



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 for professionals and agencies in the region.

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[www.hpepublichealth.ca](http://www.hpepublichealth.ca)

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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 – registered dietitians. Registered dietitians (RDs) are university-trained health professionals specializing in foods and nutrition. Guided by a code of ethics and regulated by the College of Dietitians of Ontario, RDs provide nutrition information you can trust.

AGENCY/PROGRAM	SERVICES	CAN CLIENTS SELF-REFER?	SPECIAL NOTES
<b>DIETITIAN SERVICES</b>			
<b>ALL HASTINGS &amp; PRINCE EDWARD COUNTIES</b>			
<p><b>Hastings Prince Edward Public Health</b>            179 North Park Street            Belleville, ON K8P 4P1            Phone: 613-966-5500                  ext. 610            Healthy Life Line            Website:  <a href="http://www.hpepublichealth.ca/">www.hpepublichealth.ca/</a></p>	<p>Public health dietitians provide general healthy eating resources and consultation to community agencies and to the public (those with clinical requests are directed to clinical RDs in the client's geographic area and to Eat Right Ontario).</p> <p>Topics for programs, consultation and resources include food security, food skills, the built environment, healthy schools and healthy workplaces.</p>	Yes	Public health dietitians do not provide one-on-one nutrition counselling services.
<p><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</p>	Individual and group counselling available in therapeutic nutrition (e.g. weight management, diabetes, cancer, etc.).	Yes	Fee for service.
<p><b>Quinte and District Rehabilitation Inc.</b>            106-11 Bay Bridge Road            Belleville, ON K8P 3P6            Phone: 613-966-5015</p>	In-home nutrition counselling provided for patients who are referred by the Community Care Access Centre (CCAC). Also private and corporate counselling available by individual request.	Yes, through CCAC	Services available throughout Hastings and Prince Edward Counties.

AGENCY/PROGRAM	SERVICES	CAN CLIENTS SELF-REFER?	SPECIAL NOTES
<b>DIETITIAN SERVICES</b>			
<b>BELLEVILLE</b>			
<b>Quinte Health Care (QHC) Belleville General Hospital</b> 265 Dundas Street East Belleville, ON K8N 1E2 Phone: 613-969-7400 ext. 2486 Fax: 613-961-2514	<p>In-patient: Individual nutrition assessments, treatment, support and counselling on clinical nutrition issues are provided by a registered dietitian.</p> <p>Out-patient: An appointment is required for individual counselling for all ages on clinical nutrition issues by a registered dietitian. Follow-up appointments are booked if necessary.</p>	<p>Yes</p> <p>Yes</p>	
<b>QHC Diabetes Education &amp; Management Program</b>  <b>Belleville General Site:</b> WCA 1 8 am - 4 pm Monday to Friday 265 Dundas Street East Belleville, ON K8N 1E2 Phone: 613-969-7400 ext. 2028  <b>Trenton Memorial Site:</b> 8 am - 4 pm Tuesday to Thursday 242 King Street Trenton, ON K8V 3X1 Phone: 613-969-7400 ext. 5371 E-mail: <a href="mailto:diabetes@qhc.on.ca">diabetes@qhc.on.ca</a>	<p>Group classes: Lifestyle Class for Blood Sugar Management and a Diabetes Introduction Class provided by a registered dietitian.</p> <p>Individual appointments: An appointment is required for individual counselling for all ages by a registered dietitian. Follow-up appointments are booked if necessary.</p> <p>Community group sessions: Upon request.</p>	<p>Yes</p>	

AGENCY/PROGRAM	SERVICES	CAN CLIENTS SELF-REFER?	SPECIAL NOTES
<b>DIETITIAN SERVICES</b>			
<p><b>Belleville &amp; Quinte West Community Health Centre (CHC)</b></p> <p><b>Belleville Site:</b> 161 Bridge Street West Belleville, ON K8P 1K2 Phone: 613-962-0000 ext. 233 Fax: 613-962-4149 Website: <a href="http://www.bqwchc.com">www.bqwchc.com</a></p>	<p>Individual counselling with a registered dietitian is available for those with high blood pressure, high cholesterol, diabetes and other conditions.</p> <p>New programs are being offered regularly. For a complete list of CHC programs please visit our website.</p>	Yes	<p>For community members who are not clients of the CHC, counselling will depend on availability of the dietitians and will be assessed on an individual basis.</p> <p>Programs are free but registration is required. Please call.</p>
<p><b>Belleville Nurse Practitioner-Led Clinic</b> 231 Front Street Belleville, ON K8N 2Z4 Phone: 613-779-7304</p>	<p>Services include direct patient counselling for all ages on topics including chronic disease education and management, weight loss/weight management, general nutrition and health promotion.</p> <p>Clinic team includes nurse practitioner, registered nurse, registered dietitian, social worker, pharmacist and collaborating physicians.</p>	Yes, but must be a registered patient of the clinic	Services are available to any patient finding it difficult or without access to primary health care.
<p><b>Queen's Family Health Team</b></p> <p><b>Belleville Site:</b> 145 Station Street Belleville, ON K8N 2S9 Phone: 613-771-1910 ext. 133</p>	Nutrition counselling is available for the patients of the physicians who are part of the Queen's Family Health Team – Belleville site.	No	A referral to the registered dietitian is required from the physician.

AGENCY/PROGRAM	SERVICES	CAN CLIENTS SELF-REFER?	SPECIAL NOTES
<b>DIETITIAN SERVICES</b>			
<b>QUINTE WEST</b>			
<p><b>Belleville &amp; Quinte West Community Health Centre (CHC)</b></p> <p><b>Trenton Site:</b> Community Dietitian 70 Murphy Street Trenton, ON K8V 0A8 Phone: 613-965-0698 ext. 139 Fax: 613-965-0570 Website: <a href="http://www.bqwchc.com">www.bqwchc.com</a></p> <p><b>Program Information:</b> Phone: 613-962-0000 ext. 233</p>	<p>Individual counselling with a registered dietitian is available for those with high blood pressure, high cholesterol, diabetes and other conditions.</p> <p>New programs are being offered regularly. For a complete list of CHC programs please visit the website.</p>	Yes	<p>For community members who are not clients of the CHC, counselling will depend on availability of the dietitians and will be assessed on an individual basis.</p> <p>Programs are free but registration is required.</p> <p>Call for program information.</p>
<p><b>Brighton/Quinte West Family Health Team (FHT)</b></p> <p><b>Trenton Site:</b> 80 Catherine Street Trenton, ON K8V 6N8 Phone: 613-475-1555 Website: <a href="http://www.bqwfht.ca">www.bqwfht.ca</a></p>	<p>Individual counselling in Diabetes Education, Weight Management, Renal (early stage CKD), and Lipid Management.</p> <p>Group education: For a complete list of education sessions available contact the office or visit the website.</p>	Yes, but must be rostered with the FHT	
<p><b>Canada Prenatal Nutrition Program (CPNP)</b> <b>Food For You: Food For Two</b> Quinte West Youth Centre 2 Wooler Road Trenton, ON K8V 4J4</p>	<p>Drop-in program for expectant parents and families with new babies. Participants may receive grocery and milk vouchers, and free prenatal vitamins.</p>	Yes	<p>Must enter the program prenatally, but may attend until baby is 6 months.</p> <p>Child care is provided and free transport can be arranged.</p>

AGENCY/PROGRAM	SERVICES	CAN CLIENTS SELF-REFER?	SPECIAL NOTES
<b>DIETITIAN SERVICES</b>			
Phone: 613-966-5500 or 1-800-267-2803 ext. 675 TTY: 711 or 1-800-267-6511	Wednesdays: 10:00 am - 12:00 pm.  Registered nurse is available weekly to answer questions related to healthy eating, baby care or other concerns. A registered nurse is available monthly for nutrition education.		
<b>Quinte Health Care Trenton Memorial Hospital</b> 242 King Street Trenton, ON K8V 3X1 Phone: 613-392-2540 ext. 5352 Fax: 613-961-5526	In-patient: Individual nutrition assessments, treatment, support and counselling on clinical nutrition issues are provided by a registered dietitian.  Out-patient: An appointment is required for individual counselling for all ages on clinical nutrition issues by a registered dietitian. Follow-up appointments are booked if necessary.	Yes           Yes	
<b>NORTH HASTINGS</b>			
<b>Bancroft Family Health Team</b> 19 Oak Street Bancroft, ON K0L 1C0 Phone: 613-332-6783 ext. 233	Chronic disease management programs are offered by registered dietitians and nurses. Programs include: <ul style="list-style-type: none"> <li>• Hypertension,</li> <li>• Pain Clinic, and</li> <li>• Diabetes.</li> </ul> Individual counselling for most clinical nutrition referrals	Yes          Yes	



AGENCY/PROGRAM	SERVICES	CAN CLIENTS SELF-REFER?	SPECIAL NOTES
<b>DIETITIAN SERVICES</b>			
	available.		
<b>Canada Prenatal Nutrition Program (CPNP)</b> <b>Food For You: Food For Two</b> North Hastings Children's Services / Ontario Early Years Centre 20 Hastings Heritage Trail Bancroft, ON K0L 1C0 Phone: 613-332-4555	Drop-in program for expectant parents and families with new babies. Participants may receive grocery and milk vouchers, and free prenatal vitamins.  Tuesdays: 10:00 am - 12:00 pm.  A registered dietitian and registered nurse are available to answer questions related to healthy eating, baby care or other concerns.	Yes	Must enter the program prenatally, but may attend until baby is 6 months.  Child care is provided and free transport can be arranged.
<b>North Hastings Family Health Team</b> Box 418, 1P Manor Lane Bancroft, ON K0L 1C0 Phone: 613-332-5692 ext. 224	Individual counselling for clinical nutrition referrals. Community-based presentations available upon request.  Community Groups: Healthy You: Weight Management Program.  Heart Healthy Classes in conjunction with the Cardiac Rehab program. Offered every 2 months.  Living Well Self-Management Programs. Offering Chronic Diseases and Chronic Pain programs twice per year.  Individual appointments with RD and Diabetes Nurse Educator.	Yes          Yes	Services are available for rostered patients and residents living in North Hastings.

AGENCY/PROGRAM	SERVICES	CAN CLIENTS SELF-REFER?	SPECIAL NOTES
<b>DIETITIAN SERVICES</b>			
<b>CENTRAL HASTINGS</b>			
<p><b>Central Hastings Family Health Team</b></p> <p><b>Madoc Site:</b> Tri Medical Centre 52 St. Lawrence Street East Main Floor Madoc, ON K0K 2K0 Phone: 613-473-4134</p> <p><b>Marmora Site:</b> Marmora Medical Centre 1 Madoc Street, Box 520 Marmora, ON K0K 2M0 Phone: 613-472-6131</p> <p><b>Gilmour Site:</b> Gilmour Medical Centre 371 Weslemkoon Lake Road RR2 Gilmour, ON K0L 1W0 Phone: 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 RD for one on one counselling.</p> <p>Group classes are also available.</p> <p>Healthy Eating class runs quarterly discussing healthy weights, cholesterol, label reading and more.</p> <p>DASH class focuses on sodium and heart healthy eating.</p>	<p>No</p> <p>Yes</p>	<p>Services are available for rostered patients only.</p>
<p><b>Gateway Community Health Centre (CHC)</b> 41 McClellan Road Bag Service #99 Tweed, ON K0K 3J0 Phone: 613-478-1211 Website: <a href="http://www.gatewaychc.org/">www.gatewaychc.org/</a></p>	<p>Individual counselling with a registered dietitian available for those with high blood pressure, high cholesterol, diabetes or seeking weight loss support. Group presentations providing nutrition information are available upon request.</p> <p>The Pole Walking Program, Diabetes Education Program, Community Garden and Community Kitchens are offered regularly throughout the year.</p>	<p>Yes</p>	<p>Services are available for rostered clients as well as residents of Central Hastings.</p>

AGENCY/PROGRAM	SERVICES	CAN CLIENTS SELF-REFER?	SPECIAL NOTES
<b>DIETITIAN SERVICES</b>			
	These programs are free and open to anyone in the community. For a complete list of CHC programs please visit the website.		
<b>TYENDINAGA</b>			
<b>Tyendinaga Diabetes Education Program (DEP)</b> Community Wellbeing Centre 50 Meadow Drive Tyendinaga, ON K0K 1X0 Phone: 613-967-3603 Fax: 613-962-4210	Individual and group sessions Type 1 and Type 2 Diabetes management. Services for prediabetes and high risk individuals are also available.	Yes	
<b>WEST OF HASTINGS COUNTY</b>			
<b>Brighton/Quinte West Family Health Team</b>  <b>Brighton Site:</b> 170 Main Street Brighton, ON K0K 1H0 Phone: 613-475-1555 Website: <a href="http://www.bqwfht.ca">www.bqwfht.ca</a>	Individual counselling in Diabetes Education, Weight Management, Renal (early stage CKD), and Lipid Management.  Group education: For a complete list of education sessions available contact the office or visit the website.	Yes, but must be rostered with the FHT	Group classes may be offered, call for information.
<b>Campbellford Memorial Hospital</b> 146 Oliver Road Campbellford, ON K0L 1L0 Phone: 705-653-1140 ext. 2132	In-patient: Instruction on therapeutic diets.  Out-patient: Instruction in normal and clinical nutrition, diabetes, cholesterol, and weight management.	No  Yes	

AGENCY/PROGRAM	SERVICES	CAN CLIENTS SELF-REFER?	SPECIAL NOTES
<b>DIETITIAN SERVICES</b>			
<b>PRINCE EDWARD COUNTY</b>			
<p><b>Prince Edward Family Health Team</b> 35 Bridge Street Picton, ON K0K 2T0 Phone: 613-476-0400 ext. 211 Fax: 1-866-476-0425 Website: <a href="http://www.pefht.ca">www.pefht.ca</a></p>	<p>Individual counselling for clinical nutrition (weight management, general healthy eating, dyslipidemia, diabetes, celiac, etc.).</p> <p>Community presentations and grocery store tours on request in Prince Edward County.</p>	<p>Yes</p>	<p>Group classes may be offered. Please call for more information.</p>
<p><b>Quinte Health Care Prince Edward County Memorial Hospital</b> P.O. Box 1900 Picton, ON K0K 2T0 Phone: 613-969-7400 ext. 2486 Fax: 613-476-8600</p>	<p>In-patient: Individual nutrition assessments, treatment, support and counselling on clinical nutrition issues are provided by a registered dietitian.</p> <p>Out-patient: An appointment is required for individual counselling for all ages on clinical nutrition issues by a registered dietitian. Follow-up appointments are booked if necessary.</p>	<p>Yes</p> <p>Yes</p>	

## 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 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.

**Name** Gail Anderson, RD  
**Contact** 613-392-2540 ext. 5352; [ganderson@qhc.on.ca](mailto:ganderson@qhc.on.ca)  
**Location** Belleville, Trenton  
**Time available** Evenings  
**Areas of expertise** General nutrition; heart disease; diabetes

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

**Name** Allison Phillips, RD  
**Contact** 613-827-0606; [aphillipsrd@gmail.com](mailto:aphillipsrd@gmail.com)  
**Location** Quinte area  
**Time available** Daytime & evenings  
**Areas of expertise** General healthy eating; weight management; diabetes; oncology; early years & infant nutrition

**Name** Sarah Rubin, RD  
**Contact** 705-772-3885  
**Location** Campbellford and surrounding area  
**Time available** Evenings  
**Areas of expertise** General healthy eating; diabetes; cholesterol & heart health

## **SECTION 2:**

# **Nutrition Information for Medical Concerns**

## DIABETES EDUCATION

### Canadian Diabetes Association (CDA)

The Quinte Branch office of the CDA has cookbooks available to purchase as well as a library where books can be taken out on loan for three weeks. A Spring Symposium is held annually in the Quinte area with guest speakers including a registered dietitian.

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

Quinte Branch  
49 Millennium Parkway  
Belleville, ON K8N 4Z5  
Phone: 613-962-6520

E-mail: [info@diabetes.ca](mailto:info@diabetes.ca)

National: 1-800-BANTING (226-8464) Website: [www.diabetes.ca](http://www.diabetes.ca)

## FOOD ALLERGIES AND CELIAC DISEASE

### Allergy/Asthma Information Association

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

Head office:  
21 Four Season Place  
Suite 133  
Toronto, ON M9B 6J8  
Phone: 416-621-4571

Toll-free: 1-800-611-7011  
E-mail: [admin@aaia.ca](mailto:admin@aaia.ca)  
Website: [www.aaia.ca](http://www.aaia.ca)

### 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.

2 Demaris Avenue  
Downsview, ON M3N 1M1  
Hotline: 416-633-2215  
Information pamphlets are available on the website.

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

## **Anaphylaxis 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.

2005 Sheppard Avenue East  
Suite 800  
Toronto, ON M2J 5B4  
Phone: 416-785-5666

Toll-free: 1-866-785-5660  
E-mail: [info@anaphylaxis.ca](mailto:info@anaphylaxis.ca)  
Website: [www.anaphylaxis.org](http://www.anaphylaxis.org)

## **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  
Phone: 1-800-929-4040

E-mail: [contactfare@allergy.org](mailto:contactfare@allergy.org)  
Website: [www.foodallergy.org](http://www.foodallergy.org)

## **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.

### **Belleville & Quinte Chapter**

Karen Brooks, President  
Box 293, 18 Wesley Acres Road  
Bloomfield, ON K0K 1G0  
Phone: 613-393-3010

### **National:**

5025 Orbitol Drive  
Bldg 1 – Suite 400  
Mississauga, ON L4W 4Y5  
Phone: 905-507-6208

Toll-free: 1-800-363-7296  
E-mail: [karenybrooks@sympatico.ca](mailto:karenybrooks@sympatico.ca)  
Website: [www.celiac.ca](http://www.celiac.ca)



## EATING DISORDERS

### **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  
E-mail: [nedic@uhn.on.ca](mailto:nedic@uhn.on.ca)  
Website: [www.nedic.ca](http://www.nedic.ca)

### **Bulimia, Anorexia Nervosa Association (BANA)**

Provides information; support; individual, family, and group therapy; and referral services for individuals with eating disorders and their families.

1500 Ouellette Avenue  
Suite 100  
Windsor, ON N8X1K7  
Phone: 519-969-2112

E-mail: [info@bana.ca](mailto:info@bana.ca)  
Website: [www.bana.ca](http://www.bana.ca)

### **Hotel Dieu Hospital: Adult Eating Disorder Clinic**

The clinic services out-patients 18 years of age and older. The primary out-patient treatment offered is group therapy. Individual therapy and relationship therapy is also available.

Group therapy offered:      Recovery Group  
   Self Esteem Group  
   Goal Setting Group

Information for families and friends of clients is available. Referrals are accepted from a variety of health professionals. The involvement of a family physician is required for medical monitoring.

166 Brock Street  
Kingston, ON K7L 5G2  
Phone: 613-544-3400 ext. 2506

Referrals only – Fax: 613-548-6095

## **Hotel Dieu Hospital: Child & Adolescent Treatment Centre, Eating Disorders Clinic**

The clinic services children 5 to 17 years of age. It offers assessment and treatment to children and adolescents who have psychiatric disorders, including an out-patient Eating Disorder Clinic. Referrals are accepted from a family physician.

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

Referrals only – Fax: 613-544-7623

## **Women's Health Care Centre Peterborough Regional Health Centre**

Eating Disorder Program. This program provides out-patient services to people who have eating disorders such as anorexia and bulimia. Individual and group therapy for clients 18 years of age and over and their families. Able to work with other agencies or service providers to develop treatment plans for people with eating disorders. The program approach uses a multi-disciplinary team.

Women's Health Care Centre  
1 Hospital Drive  
Peterborough, ON K9J 7C6

To access services for adults:  
Toll-free: 1-800-419-3111

Women's Health Care Centre  
Phone: 705-743-4132

Family & Youth Clinic:  
Phone: 705-876-5114

## **Youth Habilitation Quinte Inc.**

Counsellor has a Social Work Degree and primarily accepts referrals for individuals 16 to 24 years of age. There are also consultations with some individuals over 24 years of age on an exception basis. Individuals requiring counselling can self-refer, or be referred by a community member (e.g. physician, counsellor, family, friend etc.) if they suspect or have been diagnosed with an eating disorder.

210A Front Street  
Belleville, ON K8N 2Z2  
Phone: 613-969-0830 ext. 246

Contact: Deeda Oddie, Mental Health  
Counsellor  
Website: [www.youthab.ca](http://www.youthab.ca)

## **Peterborough Family & Youth Support Group**

Peterborough Regional Health Centre (for youth 18 and under)  
Family & Youth Support Group  
Phone: 705-743-2121

## **Stevenson, Waplak & Associates**

Private company. 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.

72 Orchard Drive  
Belleville, ON K8P 2K7  
Phone: 613-967-0545

E-mail: [julie@swa-qch.com](mailto:julie@swa-qch.com)  
Website: <http://stevensonwaplak.com/swa>

## **BridgeCross Residential Treatment Centre for Eating Disorders**

A residential and out-patient program for girls and young women run by Stevenson, Waplak & Associates.

72 Orchard Drive  
Belleville, ON K8P 2K7  
Phone: 613-779-6304

E-mail: [julie@swa-qch.com](mailto:julie@swa-qch.com)  
Website: <http://stevensonwaplak.com/bridgecross/>

## **Insight to Action Counselling Services**

Julie M. Sweeney, RPCc  
Registered Professional Counsellor  
Disordered Eating/Body Image/Self Esteem

Phone: 250-889-3444

E-mail: [juliemsweeney@gmail.com](mailto:juliemsweeney@gmail.com)  
Website: [www.juliemsweeney.com](http://www.juliemsweeney.com)

## OTHER HEALTH CONCERNS

### Canadian Cancer Society, Quinte Chapter

Providing 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.

97 Hanna Court South  
Suite 1  
Belleville, ON K8P 5H2  
Phone: 613-962-0686  
TTY: 1-866-786-3934  
Mon to Fri 9 am to 5 pm

Toll-free: 1-800-385-5457  
E-mail: [hastings@ontario.cancer.ca](mailto:hastings@ontario.cancer.ca)  
Website: [www.cancer.ca](http://www.cancer.ca)

### 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  
E-mail: [info@cysticfibrosis.ca](mailto:info@cysticfibrosis.ca)  
Website: [www.cysticfibrosis.ca](http://www.cysticfibrosis.ca)

### 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.

**Eastern Ontario Regional Office**  
1500 Bank Street  
Suite 641  
Ottawa, ON K1H 1B8  
Phone: 1-844-316-6990  
613-489-5255

Contact Person: Harmony Mason  
E-mail: [hmason@liver.ca](mailto:hmason@liver.ca)  
Website: [www.liver.ca](http://www.liver.ca)

**National Office**  
3100 Steeles Avenue East  
Suite 801  
Markham, ON L3R 8T3

Toll-free: 1-800-563-5483  
E-mail: [clf@liver.ca](mailto:clf@liver.ca)

## **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)

## **Heart and Stroke Foundation of Ontario**

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

Local Branch:  
121 Dundas Street East  
Suite 106-A  
Belleville, ON K8N 1C3  
Phone: 613-962-2502

Contact: Sharon Mindle  
E-mail: [smindle@hsf.on.ca](mailto:smindle@hsf.on.ca)  
Website: [www.heartandstroke.ca](http://www.heartandstroke.ca)

## **HIV/AIDS Program**

Provides information about the AIDS virus. Referrals are provided for information on food and nutrition.

Hastings Prince Edward Public Health  
179 North Park Street  
Belleville, ON K8P 4P1  
Phone: 613-966-5500

Toll-free: 1-800-267-2803  
Website: [www.hpepublichealth.ca](http://www.hpepublichealth.ca)

## **Belleville Dialysis Unit**

Hemo-dialysis clinic operated by Kingston General Hospital. A registered dietitian from KGH attends the clinic for scheduled monthly review with patient and medical team and provides nutrition counselling and follow up.

345 College Street East  
Belleville, ON K8N 5S7  
Phone: 613-966-2300

Contact: Anne Larson  
E-mail: [larsona@kgh.kari.net](mailto:larsona@kgh.kari.net)

## 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.

### The Kidney Foundation of Canada Kingston Chapter

PO Box 24003  
Kingston, ON K7L 0B4  
Phone: 613-542-2121

**National:**  
1-800-387-4474 ext. 4400

Contact Person: Kerry McCloy  
E-mail: [kmccloy@kidney.on.ca](mailto:kmccloy@kidney.on.ca)  
Website: [www.kidney.on.ca](http://www.kidney.on.ca)

**Eastern Ontario Branch**  
1376 Bank Street  
Suite 401  
Ottawa, ON K1H 7Y3  
Phone: 613-724-9953

Toll-free: 1-800-724-9953  
E-mail: [kidney@kidney.on.ca](mailto:kidney@kidney.on.ca)

## Osteoporosis Canada

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

1090 Don Mills Road  
Suite 301  
Toronto, ON M3C 3R6  
Phone: 416-696-2663

Toll-free: (English) 1-800-463-6842  
Toll-free: (French) 1-800-977-1778  
E-mail: [info@osteoporosis.ca](mailto:info@osteoporosis.ca)  
Website: [www.osteoporosis.ca](http://www.osteoporosis.ca)

Ontario Osteoporosis Strategy  
Area Manager (Kingston)

Contact: Sharon Lewis  
E-mail: [slewis@osteoporosis.ca](mailto:slewis@osteoporosis.ca)

## 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.

2907 Portland Drive  
Oakville, ON L6H 554  
Phone: 905-829-6003

E-mail: [helpdesk@canbrands.ca](mailto:helpdesk@canbrands.ca)  
Website: [www.canbrands.ca](http://www.canbrands.ca)

### Specialty Food Shop

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

Products available fall into the following categories:

- Energy boosting
- Infant feeding supplies
- Enteral feeding supplies
- Allergen-free foods
- Infant formulas
- Low protein foods & formulas
- Gluten & wheat-free foods
- Thickening products

Hospital for Sick Children  
555 University Avenue  
Toronto, ON M5G 1X8  
Phone: 416-813-5294

Toll-free: 1-800-737-7976  
Website: [www.specialtyfoodshop.com](http://www.specialtyfoodshop.com)

### El Peto Products

A gluten-free baking outlet store that provides gluten and wheat-free products. Also manufacture corn-yeast-sugar-soya and milk-free goods. You can order gluten-free products in person, by e-mail, telephone, or fax. Recipes, cookbooks and fresh baked goods are also available. Delivery is available as well.

65 Saltsman Drive  
Cambridge, ON N3H 4R7  
Fax: 519-650-5692

Toll-free: 1-800-387-4064 ext.227  
E-mail: [sales@elpeto.com](mailto:sales@elpeto.com)  
Website: [www.elpeto.ca](http://www.elpeto.ca)