

Headwaters curbs sweet tooth with diabetes-friendly food drive

This November, Headwaters Health Care Centre's Diabetes Program is partnering with Orangeville Food Bank to host a diabetes-friendly food drive in honour of National Diabetes Awareness Month.

This designation is aimed at creating awareness of the symptoms and treatment of the disease.

"The number of people who are impacted by diabetes in this community is growing and it is important to ensure that everyone has access to the proper nutrition they need to help them better manage their health," said Andrea D'Errico, registered dietitian and certified diabetes educator at Headwaters. "We are thrilled to do our part to support families in this community who are in need of a helping hand and a healthy meal."

According to the Ministry of Health and Long-Term Care, there are more than 1.3 million people living with diabetes in Ontario. Ninety per cent of those individuals have Type 2 diabetes, which may be managed with lifestyle changes, such as healthy eating and being physically active, and medication or insulin. The other 10 per cent have Type 1 diabetes and rely on insulin to manage their diabetes.

The Headwaters Diabetes Program offers services for adults and children who have been recently diagnosed with the disease and those who are at risk of developing it. Health care professionals teach patients about the importance of proper nutrition, physical activity, medications and treatment options, and the ongoing care they may require.

The program is gathering high-fibre, low-sugar items for the food drive. These include brown rice, whole wheat pasta, flour, crackers and couscous, quinoa, low sodium canned soup and pasta sauce, plain oats, unsweetened apple sauce, low sugar high fibre cereal, skim milk powder, canned tuna and salmon in water, Splenda, peanut butter, and nuts and seeds. The program is also accepting fresh fruits and vegetables, however, those items must be delivered directly to the Orangeville Food Bank.

Food collection will run until Nov. 14. Items can be dropped off Monday through Friday from 8:30 a.m. to 4:00 p.m. at the Headwaters Diabetes Program at Headwaters Health Care Centre at 100 Rolling Hills Dr. in Orangeville or Tuesdays from 9 a.m. to 2 p.m. only, at the Orangeville Food Bank at 25 Centennial Rd.