“It’s like Olo Care helped reassure me that I was a good mom.”

— Fanny





Our mission

Providing families with an equal chance of bringing a healthy baby into the world and of introducing them to healthy eating habits early on.

You’re not alone: more than **7,000 pregnant mothers and their families** across Quebec receive support from Fondation Olo, thanks to the support of hundreds of dedicated care providers across the health and social services network and community-based organizations. Since 1991, Fondation Olo has helped more than 250,000 babies get a healthy start in life.

Fondation Olo is grateful to its donors, who make the Olo Care initiative for families possible.



fondationolo.ca



In partnership with:

Québec



Fondation Olo

For Healthy Babies

A healthy start!

Discover how Olo Care can help you during your pregnancy and after your baby is born.

Olo Care

Helping your baby be born healthy

Starting in the 12th week of pregnancy, you'll receive professional nutritional follow-up.

Throughout your Olo Care experience, you'll be provided with prenatal multivitamins and food coupons. These coupons can be used at most food retailers in Quebec (grocery stores, convenience stores, pharmacies, etc.).



Helping your family adopt healthy eating habits

During meetings, which continue until your child turns two (2), your Olo care provider will give you advice and educational resources on healthy eating to help you eat well, cook, and enjoy meals as a family (e.g., baby books, a cookbook with easy and affordable recipes, planning tools, etc.).

To be eligible for Olo Care, you must:

Be pregnant or have a child under 24 months of age.

Have a **low income**.

How to access the program?

If you are pregnant:

Register on **quebec.ca/magrossesse** (available in 11 languages) or scan the **QR code**:

A person in charge of the *Ma grossesse* service in your area will contact you to assess your needs and connect you with the care that's right for you and your baby.

If you have a little one who is less than two (2) years old:

To be referred to Olo Care, contact your local CLSC and speak with the immunization nurse or another healthcare professional.

It's advisable not to fill out the *Ma grossesse* form if you've already given birth.

Olo Care, personalized support

- Individual or group meetings at a CLSC or in your home
- Advice and answers to your questions about nutrition, pregnancy, and the perinatal period
- List of resources in your community
- A trusting relationship with a qualified healthcare professional

And more...

Visit our website, a daily resource for parents. There you'll find practical advice and meal-planning tips, games for little ones, easy recipes, educational videos, and much more!

fondationolo.ca/en/family-hub/

Feel free to check out the activities offered through community organizations (perinatal resource centres, *Maisons de familles*, etc.) in your area!

Benefits for your baby

Olo Care has a positive impact on babies in several key spheres:

- Their overall health
- Their eating habits
- Their optimal development
- Their attachment to their parents
- Their access to care
- Their academic success