

Fondation

Olo



Information Guide

Let's cook with Olo

**Cooking workshop support program in
community organizations**

Support renewal offer for community organizations that participated in
the 2025–2026 program

Context

Acquiring culinary skills is the first step in making a real change in a family's eating habits at home.

For this reason, cooking activities organized by community organizations are an excellent way of fostering the development of these valuable skills. As local resources that are known and trusted by families, these organizations play a central and reassuring role, making them ideal partners to help promote healthy eating.

Fondation Olo is proud to have provided nearly \$1 million in the past two years for the implementation of cooking initiatives across Quebec.

Given the great success of the program, Fondation Olo wishes to continue supporting community organizations that have launched cooking activities designed to help parents develop their culinary skills. This renewed support will ensure these activities can run for another year while maintaining the relationships that have been established.

Fondation Olo is therefore offering community organizations that participated in the 2025–2026 program the opportunity to extend their initiative for the 2026–2027 period.

How Much Financial Support Is Available?

Three levels of funding are available:

\$2,000, \$3,500, or \$5,000

The amount allocated will be paid to you in a lump sum upon signing the funding agreement.



What are the program criteria?

Initiatives supported by Fondation Olo must be 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**.

1 Activity type

- Funding must support 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 Targeted clientele

- The **majority (more than 50%)** of the activities' participants must be **low-income parents** within the **perinatal period (from pregnancy to the child's second year of life)**, 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 activities¹.

3 Completion time

- The organization must carry out the culinary activities **between October 1, 2026, and May 31, 2027**.
- The organization must complete the **outcomes report by June 7, 2027**.

4 Healthy eating messages

- Activity leaders must use [Fondation Olo tools](#).
- The activity leader in charge must complete Fondation Olo's "**Formation de base sur la saine alimentation**" (available only in French) **by January 31, 2027**. The training is available for free on the Espace Engagées platform and takes about two to three hours to complete.



Examples of Eligible Initiatives

- Setting up a cooking workshop for pregnant women
- Cooking activity with fathers
- Upgrading an existing community kitchen for parents.
- A cooking activity to discover a new food and to take home the necessary ingredients to recreate the recipe at home



Examples of Ineligible Initiatives

- Food given to families without a cooking activity (e.g., an emergency food basket)
- 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

¹ This criterion may not be applicable to organizations working with Indigenous populations.



Eligible Expenses

- Food cooked during cooking activities
- Ingredients provided to families so they can recreate the recipe at home
 - > Ingredients provided to families must support the development of their culinary skills; they are not primarily intended as food assistance
- Kitchen equipment and Fondation Olo tools (maximum of 30% of requested financial support, up to \$1,500) for the activities and/or to give to participating families
 - > Examples: pans, knives, small ovens, blenders, food storage containers, Fondation Olo cookbook, etc.



Ineligible Expenses

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

How to apply

To submit your initiative, please complete [the renewal form](#) by **September 11, 2027**.

Submitted projects will not be automatically renewed. Fondation Olo reserves the right to approve or decline a renewal request based on compliance with the established criteria, the number of proposals received, and the assessment of the project's outcomes and impact during the 2025–2026 year.



Please note:

You may submit the same initiative proposed in 2025–2026, or an updated version of it.



Centre d'amitié autochtone de Québec

Overview of the *Let's Cook with Olo* Program 2026–2027



Outcomes report

You must submit an outcomes report **no later than June 7, 2027**. To assist you with your reporting and to ensure that you collect all the information required, an outcomes report template will be available in the fall of 2026.



Questions about the application?

For questions regarding the program criteria, contact Audrey-Anne Desjardins by email at: adesjardins@fondationolo.ca

For technical questions regarding the M361 funding platform, write to: projet@m361.ca

About Fondation Olo

Fondation Olo is a charitable organization that has been working for over 35 years to reduce food inequalities and give families an equal 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.



Maison citoyenne des familles de Shawinigan

About M361

A true driver of change, M361 creates engaging strategies that generate a positive social impact in Quebec communities: m361.ca.

