

# Pureed Thickened Fluids Diet

Where to buy thickening powders  
and pureed foods in the community

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## Where can I buy thickening powder?

### Rexall [www.rexall.ca](http://www.rexall.ca)

- 370 Wilson Street East, Ancaster, Ontario, L9G 4S4  
Phone: 905-648-4479
- 1119 Fennel Avenue East, Hamilton, Ontario, L8T 1S2  
Phone: 905-383-3386
- 234 Parkdale Avenue North, Hamilton, Ontario, L8H 5X5  
Phone: 905-547-2174
- 4057 New Street, Burlington, Ontario, L7L 1S8  
Phone: 905-637-2880

### Marchese Pharmacy [www.marchesehealthcare.ca](http://www.marchesehealthcare.ca)

- 316 James Street North, Hamilton, Ontario, L8L 1H2  
Phone: 905-528-4201

### Lo Presti Pharmacy

- 770 Concession Street, Hamilton, L8V 1C3  
Phone: 905-383-1587

### Shoppers Drug Mart [www.shoppersdrugmart.ca](http://www.shoppersdrugmart.ca)

- Many locations. Ask the pharmacist for availability.

Ontario Medical Supplies offers home delivery on **full case orders** of thickened products such as Resource Thickened Juice, Resource Dairy Thick and Resource Thickened Water (Honey or Nectar) and Resource Thicken-up.

Phone: 613-244-8620 or 1-800-267-1069 (toll free)

## Services in the community that sell pureed meals

VON Hamilton – Meals on Wheels

You can buy pureed meals on a per meal basis.

414 Victoria Avenue North, Hamilton, Ontario, L8L 5G8

Phone: 905-522-1022

Email: [Hamilton.volunteerservices@von.ca](mailto:Hamilton.volunteerservices@von.ca)

Serves: Hamilton and Stoney Creek

Heart to Home Meals Hamilton (frozen meals only)

Meals delivered to your home.

Phone: 1-855-740-8080

Website: [www.hearttohomemeals.ca](http://www.hearttohomemeals.ca) (for information or to find a local outlet)

Hauser's Pharmacy

Visit or call to purchase pureed meals.

1200 Fourth Avenue

St. Catharines, Ontario

Phone: 905-686-3030

## Helpful websites

Parkinson Society of Canada

Website: [www.parkinson.ca](http://www.parkinson.ca)



Heart and Stroke Foundation

Website: [www.heartandstroke.com](http://www.heartandstroke.com)

ThickenUp Clear can be purchased online in individual canisters or stick packs at [www.shop.nestlehealthscience.ca](http://www.shop.nestlehealthscience.ca)