

Since 1991, Fondation OLO has been taking action and offering nutritional support throughout Quebec to help children get a good start in life and come into this world healthy.

## Poverty in Quebec



In pregnancy:  
Lack money to eat properly and meet the needs of the unborn child  
Need skills to adopt life-long healthy eating habits



## Negative impacts on the child:

- Overall development
- School success
- Health

## The OLO solution: Early action, from pregnancy to family meals

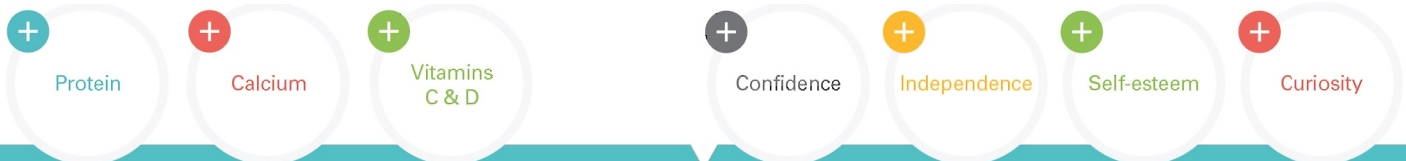


### Helping pregnant women eat better for a healthier baby

Working hand in hand with healthcare and social service professionals and community organizations, we offer customized support and direct assistance through prenatal vitamins and coupons that can be exchanged for food (eggs, milk and orange juice).

### Guiding parents to establish healthy eating habits for their child from the start

We offer educational tools and professional guidance for parents and workers to encourage families to adopt three sound behaviours: **eating well, cooking and having family meals.**



### OLO support is effective and cost-efficient



Risk of a baby being born with a low birthrate reduced by 1.6 times



Cost-effectiveness from birth (savings in hospitalization costs)



Source: Haeck, 2016

### Positive impacts on children



Overall health



Eating habits



Parental attachment



Access to care



Optimal development



School success

### Our reach in Quebec

**600,000** food coupons distributed per year

**15,000** families helped each year

Over **450** OLO practitioners in action

**200,000** healthier babies born in 25 years!

Make a donation!  
[fondationolo.ca](http://fondationolo.ca)

