

# Looking for Nutritional Help?

We now offer Registered Dietitian services at the following locations. Services include:

- Free Grocery Store Tours on a variety of topics (diabetes, heart health, family nutrition, gluten-free, weight loss and general healthy eating)
- Healthy cooking classes lead by a Dietitian and a Chef (see [www.pccookingschool.ca](http://www.pccookingschool.ca) for schedule)
- A resource to ask nutritional questions to when shopping

For other services and for a calendar of in-store events, please contact the Dietitians for more information

Store	Address	Dietitian	Dietitian Phone	Dietitian Email
Real Canadian Superstore®	201 Oak Park Blvd., Oakville	Karolina Otto	647-973-7598	karolina.otto@loblaw.ca
Real Canadian Superstore®	820 Main St., Milton	Karolina Otto	647-973-7598	karolina.otto@loblaw.ca
Real Canadian Superstore®	15900 Bayview Ave., Aurora	Maxine Silberg	647- 244-1167	maxine.silberg2@loblaw.ca
Real Canadian Superstore®	18120 Yonge St., Newmarket	Maxine Silberg	647- 244-1167	maxine.silberg2@loblaw.ca
Real Canadian Superstore®	3050 Argentia Rd., Mississauga	Huda Rashid	647-631-8958	huda.rashid@loblaw.ca
Real Canadian Superstore®	3045 Mavis Rd., Mississauga	Huda Rashid	647-631-8958	huda.rashid@loblaw.ca
Loblaws®	5970 McLaughlin Rd., Mississauga	Amanda Li	647-338-8946	amanda.li@loblaw.ca
Loblaws®	5010 Glen Erin Dr., Mississauga	Amanda Li	647-338-8946	amanda.li@loblaw.ca
Loblaws®	250 Lakeshore Road W., Port Credit	Amanda Li	647-338-8946	amanda.li@loblaw.ca
Loblaws®	396 St. Clair Ave. W., Toronto	Heather Barnes	647-821-6981	heather.barnes@loblaw.ca
Loblaws®	11 Redway Rd., Toronto	Heather Barnes	647-821-6981	heather.barnes@loblaw.ca
Loblaws®	585 Queen St. W., Toronto	Heather Barnes	647-821-6981	heather.barnes@loblaw.ca
Loblaws®	12 St. Clair Avenue W., Toronto	Heather Barnes	647-821-6981	heather.barnes@loblaw.ca
Loblaws®	3671 Dundas St. W., Etobicoke	Katie Southgate	416- 728-5793	katie.southgate @loblaw.ca
Loblaws®	380 The East Mall, Etobicoke	Katie Southgate	416- 728-5793	katie.southgate @loblaw.ca
Loblaws®	270 The Kingsway, Etobicoke	Katie Southgate	416- 728-5793	katie.southgate @loblaw.ca
Loblaws®	50 Musgrave St., Toronto	Hana Klimczak	416-274-6821	hana.klimczak@loblaw.ca
Loblaws®	650 Dupont St., Toronto	Hana Klimczak	416-274-6821	hana.klimczak@loblaw.ca
Loblaws®	2280 Dundas St. W., Toronto	Hana Klimczak	416-274-6821	hana.klimczak@loblaw.ca
Loblaws®	60 Carlton St., Toronto	Nema McGlynn	416 593-6154 x326	nema.mcglynn@loblaw.ca
Loblaws®	3040 Wonderland Rd. S., London	Charlotte Smith	226-268-7561	charlotte.smith2@loblaw.ca
Loblaws®	1740 Richmond St. N., London	Charlotte Smith	226-268-7561	charlotte.smith2@loblaw.ca
Loblaws®	200 Bullock Dr., Markham	Rowena Leung	416-845-1540	rowena.leung@loblaw.ca
Loblaws®	310 High Tech Rd., Richmond Hill	Rowena Leung	416-845-1540	rowena.leung@loblaw.ca
Loblaws®	10909 Yonge St., Richmond Hill	Rowena Leung	416-845-1540	rowena.leung@loblaw.ca
Loblaws®	5095 Yonge St., North York	Judy Chodirker	416-569-8479	judy.chodirker@loblaw.ca
Loblaws®	2877 Bayview Village, Toronto	Judy Chodirker	416-569-8479	judy.chodirker@loblaw.ca
Loblaws®	3501 Yonge St., North York	Judy Chodirker	416-569-8479	judy.chodirker@loblaw.ca

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Store	Address	Dietitian	Dietitian Phone	Dietitian Email
Loblaws®	17 Leslie St., Toronto	Shannon Richter	416-456-7827	shannon.richter@loblaw.ca
Loblaws®	720 Broadview Ave., Toronto	Shannon Richter	416-456-7827	shannon.richter@loblaw.ca
Loblaws®	10 Lower Jarvis St., Toronto	Shannon Richter	416-456-7827	shannon.richter@loblaw.ca
Loblaws®	301 Moore Ave., Toronto	Shannon Richter	416-456-7827	shannon.richter@loblaw.ca
Loblaws®	1980 Baseline Rd., Ottawa	Christine Devaney	613-218-2821	christine.devaney@loblaw.ca
Loblaws®	1460 Merivale Rd., Ottawa	Christine Devaney	613-218-2821	christine.devaney@loblaw.ca
Loblaws®	2085 Carling Ave., Ottawa	Christine Devaney	613-218-2821	christine.devaney@loblaw.ca
Loblaws®	363 Rideau St., Ottawa	Margaret Hughes	613-853-9387	margaret.hughes@loblaw.ca
Loblaws®	64 Isabella St., Ottawa	Margaret Hughes	613-853-9387	margaret.hughes@loblaw.ca
Loblaws®	100 McArthur Rd., Ottawa	Margaret Hughes	613-853-9387	margaret.hughes@loblaw.ca
Loblaws®	200 Earl Grey Dr., Ottawa	Alexes Papadopoli	613-853-9519	alexes.papadopoli@loblaw.ca
Loblaws®	3201 Greenbank Rd., Ottawa	Alexes Papadopoli	613-853-9519	alexes.papadopoli@loblaw.ca
Loblaws®	59A Robertson Rd., Ottawa	Alexes Papadopoli	613-853-9519	alexes.papadopoli@loblaw.ca
Loblaws®	1980 Ogilvie Rd., Ottawa	Jennifer Ong Tone	613-854-0586	jennifer.ongtone@loblaw.ca
Loblaws®	2210C Bank St., Ottawa	Jennifer Ong Tone	613-854-0586	jennifer.ongtone@loblaw.ca
Loblaws®	1910 St Laurent Blvd., Ottawa	Jennifer Ong Tone	613-854-0586	jennifer.ongtone@loblaw.ca
Loblaws®	1100 Princess St., Kingston	Heather Douglas	613-483-2193	heather.douglas@loblaw.ca
Loblaws®	1048 Midland Ave., Kingston	Heather Douglas	613-483-2193	heather.douglas@loblaw.ca
Loblaws®	2375 Highway #2, Bowmanville	Lindsay Shopman	905-623-2600 ext. 157	lindsay.shopman@loblaw.ca
Loblaws®	12 Hurontario St., Collingwood	Nicole Kiss	705-445-1431 ext. 157	nicole.kiss@loblaw.ca
Loblaws®	400 Kent Street West, Lindsay	Grace Pineau	705-878-4605 ext. 157	grace.pineau@loblaw.ca
Loblaws®	1792 Liverpool Rd., Pickering	Lisa Ireland	905-831-6301 ext. 157	lisa.ireland@loblaw.ca
Zehrs Markets®	500 Holland St. West, Bradford	Amanda Andreevski	705-220-3377	amanda.andreevski@loblaw.ca
Zehrs Markets®	30 King Street South, Alliston	Amanda Andreevski	705-220-3377	amanda.andreevski@loblaw.ca
Zehrs Markets®	123 Pioneer Park, Kitchener	Jennifer Shamblaw	519-489-0721	jennifer.shamblaw@loblaw.ca
Zehrs Markets®	1375 Weber St. East, Kitchener	Jennifer Shamblaw	519-489-0721	jennifer.shamblaw@loblaw.ca
Zehrs Markets®	1005 Ottawa Street, Kitchener	Jennifer Shamblaw	519-489-0721	jennifer.shamblaw@loblaw.ca
Zehrs Markets®	315 Lincoln Road, Waterloo	Kylie Whyte	519-404-2476	kylie.whyte@loblaw.ca
Zehrs Markets®	750 Ottawa St. South, Kitchener	Kylie Whyte	519-404-2476	kylie.whyte@loblaw.ca
Zehrs Markets®	450 Erb St. West, Waterloo	Asil Al-Shaibani	519-489-0726	asil.al-shaibani@loblaw.ca
Zehrs Markets®	555 Davenport Road, Waterloo	Asil Al-Shaibani	519-489-0726	asil.al-shaibani@loblaw.ca
Zehrs Markets®	5890 Malden Road, Windsor	Chantal Brazeau	519-562-9183	chantal.brazeau@loblaw.ca
Zehrs Markets®	300 Main St. East, Kingsville	Chantal Brazeau	519-562-9183	chantal.brazeau@loblaw.ca
Zehrs Markets®	24018 Woodbine Ave. RR # 2, Keswick	Jennifer Ball	905-904-0582	jennifer.ball@loblaw.ca
Zehrs Markets®	323 Toronto St. South, Uxbridge	Jennifer Ball	905-904-0582	jennifer.ball@loblaw.ca
Zehrs Markets®	7201 Tecumseh Rd. East, Windsor	Cindy Dodsworth	519-551-4493	cindy.dodsworth@loblaw.ca
Zehrs Markets®	400 Manning Road, Windor	Cindy Dodsworth	519-551-4493	cindy.dodsworth@loblaw.ca

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Zehrs Markets®	11 Bryne Drive, Barrie	Sonia Carretta	705-220-1604	sonia.carretta@loblaw.ca
Zehrs Markets®	620 Yonge Street, Barrie	Sonia Carretta	705-220-1604	sonia.carretta@loblaw.ca
Zehrs Markets®	201 Cundles Rd. East, Barrie	Natalia Kot	705-220-1603	natalia.kott@loblaw.ca
Zehrs Markets®	472 Bayfield Street, Barrie	Natalia Kot	705-220-1603	natalia.kott@loblaw.ca
Zehrs Markets®	221 Glendale Ave (At Hwy 406), St. Catharines	Jennifer Moodie	905-321-2937	jennifer.moodie@loblaw.ca
Zehrs Markets®	Fairview Mall 285 Geneva St., St. Catharines	Jennifer Moodie	905-321-2937	jennifer.moodie@loblaw.ca
Zehrs Markets®	6940 Morrison Street, Niagara Falls	Emily Foster	289-821-1730	emily.foster@loblaw.ca
Zehrs Markets®	821 Niagara St. North, Welland	Emily Foster	289-821-1730	emily.foster@loblaw.ca
Zehrs Markets®	400 Conestoga Blvd., Cambridge	Julia Pilliar	519-532-2280	julia.pilliar@loblaw.ca
Zehrs Markets®	200 Franklin Blvd, Cambridge	Julia Pilliar	519-532-2280	julia.pilliar@loblaw.ca
Zehrs Markets®	1565 King St. East, Cambridge	Lauren Baker	519-400-2031	lauren.baker@loblaw.ca
Zehrs Markets®	160 Kortright Road West, Guelph	Lauren Baker	519-400-2031	lauren.baker@loblaw.ca
Zehrs Markets®	180 Holiday Inn Drive, Cambridge	Lauren Baker	519-400-2031	lauren.baker@loblaw.ca
Zehrs Markets®	297 Eramosa Road, Guelph	Rebekah Keith	519-400-5163	rebekah.keith@loblaw.ca
Zehrs Markets®	1045 Paisely Road, Guelph	Rebekah Keith	519-400-5163	rebekah.keith@loblaw.ca
Zehrs Markets®	800 Tower Street South, Fergus	Rebekah Keith	519-400-5163	rebekah.keith@loblaw.ca
Zehrs Markets®	410 Fairview Drive, Brantford	Elyse Therrien	519-209-2647	elyse.therrien@loblaw.ca
Zehrs Markets®	290 King George Rd. North/ Hiway24, Brantford	Elyse Therrien	519-209-2647	elyse.therrien@loblaw.ca
Zehrs Markets®	Heritage Mall 50 4th Ave, Orangeville	Elysia Cartlidge	519-215-6743	elysia.cartlidge@loblaw.ca
Zehrs Markets®	487 Queen St. South, Bolton	Elysia Cartlidge	519-215-6743	elysia.cartlidge@loblaw.ca
Zehrs Markets®	400 Simcoe Street, Tillsonburg	Kelly Ferguson	519-550-0219	kelly.ferguson@loblaw.ca
Zehrs Markets®	969 Dundas Street, Woodstock	Kelly Ferguson	519-550-0219	kelly.ferguson@loblaw.ca
Zehrs Markets®	600 Mitchell Rd Hwy 23 South, Listowel	Lauren Harvey	519-301-0827	lauren.harvey@loblaw.ca
Zehrs Markets®	865 Ontario Street, Stratford	Lauren Harvey	519-301-0827	lauren.harvey@loblaw.ca
Zehrs Markets®	289 Coldwater Road, Orillia	Stephanie Varriano	705-345-0935	stephanie.varriano@loblaw.ca
Zehrs Markets®	1150 16th Street East, Owen Sound	Amanda Woods	519-270-1501	amanda.woods@loblaw.ca
Zehrs Markets®	322 Argyle Street South, Caledonia	Jaime Anderson	289-776-9537	jaime.anderson@loblaw.ca
Zehrs Markets®	PO Box 365 Hwy #8, Goderich	Laura McCann	519-955-1904	laura.mccann@loblaw.ca
Zehrs Markets®	3-665 Philip Place Sutton Park Mall, Kincardine	Laura McCann	519-955-1904	laura.mccann@loblaw.ca
Provigo™	16900, aut. Transcanada, Kirkland, Qc	Alessandra Barba	514-383-8800 ext. 157	alessandra.barba@provigo.ca
Loblaws CityMarket™	1650 Lonsdale Ave., North Vancouver, B.C.	Jessica Wang	604-984-2226 ext. 157	jessica.wang2@loblaw.ca
Loblaws®	3711 Joseph Howe Drive, Halifax, N.S.	Anne Marie Armstrong	902-468-8866 ext. 632157	annemarie.armstrong@loblaw.ca