

# STAY ON YOUR FEET

## Nutrition Programs and Services in West Nipissing



### Dietitian Support

#### West Nipissing General Hospital, Outpatient Nutrition Counseling Service

**Phone:** 705-753-3110 ext 273

**Location:** 725 Coursol Rd., Sturgeon Falls

Health Professional referral is preferred, however, self-referrals will be accepted. Provides one-on-one counseling with outpatient dietitian. Client must reside in West Nipissing. OHIP coverage.

#### West Nipissing Community Health Centre

**Phone:** 705-753-0151

**Location:** 68 Michaud St., Sturgeon Falls

Must be a registered client and a resident of West Nipissing. Provides one-on-one counseling and nutritional assessments. OHIP coverage.

#### West Nipissing Family Health Team

**Phone:** 705-753-5775

**Location:** 172 Ethel St., Unit 4, Sturgeon Falls

Must be a registered client with the Family Health Team. Can self-refer. Provides one-on-one counseling with outpatient dietitian. OHIP coverage.

#### Health811 (previously Telehealth Ontario)

**Phone:** 811

**Online:** [health811.ontario.ca](https://health811.ontario.ca)

Telephone or online support, covered by OHIP.



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### Ontario Health atHome - North East

**Phone:** 310-2222 (no area code)

Support for clients who are homebound, covered by OHIP.

### Shoppers Drug Mart Online Dietitian Services

**Phone:** 1-844-668-6012

**Online:** Search for Shoppers Drug Mart dietitian services.

Telephone appointment for a variety of program options, for a fee.

## Community Food Programs

### Meals on Wheels

**Phone:** 705-753-7116

Hot meals delivered by volunteers who provide regular social contact and a security check to eligible people. Fee for service applies.

## Emergency Food Services

### West Nipissing Food Bank

**Phone:** 705-840-8680

**Location:** 109 Third St., Sturgeon Falls

Open from 9 am - noon every first and third Wednesday of the month.

**For more information:**

**[soyf@healthunit.ca](mailto:soyf@healthunit.ca) or**

**1-800-563-2808 ext. 5210**



North Bay Parry Sound District

**Health Unit**



**Bureau de santé**  
du district de North Bay-Parry Sound