



Fondation

Olo



Information guide

## Let's cook with Olo

**Cooking workshop support program  
in community organizations**

Applications will be accepted from September 15, 2025, to September 26, 2025 \$500,000 to be distributed - up to \$5,000 per community organization

**Do you work in a community organization? Are you looking to set up cooking workshops for families or support an existing cooking activity program?**

Do you think it would be beneficial to offer activities where discovering new foods, cooking, discussing and sharing are at the forefront for families in your neighbourhood?



**Then this support program is for you!**

## About This Support

For a second year and thanks to the support of Fondation Olo and the collaboration of M361, \$500,000 in financial support has been earmarked for public community organizations in Quebec that work with families. These funds will be used to implement or maintain initiatives for families to acquire culinary skills and improve their eating habits.

Selected initiatives will be eligible for up to \$5,000 in financial support for food purchases.

This financial support for food purchases is made possible by a financial contribution from the Government of Quebec. Meanwhile, Fondation Olo's growing ability to connect with community organizations across Quebec and to listen to their needs in order to offer them resources is a component supported by the Lucie and André Chagnon Foundation as part of the 1,000 Days, 1,001 Journeys initiative.



Southern Quebec Inuit Association



## Context

Acquiring culinary skills is the first step in making a real change in a family's eating habits at home. For example, knowing how to cook whole foods allows families to enjoy a less processed, more nutritious diet, while lowering food costs.

For this reason, cooking activities organized by community organizations are an excellent way of fostering the development of these valuable skills.

Small budgets and recurrent expenses associated with food-based activities can become a barrier, preventing many community organizations from hosting or launching cooking workshops and other cooking-related activities.

**Through this program, Fondation Olo provides financial support for the purchase of food to facilitate cooking workshops for low-income families during the perinatal period (from pregnancy to the child's second birthday).**

Through their unifying role and reassuring presence, community organizations are invaluable allies in reaching and informing families about healthy eating. Their mission and the activities they offer play an important and complementary role in helping families acquire healthy eating habits.



## Objectives

Support cooking activities within community organizations to promote the development of culinary skills and healthy lifestyle habits among parents of young children.

### Secondary Objectives

- Encourage families to acquire healthy eating habits.
- Support more families during the perinatal period.
- Strengthen the connections between the healthcare network and community organizations.

## Who Can Apply?

Any community organization that works with low-income families during the perinatal period and organizes cooking activities. Organizations having already received financing are also eligible.

- Family Centres
- Perinatal resource centres
- Family centred community organizations
- Community centres

## How Much Financial Support Is Available?

**Total amount: \$500,000**

**Maximum of \$5,000 per community organization**

**Maximum of \$1,000 per community organization**

### Payment Terms

The selected organizations will receive 80% of the amount granted upon signing the grant agreement and 20% upon submission of the impact assessment report.



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# What Initiatives Are Eligible?

Initiatives supported by Fondation Olo must include activities that enable families to **experiment, taste** and **reproduce** what they have learned at home. These initiatives must, therefore, focus on developing parents' culinary skills.

## Eligibility Requirements

### 1 Activity type

- Funding may support **existing or new activities** that allow parents to develop their cooking skills and encourage the acquisition of healthy eating habits.
- The allocated funding must support a **minimum of six activities**.
- At least one **locally-grown** (in the province of Quebec) **food item** must be cooked at each activity.

### 2 Targeting clientele

- The initiative must reach **low-income parents within the perinatal period** (from pregnancy to the child's second birthday) particularly families benefitting from Olo care.
- Collaboration with the local CLSC must be put in place to help **refer more Olo families** to the organization's activities<sup>1</sup>.

### 3 Completion time

- The organization must carry out the culinary activities **between October 1, 2025, and May 31, 2026**.
- The organization must complete the **impact assessment by June 8, 2026**.

### 4 Healthy eating messages

- Activity leaders must use [Fondation Olo tools](#).
- Activity leaders must consult l'Espace Engagées and participate in at least one knowledge transfer activity offered by Fondation Olo during the year (webinar, training, etc.).
- The community organization's respondent must agree to participate in a discussion with a Fondation Olo representative following approval of their initiative.



### Examples of Eligible Initiatives

- Setting up a cooking workshop for pregnant women.
- A parent-child cooking discovery activity.
- Enhancement of an existing community kitchen or parents.
- A cooking activity to discover a new food and to take home the necessary ingredients to reproduce the recipe at home.



### Examples of Ineligible Initiatives

- Initiatives that do not include families in the perinatal period (from pregnancy to the child's second birthday)
- Initiatives that do not reach low-income families.
- Initiatives where the parents do not cook.
- Activities offered to children only.
- Food given to families without a cooking activity (e.g., an emergency food basket).

<sup>1</sup> This criterion may not be applicable to organizations working with Indigenous populations.



## How to apply

To submit your initiative, please complete the application form on the M361 platform **between September 15, at 9:00 a.m. and September 26, 2025, at 11:59 p.m.**

This form will ask you to describe the following:

- Your initiative and its objectives
- Planned activities and the target clientele
- The amount requested and how it will be used

To help you prepare before the launch of the online submission process, we invite you to consult the [PDF version](#) of the application as soon as August 25, 2025. Only project submissions completed on the M361 platform will be eligible.

## Financial Assistance Available

The maximum amount that can be awarded is **\$5,000 per community organization.**



### Completion time

**The amounts allocated must be used by May 31, 2026.**



### Eligible Expenses

- Food cooked during cooking activities
- Food given to families to enable them to reproduce the recipe at home
  - > Food given to families must be given within of a cooking workshop.
- Kitchen equipment (maximum of 30% of requested financial support, up to \$1,500) for the activities and/or to give to participating families.
  - > Examples of eligible equipment: pans, knives, small ovens, blenders, food storage containers, etc.

**Eligible amounts must be spent between October 1<sup>st</sup> 2025 and May 31 2026.**



### Ineligible Expenses

- Human resources (salaries and coordination)
- Transportation of participants and employees (ex: bus tickets, taxi)
- Training for the organization's employees
- Gift cards
- Room or equipment rental

## Selection Process

The selection process takes place in two stages:

- 1 M361 verifies the eligibility of the initiatives submitted.
- 2 The selection committee (made up of Fondation Olo employees) evaluates the eligible initiatives and determines which initiatives will be selected based on the evaluation criteria and the available budget.

Whether selected or not, all initiative leaders will receive a notification informing them of the decision regarding their initiative within a **maximum of six weeks after the submission period**.

**Special consideration will be given to organizations that have already successfully implemented culinary activities with Fondation Olo.**

We will be mindful of regional representation and the inclusion of Indigenous organizations (in community or urban settings).

## Impact Assessment

To receive the final payment, you must submit an impact assessment report no later than June 8, 2026, which must include the following information:

- Amount spent on food purchases
- Amount spent on equipment, if applicable
- Number and frequency of cooking activities carried out
- Number of parents who participated in activities and the age range of their children
- Number of children who participated in activities, if applicable, and their age range
- Type of collaboration with CLSC and/or other community partners
- Fondation Olo tools and resources used during activities
- Activities offered by Fondation Olo in which facilitators participated (webinars, training, etc.).



### Questions about the application?

For questions regarding the program criteria, contact Audrey-Anne Desjardins by email at [adesjardins@fondationolo.ca](mailto:adesjardins@fondationolo.ca)  
For technical questions regarding M361's funding platform, email [projet@m361.ca](mailto:projet@m361.ca)





Maison citoyenne des familles de Shawinigan

Photo page de couverture : Maison citoyenne des familles de Shawinigan

## About Fondation Olo

Fondation Olo is a charitable organization that has been working for over 30 years to reduce food inequalities and give families an equitable chance of bringing a healthy baby into the world. Through the Olo care program available in the health and social services network, the support offered to community organizations, and its multiple tools and resources for families, Fondation Olo aims to help parents acquire and maintain healthy eating habits during the crucial first 1,000 days of their little one's life.

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fondationolo.ca

## About M361

A true driver of change, M361 creates engaging strategies that generate a positive social impact in Quebec communities: [m361.ca](https://m361.ca).

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We'd like to thank the Government of Quebec for their financial

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