



Let's cook with Olo



Tools and resources list

Many resources are available to support you in preparing and carrying out your cooking activities. **Click on them to take a look!**

Tools from our Family hub

Eating well

- › [Baby Discovers Food](#)
- › [A Balanced Plate for Expectant Mothers and Tiny Tots](#)
- › [Create the Perfect Snack](#)
- › [What to Eat and What to Avoid During Pregnancy](#)

Cooking

- › [Where to Put Foods in Your Fridge](#)
- › [How to Cook Foods Safely](#)
- › [Menu and Shopping List](#)
- › [Basic Pantry](#)
- › [Basic Kitchen Tools](#)
- › [Discover a Food posters](#)
- › [Recipes](#)
- › [Cuisiner les protéines végétales](#) (In French only)

Exclusive newsletter for the Let's cook with Olo program

As part of the Let's cook with Olo program, you will receive an exclusive newsletter at the beginning of each month, starting in November. It will include suggested tools to help you showcase Quebec foods in your activities. Please note that these will be suggestions, and that you can decide to cook with other Quebec foods. This newsletter is different from our regular newsletter and will give you access to information specific to the Let's cook with Olo program. If you don't see it in your main mailbox, take a look at your junk mail folder.

Please note that this newsletter is only available in French.

Tools from L'Espace Engagées

L'Espace Engagées is a platform reserved for community organizations. If you don't already have access, you can request it now by filling out [this form](#).

Please note that this platform is only available in French.

- › [Fiche clé-en-main : Bébé est prêt à manger](#)
- › [Fiche clé-en-main : Collations pour petits bedons](#)
- › [Fiche d'aide à l'animation : Bien manger à petits prix](#)
- › [Fiche d'aide à l'animation : Bien manger et planifier les repas](#)
- › [Trousse : À la découverte du tofu](#)

Cooking tips

- › [How to cook beans](#)
- › [How to make puréed baby food – chicken, fish and lentils](#)
- › [How to make fruit and vegetable purées for baby](#)
- › [How to prepare tofu and give it flavour](#)
- › [How to cook low-cost cuts of chicken](#)
- › [How to make inexpensive vegetable broth](#)
- › [How to make vegetable soup](#)
- › [How to cook hardboiled eggs](#)
- › [30-second cooking class – Quick muffins](#)
- › [30-second cooking class – Oven-baked fish](#)
- › [30-second cooking class – How to cut vegetables](#)
- › [30-second cooking class – How to make béchamel \(white sauce\)](#)
- › [Apprenez à cuisiner en 30 secondes – Préparer la courge](#) (in French only)
- › [Techniques culinaires : la cuisson de légumes](#) (in French only)