

STAY ON YOUR FEET

Nutrition Programs and Services in West Parry Sound



Dietitian Support

Health Connect Ontario (previously Telehealth Ontario)

Phone: 811

Online: 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 homebound, covered by OHIP.

Diabetes Education Centre

Phone: 705-746-5461

Location: 6 Albert St., Parry Sound

Support for clients with prediabetes and diabetes, 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.

Grocery Delivery

Rotary Club of Parry Sound

Phone: 705-346-4424

Email: rotaryclubofparrysound@gmail.com

Partnered with Sobey's to provide shopping and home delivery of groceries, for a fee.



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Community Food Programs

Mary Street Kitchen

Phone: 705-746-1865

Location: 24 Mary St., Parry Sound Kitchen Club, free of charge.

Harvest Share Community Dinner

Phone: 705-774-9111

Location: 24 Mary St., Parry Sound

CSS Meals on Wheels

Phone: 1-800-883-0058

Location: 21 Belvedere Ave., Parry Sound

Hot and frozen meals, for a fee.

Parry Sound Community Garden

Contact: GClayton@clps.ca

Location: 7 Gardens in the Town of Parry Sound

Provides a space for people to garden and donate portion of produce to people in need, registration required.

Emergency Food Services

Harvest Share

Phone: 705-774-9111

Location: Parry Sound Seniors Centre, 80 James St., Parry Sound
Contact for details.

Salvation Army Food Bank

Phone: 705-746-5391 ext. 225

Location: 61 Gibson St., Parry Sound
Contact for details.

For more information:
healthy.living@healthunit.ca
or 1-800-563-2808 ext. 5210

