Fondation

en santé

# Theory of change



## **Targeted problem**

Not all families are able to offer a diet that is optimal for their child's development during the first 1,000 days.



# Why?

Not all families have access to the food they need for their little ones. In addition, some have little nutritional knowledge and cooking skills. Families also sometimes face adversity that restricts their capacity for action, making it hard to improve their eating habits.

> What do we do?





### **Target audience**

Families who face barriers to healthy eating during the first 1,000 days

# **Actions**

Supporting them according to their needs:

- Offer food (vouchers)
- Offer information and educational tools
- Offer support to help develop healthy eating habits

Health and social services network (HSSN) and community-based organizations that reach families during the first 1,000 days

Supporting them to build capacity for intervention:

- Develop training and tools on eating habits
- Guide care providers
- Promote linkages
- Collaborate with Indigenous communities

Entire population

actors

Disseminating messages in the public space:

Being a strong advocate:

- · Raise awareness of the importance of the first 1,000 days
- Share healthy eating knowledge and information resources

Political and government

- · Raise awareness of the importance of taking action during the first 1,000 days and of the effects of food inequalities
- Mobilize stakeholders to strengthen the capacities of the HSSN and community networks

All individual and corporate donors

Enabling the deployment of actions for

• Obtain their loyal support (donations and support for the cause)

### **Objectives**

Promoting an optimal diet tailored to the needs of families during the first 1,000 days

> Reducing the effects of food inequalities on child development

> > Contributing to a more equitable society where children have an equal chance of developing to their full potential