

A Healthy Future Starts in the First 1,000 Days of Life!

Every year, Fondation Olo provided follow-up care and support to **15 000 Quebec families** in need. Also, thanks to the Olo blog and activities in community organizations, even more families are now benefiting from its approach to healthy eating!

One action with two components, during pregnancy...



MILK JUG



FOOD VOUCHERS

The Olo blog: An inexhaustible source of tools and advice that are easy to apply from pregnancy onwards!

It includes articles, recipes, videos, games, colouring pages and even more!

So babies are born healthy

Personal follow-up care and direct assistance to expectant mothers by providing prenatal vitamins and redeemable food vouchers.

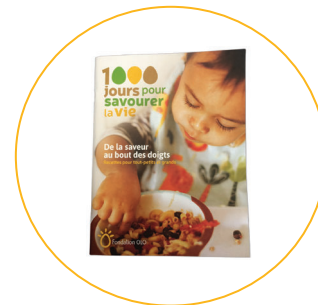
So families adopt healthy eating habits

Educational tools and professional advice for parents and practitioners to encourage three healthy habits:

Eating well + Cooking + Family mealtimes



MEAL PLANNER



ECONOMICAL RECIPES



BABY BOOKS ABOUT FOOD



CHILDREN'S PLATE

...and in the child's first two years

Fondation
Olo



Des
bébés
en santé