

# STAY ON YOUR FEET

## Nutrition Programs and Services in Mattawa



### Dietitian Support

#### Mattawa Family Health Team Dietitian

**Phone:** 705-744-6000

**Location:** 217 Turcotte Park Rd., Mattawa

Provides nutrition therapy and support with managing many conditions, covered by OHIP

#### Health Connect Ontario (previously Telehealth Ontario)

**Phone:** 811

**Online:** [healthconnectontario.health.gov.on.ca](https://healthconnectontario.health.gov.on.ca)

Telephone or online support, covered by OHIP.

#### Home and Community Care Support Services - North East

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

Support for clients who are home bound, 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.

### Emergency Food Services

#### Mattawa and Area Food Bank

**Phone:** 705-744-6706

**Location:** 454 Hurdman St., Mattawa

Contact for details

*Current as of March 13, 2023*



North Bay Parry Sound District

**Health Unit**



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

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### Community Food Programs

#### Meals on Wheels

**Phone:** 705-744-5511 ext 2258

**Location:** 217 Turcotte Park Rd., Mattawa

Hot meal delivery or pick up twice per week, for a fee.

#### Mattawa Community Garden

**Phone:** 705-744-6000

**Location:** 217 Turcotte Park Rd., Mattawa

Provides a space for people to garden, access fresh produce, and connect with others. Drop-in sessions Wednesdays from 2-4 pm during the gardening season, no cost, registration required.

#### Mattawa Family Health Team Nutrition Workshops

**Phone:** 705-744-6000

**Location:** 271 Turcotte Park Rd., Mattawa

Offered seasonally on topics such as developing healthy eating habits, and diabetes, covered by OHIP.

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For more information, contact the Health Unit  
at [healthy.living@healthunit.ca](mailto:healthy.living@healthunit.ca) or  
1-800-563-2808 ext. 5210



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