> 6 Hamilton Street, Stratford Phone: 519-271-3572	Tuesdays 9:30am - 11:00am  Closed Tuesdays after a statutory holiday.	Open to all. One pick-up per month.
<b>St. Pauls Church</b> 9 Douro Street, Stratford Phone: 519-271-4527	Fridays 9:30am - 11:00am	Open to all. One pick-up per month.
<b>Salvation Army- Listowel</b> 326 Main Street E, Listowel Phone: 519-291-2900	Wednesdays and Thursdays 10:00am - 12:00 noon & 1:00pm-3:00pm by appointment only.	Open to North Perth and area residents. Also provides Christmas hampers and back to school backpacks.
<b>Loaves &amp; Fishes Food Bank</b> Mennonite Fellowship Church 6619 Perth Road 131, Milverton Phone: 519-595-8762 or after hours 519-5915-4287	1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday each month 9:30am – 11:30am	Open to Milverton, Ellice and Mornington Ward residents. One pick-up per month. Christmas hampers available.

<p><b>Salvation Army- St. Marys</b>  220 Queen Street E, St. Marys  (Enter by lower level off Peel St.)  Phone: 519-284-2760</p>	<p>Tuesdays, Wednesdays  &amp; Thursdays 9:00am-  5:00pm.  Appointments  preferred if possible.</p>	<p>Open to St. Marys and area residents.  Formula and diapers when available.  Also provides Christmas hampers.</p>	
<p><b>Salvation Army- Mitchell</b>  Upper Thames Missionary Church  80 Roland Street, Mitchell  Phone: 519-271-2950</p>	<p>Fridays 10:00am –  1:00pm  No appointment  necessary.</p>	<p>Open to Mitchell and area residents.  Monthly visits.</p>	
<p><b>Congregate Dining</b></p>			
<p><b>Organization</b></p>	<p><b>Details</b></p>	<p><b>Eligibility</b></p>	<p><b>Cost</b></p>
<p><b>Ritz Lutheran Villa Mitchell and Area Community Outreach</b>  4118 A Road 164, RR5, Mitchell  Phone: 519-248-9765  Email: maco@ritzlutheranvilla.com</p>	<p><u>Breakfast Crew</u> - Third  Tuesday of each month  at 9:00am  <u>Dining for Seniors</u> -  Third Thursday of the  month 12:00 noon-  2:00pm  <u>Ritz Manor/Thames  River Place Dinners</u> -  Second Thursday of the  month</p>	<p>Older adults.  Call to register.</p>	<p>Fees apply for  dining programs,  call for details.</p>
<p><b>ONE CARE Home and Community Support Services</b>  Phone: 1-844-482-7800</p>	<p>Our programs take  place in communities  throughout Huron  County and in the City  of Stratford, in a  variety of program  facilities including  churches and</p>	<p>Older adults and  adults with special  needs.  Call to register. An  intake assessment  will be completed  to determine the</p>	<p>For more  information on  cost, please call.</p>

	<p>community centers. Most programs take place at lunch time, with two supper programs in North Huron. Diners' Club is a meal service that is intended to increase opportunities for nutritional and social support among seniors. Each meal consists of a salad, entrée (meat, potato &amp; vegetable), juice and a dessert. The meals contain 40% of the daily recommended intake for a senior citizen.</p>	<p>best type of services.</p>	
<p><b>Knollcrest Lodge Community Outreach Services</b>  Phone: 519-595-8755  Email: milvertonoutreach@knollcrestlodge.com</p>	<p>Diners Club offered in: <u>Brunner - Country Meadows Retirement Residence</u>: older adults gather every week for a home cooked meal and a fun filled afternoon of cards, followed by refreshments; transportation can be arranged; RSVP on</p>	<p>Older adults and adults with disabilities.</p> <p>Areas served: Atwood, Brunner, Milverton, Perth County and areas. Call to RSVP.</p>	<p>Set fee.</p>

	<p>Monday for Wednesday meal; every Wednesday at 12:00 noon (no programs during Jul and Aug).</p> <p><u>Atwood - Atwood Presbyterian Church:</u> offers a home-style cooked meal and fellowship; RSVP is required the Friday before; 3rd Monday of each month at 12:00 noon.</p> <p><u>Milverton - Knollcrest Lodge:</u> 2nd Friday of each month at 12:00 noon. RSVP required by Monday before.</p>		
<p><b>Victorian Order of Nurses: Perth-Huron Branch</b>  Phone: 519-291-5898  E-Mail: <a href="mailto:Brett.Jutzi@von.ca">Brett.Jutzi@von.ca</a>  Website: <a href="http://www.von.ca/en/site/perth">www.von.ca/en/site/perth</a></p>	<p>Hot nutritious, full course meals available to seniors and adults with disabilities. Social activities such as cards, games, entertainment etc. or informative sessions relating to issues that may concern the participants follow the meal. Offered at various locations, call for details.</p>		
<b>Meal Delivery Services</b>			
<b>Organization</b>	<b>Service Description</b>	<b>Eligibility</b>	<b>Cost</b>
<p><b>Victorian Order of Nurses- Perth-Huron North Perth Community Support Services</b>  Phone: 519-291-5898 or toll-free 1-800-265-5176</p>	<p><b>Meals on Wheels</b>  •Hot meals delivered in Listowel Mon-Fri</p>	<p>Older adults and adults with disabilities.</p>	<p><u>Hot meals</u>  \$8 per meal</p>

<p>Email: <a href="mailto:jennifer.ogrady@von.ca">jennifer.ogrady@von.ca</a>  Website: <a href="http://von.ca/en/service/meals-wheels">von.ca/en/service/meals-wheels</a></p>	<p>between 11:45am-12:30noon. Special diet types available.  •Frozen Meal Service: Frozen meal packages are delivered throughout North Perth once a week and can be picked up at the office. Special diets available.</p>	<p>Area served: North Perth  Call to register.</p>	<p><u>Frozen Meals</u>  \$6 per entrée  \$2 for soup or dessert</p>
<p><b>St. Marys and Area Home Support Services</b>  St. Marys and Area Friendship Centre  317 James Street S, St. Marys  Phone: 519-284-3272  Email: <a href="mailto:homesupport@town.stmarys.on.ca">homesupport@town.stmarys.on.ca</a></p>	<p><b>Meals on Wheels</b>  •Hot delivered Mon-Fri 12 noon. Special diet types available.  •Frozen Meal Service: Clients choose from a menu or can choose standard packages. Soup/dessert packages also available.  •Meals are available for pick up at St Marys Friendship Centre. Delivery option available.</p>	<p>Older adults and adults with disabilities.  Area served: St. Marys and area  Call to register.</p>	<p>Set fee. Call for details.</p>
<p><b>Knollcrest Lodge Community Outreach Services</b>  Phone: 519-595-8755 or toll-free 1-877-502-8277  Email: <a href="mailto:gsmith@knollcrestlodge.com">gsmith@knollcrestlodge.com</a></p>	<p><b>Meals on Wheels</b>  •Hot meals delivered in Milverton, and rural areas. Call for delivery days to Millbank,</p>	<p>Older adults and adults with disabilities.  Areas served: Milverton, Atwood,</p>	<p>Set fee.</p>

	<p>Brunner, Carthage, Tralee, Atwood, Rostock, Donegal, Hesson and surrounding communities. Special diet types available.</p> <ul style="list-style-type: none"> <li>•Frozen meal packages: Clients can choose soup, entrees and desserts from a menu. Clients choose from a menu or can choose standard packages. Special diet types</li> </ul>	<p>Brunner, Millbank, Hesson, Rostock and area.</p> <p>Call to register.</p>	
<p><b>ONE CARE Home and Community Support Services</b>  Toll-free Phone: 1-877-502-8277  Email: info@onecaresupport.ca</p>	<p><b>Meals on Wheels</b></p> <ul style="list-style-type: none"> <li>•Hot meals delivered Mon-Fri between 11:30am-1pm. Special diet types available.</li> <li>•Frozen Meal Service: Frozen meal packages are delivered Mon-Fri regularly. Clients choose from a menu or can choose standard packages. Special diet types available. Soup/dessert packages also available.</li> </ul>	<p>Older adults and adults with disabilities.</p> <p>Area served: Stratford</p> <p>Call to register.</p>	<p><u>Hot meal</u> \$7.75 per meal</p> <p><u>Frozen meal</u> \$1.50 for soup \$5 for entrée</p>

	<ul style="list-style-type: none"> <li>•Meal delivery is offered to clients in their homes every second week. Frozen meals can be arranged for pick up at Stratford and Clinton locations. Call for information.</li> </ul>		
<b>Ritz Lutheran Villa Mitchell and Area Community Outreach</b> Phone: 519-348-9765 Email: maco@ritzlutheranvilla.com	<b>Meals on Wheels</b> <ul style="list-style-type: none"> <li>•Hot meals delivered Mon, Wed, and Fri between 11:45am-12:30pm. Special diet types available.</li> <li>•Frozen Meal Service: Clients choose from a menu or can choose standard packages. Special diet types available. Soup/dessert packages also available.</li> </ul>	Older adults and adults with disabilities.  Area served: West Perth  Call to register.	Set fee.

### Personal Shopping Services

Organization	Details	Hours	Eligibility	Cost
<b>St. Marys and Area Home Support Services</b> Phone: 519-284-3272 Email: homesupport@town.stmarys.on.ca	Volunteers available to transport and provide assistance with necessary errands such as	Wednesday morning shopping: pick up begins at 9:30am, drop	Older adults and adults with disabilities.	Set fee. Call for details.

	grocery shopping, going to the post office and pharmacy.	off around 11:30am	Area served: St. Marys and area.
Farmer's Markets, Farm Gates and "Pick Your Own"			
Organization	Hours	Details	
<b>Stratford Farmers Market</b> 357 McCarthy Road, Stratford Phone: 519-271-5130	Open every Saturday year round 7:00am-12:00 noon.	Farm fresh veggies, cheese, meats, baking, flowers, crafts, handmade gifts and more.  Free parking at the Stratford Agriplex in the Stratford Rotary Complex.	
<b>St. Marys Farmers Market</b> 116 Jones Street E, St. Marys Phone: 519-349-2448	Open May 18 <sup>th</sup> - October 26 <sup>th</sup> Saturdays 8:00am – 12:00 noon.	Producer-based farmers' market with locally produced fresh vegetables, berries, fruit, meats, bread and other baking.	
<b>Slow Food Perth County Convivium: Slow Food Market</b> Phone: 519-508-3663 ext. 4	<u>May – October</u> Stratford City Hall, Market Square Sundays 10:00am – 2:00pm  <u>November – April</u> Held indoors at Festival Square, 10 Downie Street, Stratford Sundays 10:00am – 1:00pm	Slow food market.	
<b>The Local Community Food Centre: Community Access Markets</b>	Mondays 4:30pm – 6:00pm	For many of our community members, the dual problems of high food prices	

<p>612 Erie Street, Stratford  Website: <a href="https://thelocalcfc.org/">https://thelocalcfc.org/</a></p> <p>Call 519-508-3663 for membership information.</p>	<p>Fridays 10:30am – 1:00pm</p>	<p>and lack of adequate income are barriers to accessing healthy food. The Community Access Market offers fresh local foods including veggies, fruits, and unprocessed meats at wholesale prices.</p>
<p><b>Perth County Farm Gate Map</b>  Interactive map:  <a href="http://gis.perthcounty.ca/Html5Viewer/index.html?viewer=FarmGate">http://gis.perthcounty.ca/Html5Viewer/index.html?viewer=FarmGate</a></p>	<p>Visit website for online map.</p>	<p>The source of a variety of Perth County’s local farm gate stores, self-serve stands and seasonal pick-your-own experiences.</p>
<p><b>Cedar Crest Acres</b>  5321 Perth County Road 119, Milverton  Phone: 519-595-3203  Website: <a href="http://www.cedarcrestacres.ca/u-pick-info/">http://www.cedarcrestacres.ca/u-pick-info/</a></p>	<p>Call or visit website for timing and availability of the crop.</p>	<p>Pick your own strawberries.</p>
<p><b>Megens Family Farm</b>  2877 Road 119 (Hwy 7)  Phone: 519-284-3199  Website: <a href="https://daynagardner.wixsite.com/megens-family-farm/fag">https://daynagardner.wixsite.com/megens-family-farm/fag</a></p>	<p>Call or visit website for timing and availability of the crop.</p>	<p>Pick your own strawberries.</p>
<p><b>Walch Family Strawberries</b>  3557 Road 119, Stratford  Phone: 519-272-1423</p>	<p>Call for timing and availability of the crop.</p>	<p>Pick your own strawberries.</p>
<b>Miscellaneous</b>		
<b>Organization</b>	<b>Details</b>	
<p><b>Huron-Perth Children’s Aid Society</b>  <u>Site</u>  Community Centre  37 Franklin Dr.  Stratford, On N5A 6R1</p>	<p><b>Food Grab</b>  Once a week a Food Grab program is offered to families living at Franklin Drive, Stratford (Tuesday 11:00am -12:00 noon). Everyone is welcome to come by the Community Centre and receive free food in partnership with the Food Local. A worker will be present to provide any support and guidance.</p>	

<p><b>Primary Contact</b>  Heather Brick, Program Supervisor  Phone 519-271-5290 ext. 2249</p> <p>Website: <a href="http://www.h-pacs.ca">www.h-pacs.ca</a></p>	<p><b>Cooking Group</b>  Once a month, a cooking group will be offered (Last Tuesday of month 1:00pm -3:00pm) to all adults living at Franklin Drive, Stratford. The participants will be involved in the start to finish process of cooking the meal and will be provided with a copy of the recipe and will take home some of the finished product!</p>
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### Community Gardens and Gardening Clubs

Community Gardens and Gardening Clubs	
Organization	Details
<p><b>The Local Community Food Centre</b>  612 Erie Street, Stratford  Phone: 519-508-3663  Website: <a href="https://thelocalcfc.org/">https://thelocalcfc.org/</a></p> <p>Call 519-508-3663 for availability and to register.</p>	<p><b>Senior’s Green Team</b>  Wednesdays 9:30am- 11:00am  Start your morning getting your hands dirty in the greenhouse. Stay for Senior’s Lunch.</p> <p><b>Greenhouse &amp; Garden Drop-In</b>  Mondays 3:30pm – 6:00pm  Come early to help tend the on-site gardens, including harvesting fresh produce for our community dinners or to take home as a thanks for their efforts.</p> <p><b>Greenhouse Activities for Kids</b>  Mondays 4:30pm – 6:00pm  Activities in the greenhouse and gardening-related activities for the kids during our Monday Community Dinner.</p> <p><b>Sow and Grow Family Gardening</b>  Mondays 6:30pm – 8:00pm  Introducing growing children and their parents to the wonder and fun of gardening in a supportive environment that will leave you knowledgeable to take on your own garden plot next year. For families with kids 12 and under.</p> <p><b>Shared Soil- Collective Gardens at Dufferin Park</b></p>

	<p>Tuesdays 9:00am – 10:30am          Can't commit to a full garden plot? Want to learn how to grow more vegetables? Like to garden with others, and share the bounty? Many hands make light work in our collective gardens at Dufferin Park, as we transform this public space into a bounty of food for ourselves and our community! Drop-in sessions at Dufferin Park.</p> <p><b>Gardener's Plate</b>          Mondays 10:00am – 1:00pm          For seniors, this is a 10-week program that focuses on teaching skills, knowledge, and behaviors on growing and harvesting food in the garden and preparing whole foods in the kitchen. Improve your physical health and mental well-being in the garden and kitchen. Registration required. Contact Kate Van at 519-508-3663 ext. 1003 or <a href="mailto:kate@thelocalcfc.org">kate@thelocalcfc.org</a> to register.</p>
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## Kitchens Available to Rent

<b>Kitchens Available to Rent</b>	
<b>Facility</b>	<b>Owner &amp; Contact Information</b>
<b>Army &amp; Navy Air Force Veterans (ANAF 261)</b> 151 Lorne Avenue E, Stratford	Arm, Navy & Air Force Veterans Unit 261 Inc. Phone: 519271-5544
<b>Army, Navy &amp; Air Force Veterans Club</b> 23 Wellington Street N, St. Marys	Charlie Albers (President) Phone:519-284-4390
<b>Avon Lodge No. 41 Independent Order of Odd Fellows</b> 157 Frederick Street, Stratford	Avon Lodge #41 of the IOOF Phone: 519-273-8088
<b>Brodhagen Community Centre- Banquet Facilities</b> 6708 Line 44, Bornholm	Municipality of West Perth Phone: 519-345-2654
<b>Canadian Legion Branch 565</b> 24 Temperance Street, Milverton	Fritz Ryter Phone: 519-595-8205
<b>Crystal Palace</b>	Mitchell & District Agricultural Society

155 Wellington Street, Mitchell	Phone: 519-348-4400
<b>Downie Optimist Community Centre- Temporary Special Event Hall</b> 3185 Road 122, St. Pauls	Optimist Club of Downie Phone: 519-271-5343
<b>Dublin Pavilion</b> 171 Helen Street, Dublin	Municipality of West Perth Phone: 519-348-8429
<b>Elma Memorial Community Centre- Banquet Facilities</b> 251 Main Street, Atwood	Municipality of North Perth Phone: 519-356-2353
<b>Falstaff Family Centre</b> 35 Waterloo Street N, Stratford	Loreena McKennitt Phone: 519-273-3876
<b>Kin Station</b> 555 Binning Street W, Listowel	Chris White Phone: 519-291-1321
<b>Kinkora Community Centre</b> 4596 Road 145, Kinkora	Steve Hulshof Phone: 519-348-8167
<b>Knights of Columbus</b> 7353 Perth Line 34, St. Columban	Gary Cronin Phone: 519-345-2404
<b>Knights of Columbus Inc.</b> 93 Morgan Street, Stratford	Harry Visser 519-272-9700
<b>Listowel Agricultural Hall</b> 5699 Line 86, Listowel	Listowel Agricultural Society Phone: 519-291-1907
<b>Listowel Christian School</b> 305 Binning Street W, Listowel	Mike Koetsier Phone: 519-897-0652
<b>Listowel Evangelical Missionary Church</b> 1205 Tremaine Avenue S, Listowel	Ontario Corporation 1681448 Phone: 519-291-2611
<b>Listowel Memorial Arena-Food</b> 380 Maitland Avenue N, Listowel	Municipality of North Perth Phone: 519-291-4875
<b>Milverton Agricultural Society Building</b> 17 Pierson Street, Milverton	Milverton Agricultural Society Phone: 519-595-3247
<b>Mitchell Friendship Centre</b> 55 Montreal Street, Mitchell	Municipality of West Perth 519-348-8429

<b>Parkview Gardens</b> 575 Elizabeth Street E, Listowel	Brad Matheson (President) Phone: 519-291-2650
<b>Perth East Recreation Complex-Banquet Facilities</b> 40 Temperance Street, Milverton	Municipality of Perth East Phone: 519-595-2244
<b>Rostock Community Centre</b> 4817 Line 46, Rostock	Ellice Optimists
<b>Royal Canadian Legion-Branch 128</b> 175 St. Andrews Street, Mitchell	Royal Canadian Legion Phone:519-248-9064
<b>Royal Canadian Legion-Branch 8</b> B1-804 Ontario Street, Stratford	Bev Hunter Phone: 519-273-1851
<b>Salvation Army Church</b> 625 Main Street E, Listowel	Salvation Army Phone: 519-433-6106
<b>Sebringville Community Centre</b> 302 Huron Road, Sebringville	Sebringville Athletic Association Phone: 519-393-6300
<b>Shakespeare &amp; District Optimist Hall-Banquet Facilities</b> 3976 Galt Street, Shakespeare	Township of Perth East Phone: 519-595-2800
<b>St. Joseph's Parish Church</b> 1025 Wallace Avenue N, Listowel	Diocese of London Phone: 519-291-4400
<b>St. Pauls Anglican Church</b> 9 Douro Street, Stratford	William Brooks Phone: 519-271-4527
<b>Steve Kerr Memorial Complex</b> 965 Binning Street W, Listowel	Municipality of North Perth Phone: 519-291-4875
<b>Stratford and District Agricultural Society (Agri-plex Centre)</b> 353 McCarthy Road, Stratford	Stratford and District Agricultural Society Phone: 519-271-5130
<b>Stratford Christian Reformed Church-Food</b> 190 Athlone Crescent, Stratford	Phone: 519-273-1292
<b>Stratford Masonic Concert Hall</b> 15 Church Street, Stratford	The Stratford Masonic Hall Corporation Phone: 519-271-2202

<b>Stratford Rotary Recreation Complex-Banquet Facilities</b> 353 McCarthy Road, Stratford	City of Stratford Phone: 519-271-0250
<b>Wallace Community Centre-Banquet Facilities</b> 6670 Line 88, Kurtzville	Municipality of North Perth Phone: 519-291-2976

## Access to Registered Dietitians & Services/Programs They Provide

Private Practice Dietitians		
Organization	Services Provided	Details
<b>Cecilia Lara Nutrition Consulting</b> Cecilia Lara, RD CDE Phone: 519-275-0685 Email: <a href="mailto:Cecilia.lara.clnc@gmail.com">Cecilia.lara.clnc@gmail.com</a> Website: <a href="http://www.cecilialara.com">www.cecilialara.com</a>	Individual consulting, LEAP diet program (to address the dietary components of IBS, migraine, fibromyalgia), group workshops, workplace wellness programs, consulting services for industry, public speaking and presentations.	Call for appointment and to inquire about fee schedule.
Grocery Store Dietitians		
Organization	Details	
<b>Zehrs</b> Amanda Mulder, RD Phone: 519-301-0827 Email: <a href="mailto:amanda.mulder@loblaw.ca">amanda.mulder@loblaw.ca</a>  <u>Zehrs Stratford</u> 865 Ontario Street, Stratford  <u>Zehrs Listowel</u> 600 Mitchell Road Hwy 23 South, Listowel	Book Dietitian services online at: <a href="https://www.zehrs.ca/dietitians?storeId=0557">https://www.zehrs.ca/dietitians?storeId=0557</a> Many insurance plans cover the cost of registered dietitian services. Contact your insurance provider to see if you are covered.	
	Services Provided	Cost
	<b>Initial Nutrition Consultation</b> Do you have a health goal in mind? Let your in-store dietitian coach you to success. Includes a nutrition assessment of your eating habits and a nutrition plan tailored to you.	\$99 60 mins
	<b>Follow-Up Nutrition Consultation</b> Let us help you stay on track and discover practical strategies to overcome challenges.	\$49/30 mins \$99/ 60mins

	<p><b>Phone Check-In</b> Your dietitian will check-in with you during two 15-minute appointments to monitor your progress and answer any questions.</p>	<p>\$49/2x15 mins</p>
	<p><b>Shop with Our Dietitian</b> Discover practical shopping tips, meal ideas and how to read nutrition labels in the aisles, with your In-Store Dietitian.</p>	<p>\$49/30 mins \$99/ 60 mins</p>
	<p><b>Sustain Your Change</b> Regular Follow-ups can help you stay accountable to your goals. Keep the positive momentum going with more frequent visits with your dietitian. Includes: 3 x 30 min follow-up nutrition consultations OR 6 x 15 min follow-up nutrition consultations</p>	<p>\$149</p>
	<p><b>Family Meals Made Easy</b> Want your family to eat well, but don't have enough time? Let our dietitian help you plan, shop, and cook quick meals your entire family will enjoy. Includes: Initial nutrition consultation (60 mins) + Shop with our dietitian (30 mins)</p>	<p>\$149</p>
	<p><b>Healthy Eating 101</b> Are you ready to fit good eating habits into your busy lifestyle? Discuss meal-planning tips with your dietitian and find new strategies to eat more plant-based, local, and affordable meals. Includes: Initial nutrition consultation (60 mins) + Shop with our dietitian (30 mins)</p>	<p>\$149</p>
	<p><b>Your Healthy Weight</b> From understanding how your body works to preparing more meals at home, our dietitian can equip you with the right tools to help you achieve your healthy weight. Includes: Initial nutrition consultation (60 mins) + Shop with our dietitian (30 mins) + 6 x 15 min Follow-ups</p>	<p>\$349</p>
	<p><b>Nutrition for Mom and Baby</b></p>	<p>\$199</p>

	<p>Feeling anxious or unsure about what to eat while pregnant or breastfeeding, and want to learn how to transition your baby to solids? Let our dietitian guide you! Get the answers, you and your baby need, in the comfort of your own grocery store. Babies welcome to all sessions. Includes: Initial nutrition consultation (60 mins) + Shop with our dietitian (30 mins) + Follow-up (30 mins)</p>	
	<p><b>Invest in Your Health</b> Need help planning for 1 or 2 people or want to rediscover new cooking skills? This package is for you! Our dietitian can also help you manage your diabetes, cholesterol, digestive issues, or other health conditions. Includes: Initial nutrition consultation (60 mins) + Shop with our dietitian (30 mins)</p>	<p>\$199</p>
	<p><b>We're All in This Together Your Healthy Weight Program (Group Nutrition Service)</b> Designed to provide the support on your journey to your unique healthy weight, the program provides a written guide, in-store grocery tour, assistance and expert help from a dietitian. In six weeks, you will be guided by your dietitian to identify long term and sustainable eating habits and lifestyle factors to ensure sustained success. Together, we are committed to helping you achieve your healthy weight.</p>	<p>\$249 (per person)</p>
	<p><b>Shop with Our Dietitian (Group Nutrition Service)</b> Join a group on a 6-week journey led by your in-store dietitian and learn how to grocery shop and meal plan like a pro. Discover how food affects your body and influences heart, brain, bones, muscles and gut health, while improving your eating and lifestyle habits.</p>	<p>\$199 (per person)</p>
	<p><b>Additional Services Offered</b></p> <ul style="list-style-type: none"> <li>•Nutrition programs for school groups</li> <li>•Corporate wellness</li> <li>•Nutrition workshops</li> </ul>	

Family Health Team Dietitians	
Organization	Programs & Services Offered
<p><b>Stratford Family Health Team</b>            Kimberly Toohey, RD</p> <p>Stratford Medical Centre            444 Douro Street, Stratford            Phone: 519-273-7017</p>	<p><b>Diabetes Management</b>            Our diabetes program provides education and support from a team of multidisciplinary health professionals including a Registered Dietitian and Pharmacist.            Services provided:</p> <ul style="list-style-type: none"> <li>• Individual and group education for persons with pre-diabetes and type 2 diabetes</li> <li>• Education/support for management issues such as diet, exercise, medications, chronic complications</li> <li>• Other health programs offered may include; foot care, high blood pressure management / education, smoking cessation, breathing management / education and stress management</li> </ul> <p>If you feel this program would be beneficial, please contact your family doctor’s office or call the Stratford Family Health Team at 519-273-7017.</p> <p><b>Dietary &amp; Nutrition</b>            Our Registered Dietitian provides nutrition counselling and education for a variety of health conditions and topics to individuals and groups. Registered Dietitians can teach you and your family to make wise eating choices that promote good health at any stage of life. Registered Dietitians also provide specialized nutrition therapy to help you manage nutrition related illness like diabetes, high cholesterol and high blood pressure.            Our Registered Dietitian also provides group sessions either alone or together with other team members or health professionals.            If you feel this program would be beneficial, please contact your family doctor’s office or the Stratford Family Health Team at 519-273-7017.</p>
<p><b>STAR Family Health Team            (Stratford, Tavistock and Area)</b>            Adrienne Vermeer, RD            Michelle Jones, RD</p> <p><u>Stratford Locations</u></p>	<p><b>Craving Change</b>            Craving Change is a 4 session educational program co-facilitated by our Registered Dietitian and Mental Health Counsellor that can help you develop a healthier relationship with food. You will discover why you eat the way you do and learn to take steps to change your problematic eating habits.            This Workshop will help you:</p> <ul style="list-style-type: none"> <li>• Identify your own personal problematic eating triggers</li> </ul>

700 O'Loane Avenue, Stratford  
Phone: 519-273-1060

511 Huron Street, Stratford  
Phone: 519-508-1212

- Understand why it is so hard to change your eating habits
  - Learn many different strategies and techniques to change either your triggers or eating response
  - Develop a healthier relationship with food
  - Maintain your healthier eating habits
- Eligibility: This program is for patients of the STAR Family Health Team but is open to community friends and family is sport are available. Please call 519-273-1060 ext. 254 for availability.

### **Feeding Your Baby**

Join our Registered Dietitian, for an information session intended to help parents with babies 2-6 months old. Parents will have a chance to ask questions and have a discussion with other parents about feeding their baby. There will also be a demonstration on making your own baby food.

Topics discussed include:

- How and when to introduce solids
- Texture progression
- Feeding relationship
- Making your own baby food

Register online or call 519-273-1060 ext. 254 to enroll.

### **Heart Health Workshop**

This is a 2-hour workshop with our Registered Dietitian intended for adults with high cholesterol. Topics that will be discussed include heart disease risk factors, what the cholesterol numbers mean, and diet and lifestyle changes that can help you become more heart healthy.

Eligibility: Must be a patient of STAR and have recent cholesterol bloodwork completed.  
Register online or call 519-273-1060 ext. 254 to enroll

### **Bone Health**

Now open to the community this 4-week program, provided in partnership by OneCare, VON, STAR Family Health Team, the Huron Perth Public Health, and Osteoporosis Canada, offers information on lifestyle strategies to maintain bone health and prevent fractures. Nutritious snacks will be provided (\$5.00).

Please call 1-877-502-8277 and ask for the registration department to enroll.

### **COPD Clinic**

If a patient of the STAR Family Health Team has Chronic Obstructive Pulmonary Disease (COPD), they may be given an option to attend the COPD clinic, held monthly at each of the three sites of the STAR Family Health Team. This clinic gives the patient the opportunity to meet with a Nurse Practitioner, Pharmacist and, as needed, a Dietitian or Mental Health Counsellor to discuss important factors that will help the patient to live better with this condition. Each patient will receive education about COPD and an individualized action plan to help them monitor their condition and implement the necessary steps if unusual symptoms arise. The COPD Clinic is available at each of our three sites. Please consult your family doctor to discuss if this program would be of benefit to you.

Eligibility: Must be a patient of STAR.

### **Diabetes Clinic**

Diabetes is a chronic illness that requires ongoing supportive care to help prevent some of the complications that may arise. The STAR Family Health Team has developed an individualized approach in the management of patients with diabetes. This clinic offers a medication and bloodwork review completed by the pharmacist before the appointment and patients the opportunity to see a nurse practitioner and registered dietitian. Patients will learn to self-manage their diabetes through meal balancing, medications and goal setting. The Diabetes Clinic is available at each of our three sites. Please speak with your family doctor or Nurse Practitioner to discuss if this clinic is an option for you.

Eligibility: Must be a patient of STAR

### **Diabetes 101**

Learn what your lab results for blood sugar control mean, how meal timing affects your blood sugar, which foods affect your blood sugar and which ones don't, how to meal plan for diabetes and prediabetes, and what other factors affect blood sugar.

Classes are lead by a registered dietitian and nurse practitioner. By taking part in this program, participants will gain the opportunity to have diet questions answered, will receive a resource package to help make sustainable changes, and will gain self-management skill building.

	<p>Eligibility: Diagnosed with prediabetes or Type 2 diabetes. Register online or call 519-273-1060 ext. 254 to enroll.</p>
<p><b>North Perth Family Health Team</b> Leanne Richardson, RD</p> <p>185 Inkerman Street E, Listowel Phone: 519-291-5947</p>	<p><b><u>A Step in the Right Direction – Walking Club</u></b> Step in the Right Direction is a 1-hour, weekly walking program which takes place at the Steve Kerr Memorial Complex’s indoor walking track. This program is open to all residents in North Perth and the surrounding communities. North Perth Family Health Team and VON Listowel have collaborated to offer a year-round program where participants attend a brief, health promotion education session, engage in warm-up and strengthening exercises, and walk on the track at their own place. For more information call: Leanne Richardson at 519-291-3125 ext. 6271 or email: <a href="mailto:lrichardson@npfht.ca">lrichardson@npfht.ca</a></p> <p><b>Breastfeeding Buddies</b> The North Perth Family Health Team have joined forces with the EarlyON Child and Family Centre – North Perth to provide this interactive group for moms who have chosen to breastfeed their babies. Learn tips and tricks from other moms, like yourself and access professional advice. For more information call: Rose Beyersbergen 519-291-3125 ext. 6278 or email <a href="mailto:Rbeyersbergen@npfht.ca">Rbeyersbergen@npfht.ca</a></p> <p><b>Prediabetes Program-Take Steps to Prevent Diabetes</b> Take Steps to Prevent Diabetes program is for individuals with prediabetes, glucose intolerance, and elevated blood sugars or at high risk of developing Type 2 diabetes. This program focuses on the key healthy lifestyle factors that have been proven to help prevent diabetes: Healthy eating, Being active, and Achieving a healthy weight. To participate, your North Perth Family Health Team physician can refer you or you can call 519-291-4200 to speak to a nurse about eligibility.</p> <p><b>Mindful Eating Program</b> This program is to address why you eat. This interactive series focuses on topics such as: diet vs lifestyle, self-compassion, nourishment, mindful movement, and goal setting. For more information contact Leanne Richardson at 519-291-3125 ext. 6271 or email: <a href="mailto:lrichardson@npfht.ca">lrichardson@npfht.ca</a></p> <p><b>Nutrition 101</b></p>

A 4-week workshop series, educating participants on general healthy eating and a variety of nutrition-related topics including: the role of carbohydrates, protein, fat and fluids, mindful eating, grocery shopping and label reading, and goal setting. For more information contact Leanne Richardson at 519-291-3125 ext. 6271 or email: [lrichardson@npfht.ca](mailto:lrichardson@npfht.ca)

### **Healthy Strides- Falls Prevention**

Healthy Strides is a Fall Prevention Program offered through the North Perth Family Health Team. It involves a group of health care providers working together to help seniors, or adults with a disability, at risk of having a fall; stay independent, healthy and safe.

This program will help you understand:

- What may be putting you at risk of falling?
- How to reduce your risk of falling.
- What other community programs and/or services are available.

Throughout this program, assessments are conducted by health professionals such as a nurse, pharmacist, dietitian, occupational therapist. Some of these assessments are done in your home, and some at the clinic.

### **Healthy You – Aging Gracefully**

This is a free, 6-week interactive series, featuring guest speakers and health professionals from a variety of organizations including Alzheimer Society, Osteoporosis Canada, Philips Healthcare, Listowel VON, HearingLife, Optometry and North Perth Family Health Team. This workshop series focuses on topics such as: nutrition, exercise, medications, brain health, fall prevention, bone health, vision and hearing. Nutritional snacks are provided.

For more information contact: Leanne Richardson at 519-291-3125 ext. 6271 or email: [lrichardson@npfht.ca](mailto:lrichardson@npfht.ca)

### **Nutrition Program**

The goal of the NPFHT Nutrition Program is to increase the scope of nutrition and dietetic services available to family physicians and other allied health professionals

Contact Program Lead: Leanne Richardson at 519-291-3125 ext. 6271 or email: [lrichardson@npfht.ca](mailto:lrichardson@npfht.ca)

<p><b>Happy Valley Family Health Team</b> Teresa Fowler, RD</p> <p>268 Maiden Lane, PO Box 1120, St. Marys Phone: 519-284-3450</p>	<p><b>Diabetic Clinic</b></p> <p>Our program provides routine monitoring for our diabetic patients. Our goal is to improve their health and reduce potential diabetic complications.</p> <p>Education and support is available from our multi-disciplinary health team to assist in managing diet, exercise and medication.</p> <p>To book an appointment, please contact the front staff.</p>
	<p><b>What's Eating You? Workshop</b></p> <p>Find out why you eat the way you do, why it's hard to change your eating habits and what you can do about it.</p> <p>The intent of this 6-week workshop series is to have participants: reflect on why it's difficult to eat in healthy ways, determine environmental factors and personal eating triggers, learn a variety of strategies for positive change over the long-term.</p> <p>Program is run by a dietitian and social worker.</p> <p>2-hour works held weekly for 6 weeks at St Mary's Memorial Hospital basement meeting room.</p> <p>Workshop is free. Register by calling 519-284-3450</p>
	<p><b>Nutrition Counselling</b></p> <p>A Dietitian may help to identify nutrition problems and assess your nutritional status. This may include developing a plan of care and monitoring the effectiveness of nutrition interventions. The Dietitian will also counsel patients on special diets and aid in making diet and lifestyle modifications to manage chronic disease. The Dietitian can also assist in making healthy lifestyle changes in infants, children and adults for: weight loss, pregnancy, vegetarian eating, label reading, meal planning, and help you decipher what to believe in the media and on the internet!</p> <p>Individual appointments with the RD can be made by calling our receptionist at 519-284-3450.</p>
<p><b>Public Health Dietitians</b></p>	
<p><b>Organization</b></p>	<p><b>Programs &amp; Services Offered</b></p>

## **Huron Perth Public Health**

Shannon Edmonstone, RD

Michele Hurd, RD

Amy MacDonald, RD

Natalee Miller, RD

Phone: 1-888-221-2133 ext. 3267

### Stratford Locations

653 West Gore St.

Stratford ON N5A 1L4

10 Downie St.

2nd Floor, Festival Square

Stratford ON N5A 7K4

### Listowel Location

135 Main St. E.

Unit 103

Listowel ON N4W 2B5

### Clinton Location

77722B London Rd.

RR 5

Clinton ON N0M 1L0

### Wingham Location

131 John St E

Wingham ON N0G 2W0

## **Young Parents Place Perth County**

Drop-in group for pregnant and young parents (up to 24), their children (under age seven) and partners

- Meet weekly for a 6-week session
- Meet other parents
- Prepare and share food
- Learn about positive parenting, and growth and development
- Locations in Stratford and Listowel

For more information call:

North Perth EarlyON – 519-291-6626

Stratford EarlyON – 519-273-9082

PDHU – 1-888-221-2133 ext. 3267

## **Pregnant in Perth County E-Newsletter**

Expecting a baby? Sign-up to receive Pregnant in Perth County, our e-newsletter about pregnancy, childbirth, preparing for parenting, and more! You'll be emailed monthly issues based on where you are in your pregnancy, with features such as: Your Developing Baby, Changes in You, Timely Topics, Healthy Eating, Being Active, Partner Support, Preparing for Parenting, Recommended Links, Local Connections, Plus Special Issues on current, hot topics in the news

Subscribe online: <https://www.hpph.ca/en/health-matters/pregnancy-and-prenatal.aspx>

## **Parenting in Perth County E-Newsletter**

Parenting in Perth County (formerly Giddy-Up Let's Grow) is an e-newsletter for parents of young children in Perth County. Each e-newsletter contains age-appropriate information about growth, development, nutrition and parenting as well as links to community services. Parenting in Perth County is delivered to your inbox every month until your baby turns one – and then periodically until your child is six year old.

Subscribe Online: <https://www.hpph.ca/en/about-us/newsletters.aspx>

## **Food and Nutrition Services**

Nutrition consultations to organizations such as workplaces, schools, child day care and recreation services.

	<p>Fees: Varies by program  Application: Call or visit (no referral required) appointments or registration required for certain programs or classes.</p>	
	<p><b>Diaries of a Dietitian Blog</b>  At Diaries of a Dietitian, we share our successes and secrets of feeding our own families. Follow the blog for how-to videos, recipes, tips and tricks, and more!  <a href="http://diariesofadietitian.blogspot.ca/">http://diariesofadietitian.blogspot.ca/</a></p>	
	<p><b>Food Safety Courses</b>  Offered for people wanting to work in the food industry For more information see:  <a href="https://www.hpph.ca/en/classes-clinics-and-services/safe-food-handling-courses.aspx">https://www.hpph.ca/en/classes-clinics-and-services/safe-food-handling-courses.aspx</a>  Fees: Varies by program</p>	
	<p><b>Let's Get Cooking: Training Program</b>  Offers training to individuals looking to run the "Let's Get Cooking" cooking program for children. Contact Public Health for more details.</p>	
Diabetes Education		
Organization	Details	Eligibility
<p><b>Listowel Memorial Hospital</b>  225 Elizabeth Street E, Listowel  Phone: 519-291-3125 ext. 6234</p>	<p><b>Diabetes Education Centre</b>  Supports for people living with diabetes. One-on-one or group consultation on monitoring blood sugar levels, medications, healthy eating, exercise, and other lifestyle choices. Registered nurse and dietitian on staff.  Monday &amp; Tuesday 8:00am-4:00pm  Thursday &amp; Friday 7:00am-3:00pm</p>	<p>Adults 18 years and older with gestational diabetes, type 1 diabetes and type 2 diabetes   Call for appointment. No referral required. No Cost.</p>
<p><b>St. Marys Memorial Hospital</b>  Meighen Wing, Main Level, 267 Queen Street W, Box 940, St. Marys  Phone: 519-272-8210 ext. 2365</p>	<p><b>Huron Perth Diabetes Education Program</b>  Supports for people living with prediabetes or diabetes. One-on-one or group consultation on monitoring blood sugar levels, medications, healthy eating, exercise, and other lifestyle choices. Registered nurse and dietitian on staff. No Cost.</p>	<p>Adults 18 years and older with pre-diabetes, type 1 diabetes and type 2 diabetes   Call for appointment. No referral required. No cost.</p>

	Thursday 8:00am- 4:00pm	
<b>Stratford General Hospital</b> West Building, 46 General Hospital Drive, Stratford Phone: 519-272-8210 ext. 2365	<b>Huron Perth Diabetes Education Programs</b> Supports for people living with prediabetes or diabetes. One-on-one consultation on monitoring blood sugar levels, medications, healthy eating, exercise, and other lifestyle choices. Registered nurse and dietitian on staff. Insulin Pump Program - Education and support for adults with type 1 diabetes who are using or considering using insulin pumps. Parking available in Lot E off West Gore St. Enter through West Building Outpatient Clinic entrance. Register at Patient Registration located inside automatic double doors to the right. Patient Registration staff will then direct to the appropriate clinic waiting area.	Adults 18 years and older with pre-diabetes, type 1 diabetes and type 2 diabetes.  Call for appointment. No referral required. No cost.

### Eating Disorder Dietitians

Organization	Details	Eligibility
<b>Huron Perth Healthcare Alliance</b> Stratford General Hospital 90 John Street S, Special Services Unit, Stratford Phone: 519-272-8210 ext. 2570 Crisis Phone: 1-888-829-7484	<b>Eating Disorders Outreach Program</b> Outpatient eating disorder programs provide: <ul style="list-style-type: none"> <li>•Assessment and nutrition counselling with a Registered Dietitian for individuals with Anorexia Nervosa, Bulimia Nervosa, Disordered eating behaviours</li> <li>•Physician and psychiatry support</li> <li>•Support and education within Perth County and Huron County schools</li> </ul> In affiliation with the Children's Hospital, London Health Sciences Centre and Child and Adolescent Mental Health Care Program.	No restrictions.  Physician or nurse practitioner referral is required to access this program. No cost.

### Community Care Dietitians

Organization	Details	Eligibility
<b>South West Local Health Integration Network Home and Community Care</b> Phone: 519-273-2222 Toll-free: 1-800-269-3683 Website: <a href="http://healthcareathome.ca/southwest/en">http://healthcareathome.ca/southwest/en</a>	Access to health care support at home, at school or in the community. Care coordinators work with people in the community or leaving hospital to determine what help is needed and arrange for care. Care is provided in community settings such as the home, school, residential facility or South West Local Health Integration Network - Home and Community Care community clinic. Provides information about other community services and refers when appropriate. Services available to eligible patients may include: Nutrition and food counselling (dietitian)	People of all ages who are facing the challenges of age, illness, injury, or disability.  Call to apply. No referral required for most services; referral through school for in-school services.  Covered by OHIP.

## Information Phone Lines

Information Phone Lines	
Organization	Services Provided
<b>Telehealth Ontario</b> Phone: 1-866-797-0000	Free, confidential 24/7 access to registered nurses and dietitians.
<b>Huron Perth Public Health</b> Phone: 1-888-221-2133 ext. 3267	Free, confidential access to public health nurses. Weekdays from 8:30am to 12:00 noon and 1:00pm to 4:30pm.
<b>Huron Perth Community Support Services</b> Phone: 519-482-1489 Toll-free: 1-844-482-7800	Central Intake service offered by Community Support Providers in Huron and Perth. Service includes, information about existing services, accessing new service, changing or cancelling current service, such as: Meals and Nutrition - Community dining, Meals on Wheels (hot and frozen), and nutrition screening.

## Commodity Groups

Commodity Groups	
Organization	Services Provided
<b>Milk Dairy Education Program</b> <a href="http://education.milk.org/programs.html">http://education.milk.org/programs.html</a>	<p>The Dairy Industry serves as an interesting and unique learning vehicle for students to gain further knowledge while developing skills that will help them become well-informed decision makers and life-long learners. The program is 45 minutes in length with interactive activities and is based on the latest Ontario Curriculum and presented by a trained Dairy Educator. This program is a free service to teachers and provides educational support to elementary schools in Ontario, Canada. It offers an exciting and interactive learning opportunity for students. Teachers can depend on our program to help students acquire an insight into various aspects of the Dairy Industry.</p> <p>Visit website for booking details.</p>
<b>Ontario Pork</b> <a href="http://www.ontariopork.on.ca/Public-Education">http://www.ontariopork.on.ca/Public-Education</a>	<p>Provides a variety of educational resources online.</p>
<b>Egg Farmers Ontario</b> <a href="https://www.getcracking.ca/education">https://www.getcracking.ca/education</a>	<p>Provides a variety of educational resources online for teachers and health care professionals.</p>
<b>Ontario Bean Growers</b> <a href="http://ontariobeans.on.ca/">http://ontariobeans.on.ca/</a>	<p>Provides a variety of educational resources <a href="http://ontariobeans.on.ca/consumer-resources/order-resources/">http://ontariobeans.on.ca/consumer-resources/order-resources/</a>, and recipe books <a href="http://ontariobeans.on.ca/consumer-resources/download/">http://ontariobeans.on.ca/consumer-resources/download/</a> online.</p>

## Miscellaneous Programs and Services

Miscellaneous Programs and Services	
Organization	Details

<p><b>Slow Food Perth County Convivium</b>  Phone: 519-508-3663 ext. 4  Email: <a href="mailto:info@slowfoodperthcounty.ca">info@slowfoodperthcounty.ca</a>  Website: <a href="http://www.slowfoodperthcounty.ca">www.slowfoodperthcounty.ca</a></p>	<p>Eco-gastronomic member-supported organization. Founded in 1989 to counteract fast food and fast life. Increase interest in local food. Year-round events and initiatives for people of all ages. Slow food market. Food sovereignty in many aspects of food production.</p>
<p><b>Victorian Order of Nurses: Perth-Huron Branch</b>  Phone: 519-291-5898  E-Mail: <a href="mailto:Brett.Jutzi@von.ca">Brett.Jutzi@von.ca</a>  Website: <a href="http://www.von.ca/en/site/perth">www.von.ca/en/site/perth</a></p>	<p>Assist seniors to maintain and improve their health: diet and nutrition support, blood pressure checks, education and information, safety issues, exercise programs.  Areas Served: North Perth  Eligibility: Older Adults  Application: self-referral, telephone</p>
<p><b>Huron-Perth Children’s Aid Society</b>  Phone: 591-271-5290 ext. 2249</p>	<p><b>Smart Sense</b>  A structured 8-week practical program designed to focus on awareness in making wiser and healthier choices in daily life activities. Program offers participants the knowledge, tools and skills necessary for productive everyday living. Topics include: healthy eating/living, personal wellness, stress management, shopping on a budget, organization/cleaning skills, communication skills.  Eligibility: No restrictions. No Cost.  Please call for program dates and locations.</p>
<p><b>The Local Community Food Centre</b>  612 Erie Street, Stratford  Phone: 519-508-3663  Website: <a href="https://thelocalcfc.org/">https://thelocalcfc.org/</a></p>	<p><b>Epic Social Justice Group</b>  Tuesday 2:00pm – 4:30pm  Take action toward social justice! Explore the ways that hunger, poverty, and other kinds of marginalization affect us all and strategically build campaigns that advocate for policies and programs that create a more inclusive society.  Contact KerryLou Dikson at 519-508-3663 ext. 1005 or <a href="mailto:kerrylou@thelocalcfc.org">kerrylou@thelocalcfc.org</a> for more information.</p> <p><b>Peer Advocacy Office</b>  Mondays 3:00pm – 6:00pm  Wednesdays and Fridays 10:00am – 1:00pm</p>

	<p>Offers help to community members who face barriers with housing, food, income, addiction, utility costs, and more. Fellow community members with lived experience of poverty and additional training contribute their insights and tools to helping others in the community. Contact Kerrylou Dikson at 519-508-3663 ext. 1005 or <a href="mailto:kerrylou@thelocalcfc.org">kerrylou@thelocalcfc.org</a> for more information.</p>
<p><b>St. Marys Public Library</b>  15 Church Street N, St. Marys  Phone: 519-284-3346</p>	<p><b>Seed Lending Library</b>  The seed library was created as a way to provide community members with the opportunity to plant, grow, harvest and exchange a variety of seeds. Seed packets may be checked out by anyone who wishes to use them in their home garden. The Library is encouraging those who check out seeds to try to preserve and return them at the end of the season, so that the collection will be well stocked for the following year.  To help with seed preservation, the Library has purchased a number of books about seed saving and how to go about the process. These books are now available to borrow with a Library card  Visit the Library anytime during their regular hours to learn more about seed lending and check out your first packet of seeds.</p>
<p><b>Stratford Public Library</b>  19 St. Andrews St., Stratford  Phone: 519-271-0220</p>	<p><b>Digital Research Resources on Health and Wellness</b>  Customers can search for further information on nearly any health related topic. These resources are free to those with a current SPL Library card, and can be found here: <a href="https://www.stratford.library.on.ca/elibrary/research-topics/health-wellness">https://www.stratford.library.on.ca/elibrary/research-topics/health-wellness</a> .</p> <p><b>Books, Audio Books and E –Books on Health and Wellness</b>  All available for loan. Search for material by keyword, subject, author or title here: <a href="https://spl.bibliocommons.com/">https://spl.bibliocommons.com/</a> . Materials can be set aside (placed on “hold” remotely) for customers with a current card.</p>