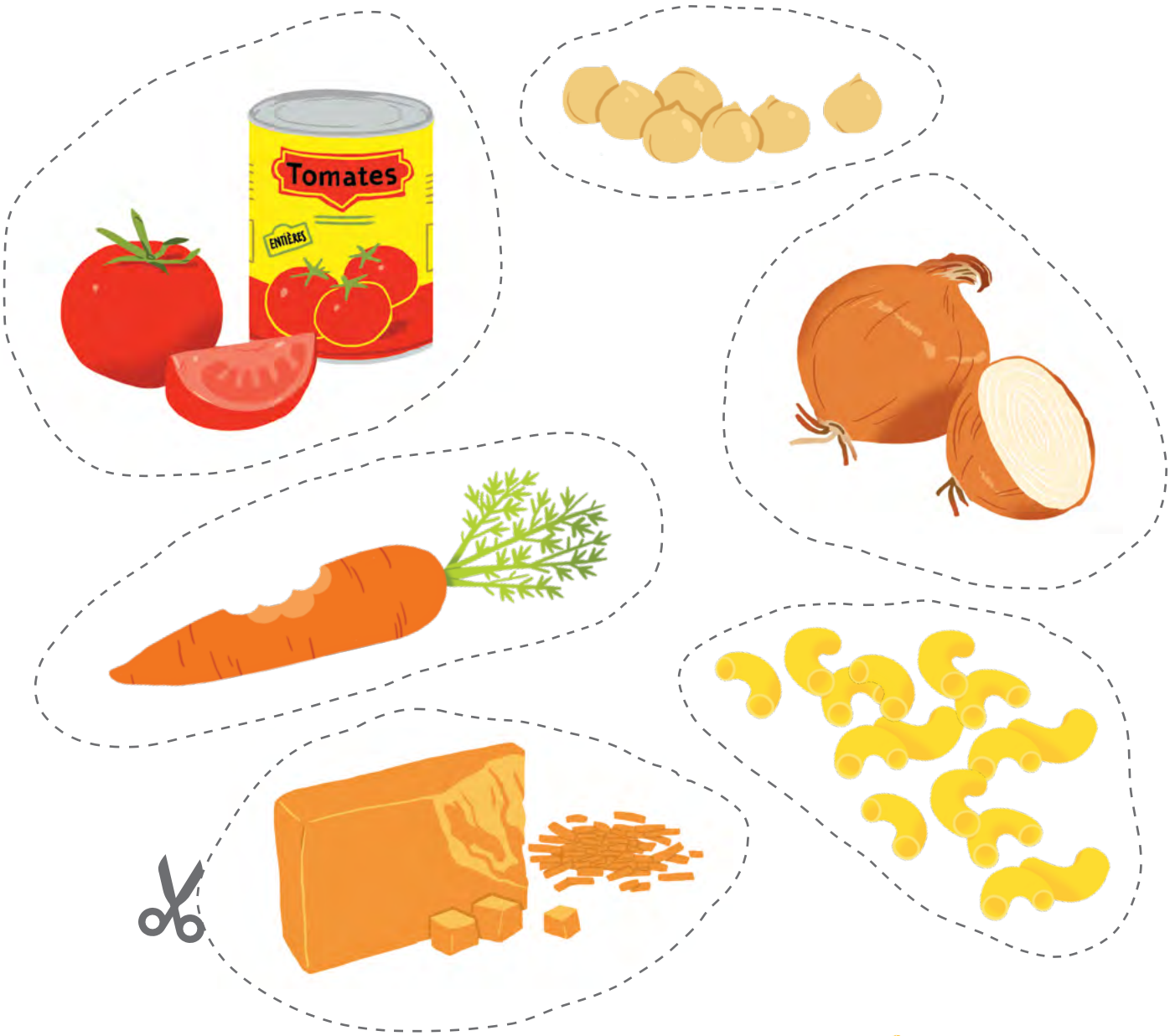
PREPARE A MEAL

Prepare a dish like Mom or Dad. Use a bowl or a pan in the kitchen and mix the ingredients with a big spoon! Yum yum!



All rights reserved – **fondationolo.ca**

This tool was developed as part of *1000 Days to Savour Life*, a Fondation OLO approach made possible through support and funding from

AVENIR D'ENFANTS DES COMMUNAUTÉS ENGAGÉES

Québec EN FORME

Fondation OLO des bébés en santé