



Directory of Nutrition Services in Waterloo Region

This directory provides information on nutrition services available in Waterloo Region.

It is designed to assist health professionals and community agencies in referring clients to appropriate services.

This resource includes a brief description of services offered by various organizations and how to connect with these services. Please contact the appropriate organization for further details.

For more information on the services provided by Region of Waterloo Public Health call 519-575-4400 (TTY 519-575-4608) or visit regionofwaterloo.ca/ph. Accessible formats of this document are available upon request.

Private Practice Dietitian Services

Registered Dietitians in private practice offer a range of nutrition services including presentations, workshops and individual counselling. Clients can self-refer to see a dietitian in private practice.

These services are fee-for-service. However, Registered Dietitian services are covered by some health insurance plans.

Dietitians of Canada offers a searchable database of Registered Dietitians that offer counselling, presentations and other services at dietitians.ca/find-a-dietitian.aspx

Sources of Nutrition Education Materials

Registered Dietitians provide evidence-based nutrition information. Here are some services that provide reliable nutrition information to the public:

Call 811 to reach Ontario's **Health811** service and speak to a registered dietitian about nutrition and healthy eating for free. Visit ontario.ca/Health811 for more information

Dietitians of Canada

Visit the website at dietitians.ca to assess your current lifestyle and eating habits; cookspiration.com to get recipes, tips on cooking and meal planning; and unlockfood.ca to find nutrition resources and more.

Public Health [education resource kits](#) are available through the Region of Waterloo Library. All Region of Waterloo residents can borrow them with a free Region of Waterloo Library card. Kits are reserved using the online catalogue or through the [Ask a Librarian](#) service and can be picked up from any Region of Waterloo Library branch or a Public Health office within a few days.

Region of Waterloo Public Health assumes no liability for any errors or omissions in this listing, or for the services provided by the parties listed in the directory. Registered Dietitians in Ontario are required by the College of Dietitians of Ontario to provide safe, ethical, and competent service. To verify an individual's current registration status with the College of Dietitians of Ontario, phone: 1-800-668-4990 or visit the "find a dietitian" resource on the college website: collegeofdietitians.org.



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Clinical Services

Registered Dietitians in hospitals provide nutrition services that are related to medical conditions. Access to hospital services usually requires a physician's referral. Most services are covered by OHIP. Call the number indicated for more information on referral criteria.

Type of Program

I = Individual nutrition counselling (outpatient setting)

G = Group program and/or clinic

** In the case of group sessions at Grand River Hospital, individual appointments will be made for patients with a language barrier and/or physical/mental challenges.*

Area of Specialty	Location	Type of Program	Contact for Referral	Brief Description of Program/Clinic
Cardiology	St. Mary's	I, G	226-806-5911	Cardiac Rehabilitation Clinic, Hearts in Motion program for CVD. Doctor referral needed.
		I, G	519-749-6919	Cardiac Heart Function Clinic for clients diagnosed with CHF (Cardiologist referral only).
Diabetes <i>All referrals for diabetic education should be sent to the Waterloo-Wellington Diabetes Central Intake rather than to individual programs</i>	Waterloo-Wellington Diabetes Central Intake (WWDCI)		519-947-1000 ext. 372	Central intake for diabetic education referrals in Waterloo Region. Self referral form at waterloowellingtondiabetes.ca/professional-central-intake.htm
	Cambridge Memorial	I,G	519-621-2333 ext. 2345	All ages. Type I, Type II and gestational diabetes and children. Referrals through WWDCI.
	Grand River	I, G*	519-749-4300 ext. 2622	Adults with insulin resistance and diabetes (Diabetes Education Centre). Referrals through WWDCI.
		I, G*	519-749-4300 ext. 3714	Offered through the Outpatient Children's Unit for children diagnosed with Type I or II diabetes. Referrals through WWDCI.
Eating Disorders	Canadian Mental Health Association	I, G*	Call Here 24/7: 1-844-437-3247	Community Mental Health Clinic. Offered to individuals with eating disorders and their families. Treatment provided for both adolescents and adults. Doctor referral is not necessary.
Gastrointestinal Disease/ Disorder	Grand River	I	519-749-4300 ext. 2622	Adults with celiac disease, Crohn's Disease, ulcerative colitis and inflammatory bowel disease. Doctor referral required.
Geriatric Rehab	Grand River (Freeport)	I	519-749-4300 Day Hospital ext. 8340	Out-patient rehab clinics at Freeport Health Centre. Individual nutrition counselling available for patients referred to these clinics.
Oncology	Cambridge Memorial	I	519-621-2333 ext. 2347	Offered to active patients of the Outpatient Medical Day Clinic.
	Grand River	I, G*	519-749-4380	For patients followed by a physician at the Grand River Regional Cancer Centre.
Pediatrics	Grand River	I	519-749-4300 ext. 2291	Children/adolescents (at or under 18 yrs) are seen individually for hyperlipidemia, diagnosed food allergies, obesity, at risk for obesity and other nutrition concerns. Doctor referral required.
Prenatal	Grand River	I	519-749-4300	At risk, pregnant women including low/excessive weight gain, vegetarian, poor diet, pregnant adolescents not receiving prenatal nutrition programs. Doctor referral preferred.
	Various locations provided by Public Health and Carizon	G	519-575-4400 Carizon: 519-743-6333 ext. 2383	Growing Healthy Two-gether: For pregnant women whose health or nutritional status may be compromised due to their economic or social situation
Pulmonary	Grand River (Freeport)	I,G	519-749-4300 ext. 7309	Eight week outpatient program through Pulmonary Rehab program at Freeport Health Centre. Individual nutrition counselling available to patients referred to this program.
Renal	Grand River	I	519-749-4300 ext. 2189	Patients with chronic kidney disease or kidney stones. Referral preferred.

Community-based Health and Support Services

Organization	Contact Info	Website	Email	Boundary
Waterloo Wellington Diabetes Central Intake (WWDCI)	Phone: 519-947-1000 ext. 372 Fax: 519-650-3114	waterloowellingtondiabetes.ca	info@waterloowellingtondiabetes.ca	Waterloo-Wellington LHIN (Check website for details)
Waterloo Wellington Local Health Integration Network	Phone: 519-748-2222	healthcareathome.ca/region/waterloo-wellington/		Waterloo Wellington LHIN
Saint Elizabeth Health	Phone: 519-220-1640 Fax: 519-220-0797	saintelizabeth.com	info@sehc.com	Cambridge
Langs Community Health Centre	Phone: 519-653-1470 Fax: 519-653-1285	langs.org	info@langs.org	Cambridge (call for information)
North Dumfries Community Health Centre (Satellite of Langs Community Health Centre)	Phone: 519-632-1229 Fax: 519-632-1253	langs.org	info@langs.org	North Dumfries (call for information)
Kitchener Downtown Community Health Centre	Phone: 519-745-4404 Fax: 519-745-3709	kdchc.org	mail@kdchc.org	Downtown Kitchener
Woolwich Community Health Centre	Phone: 519-664-3794 Fax: 519-664-2182	wchc.on.ca		Woolwich Township (check website for details)
Wellesley Township Community Health Centre (Satellite of Woolwich Community Health Centre)	Phone: 519-656-9025 Fax: 519-656-9027	wchc.on.ca		Wellesley Township (check website for details)

Family Health Teams (FHT)

A Family Health Team is an approach to primary health care that brings together different health care providers to coordinate quality of care. They are designed to give doctors support from other health professionals. Rostered patients have access to the services of a Registered Dietitian free of charge.

Centre for Family Medicine	Phone: 519-578-2100	Fax: 519-578-2109	family-medicine.ca
New Vision Family Health Team	Phone: 519-578-3510	Fax: 519-578-6040	newvisionhealth.ca
Grandview Medical Centre	Phone: 519-623-4200	Fax: 519-623-2546	gmcft.ca
Two Rivers Family Health Team	Phone: 519-629-3388	Fax: 519-629-4630	tworiversfht.ca
Mango Tree Family Health Team	Phone: 519-224-0540	Fax: 519-224-0546	mangotreefht.com

For more information about Family Health Teams, call:

Service Ontario Infoline	Phone: 1-416-314-5518	Fax: 1-416-327-8497
	Toll-free: 1-866-532-3161	TTY: 1-800-387-5559

Health Service Organizations (HSO)

HSO's provide primary health care services to rostered members and encourage a multi-disciplinary approach to care with an emphasis on health promotion and illness prevention. The services of a Registered Dietitian are available to patients free of charge. HSO's in Waterloo Region include:

Elmira Medical Centre	Phone: 519-669-5493	Fax: 519-669-5901
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Health Organizations

The following are organizations that provide information, resources, and support services to help people with specific health issues and related dietary concerns.

Organization	National/Provincial Contact Info	Local Contact Info	Website
Canadian Cancer Society	National 1-888-939-3333 Ontario 1-800-268-8874 info@cancer.ca (cancer information and support) connect@cancer.ca (general inquiries)	519-249-0074 waterloo-wellington@ontario.cancer.ca	cancer.ca
Canadian Celiac Association	1-800-363-7296 info@celiac.ca	519-745-5016 kwceliac@sympatico.ca	celiac.ca
Canadian Liver Foundation	1-800-563-5483 clf@liver.ca	416-491-3353	liver.ca
Canadian Lung Association	National 1-888-566-5864 info@lung.ca Ontario 613-569-6411		lung.ca
Canadian Mental Health Association	1-800-875-6213 (toll-free in Ontario) info@ontario.cmha.ca info@cmha.ca	1-844-264-2993	cmha.ca
Canadian Pediatric Society	1-613-526-9397 info@cps.ca		cps.ca
Crohn's & Colitis Canada	1-800-387-1479 support@crohnsandcolitis.ca	waterlooregion@crohnsandcolitis.ca	crohnsandcolitis.ca
Diabetes Canada	1-800-226-8464 info@diabetes.ca	kitcheneroffice@diabetes.ca	diabetes.ca
Heart and Stroke Foundation of Canada	National 1-888-473-4636 Ontario 416-489-7111		heartandstroke.ca
The Kidney Foundation of Canada	National 1-800-361-7494 info@kidney.ca Ontario 1-800-387-4474 ontario@kidney.ca	905-278-3003	kidney.ca
National Eating Disorder Information Centre	1-866-633-4220 nedic@uhn.ca	416-340-4156	nedic.ca
Osteoporosis Canada	1-800-463-6842 info@osteoporosis.ca		osteoporosis.ca
Ostomy Canada Society	1-888-969-9698 info1@ostomycanada.ca	416-696-2663	ostomycanada.ca

Community Based Food Skill Programs	Description
Peer Health Workers regionofwaterloo.ca/en/health-and-wellness/peer-program.aspx Phone: 519-575-4400 Email: peer@regionofwaterloo.ca	Several peer-led programs offer free cooking groups, workshops, and other food-related activities in various community locations. Programs focus on building food skills and making healthy eating accessible while building social connections.

Grocery Store Dietitian Services

Loblaw Registered Dietitian Services

zehrs.ca/dietitians

A resource to compliment services provided by other health care providers. Multiple programs and informational sessions including:

- Cooking classes
- Group workshops on a variety of topics, such as diabetes, heart health, and weight management
- Nutrition consultations (fee applies - may be covered by insurance)
- Private grocery store tours (fee applies - may be covered by insurance)

Find a dietitian at a Zehrs near you at: zehrs.ca/dietitians

For more information call 519-575-4400 (TTY 519-575-4608) or visit regionofwaterloo.ca/ph.

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