

## Eat well; it matters

**M**om,

The eggs, milk and orange juice that you eat help me grow. When you eat well, I can:

- gain more weight
- grow stronger bones and teeth
- better fight off germs.

What you eat gives me a good start in life.

Your Baby xxx

P.S. don't forget this is a good time for you to get ready to breastfeed me.

CLSC

CLSC \_\_\_\_\_

Telephone \_\_\_\_\_

Case worker \_\_\_\_\_

This program is made possible thanks to the OLO Foundation and the Agence de la santé et des services sociaux de la Capitale-Nationale and the Canada-Français Nutrition Program.

## Local Community Health and Social Service Centres

**Jeffery Hale Community Services** 418 684-5333 Ext. 1580  
(CLSC-type Services in English)

### Charlevoix

Boie-Saint-Paul

418 435-5475

La Malbaie

418 665-6413

### Portneuf

Donnacona

418 285-2626

Pont-Rouge

418 873-6062

Saint-Marc-des-Carières

418 268-3571

Saint-Raymond

418 337-4611

### Vieille-Capitale

L'Ancienne-Lorette

418 651-2572

Basse-Ville

418 529-2572

Cap-Rouge – Saint-Augustin

418 651-2572

Des Rivières

418 688-9212

Haute-Ville

418 641-2572

Limoilou

418 529-2572

Sainte-Foy – Sillery

418 651-2572

### Québec-Nord

La Jacques-Cartier

418 843-2572

La Source Sud

418 628-2572

La Source Nord

418 628-2572

Orléans – Beauport

418 663-2572

Orléans – Beaupré

418 827-5241

Orléans – Île d'Orléans

418 828-2241

Agence de la santé  
et des services  
sociaux de la Capitale-  
Nationale

Québec

Centres de santé et de services sociaux  
Région de la Capitale Nationale

Eggs • Milk • Orange juice

# OLO Program



Centres de santé et de services sociaux  
Région de la Capitale-Nationale

2010

## My needs

**OLO** is a program that offers pregnant women, having money problems, a chance to get help from resource persons and also, free of charge:

- Eggs
- Milk
- Orange juice
- Vitamin and mineral supplements

### Goals:

To lower the number of babies born early or with a low birth weight. To ensure the well-being of both the baby and mother-to-be.

### For whom:

Women living on a low income (income small for family size, social assistance, unemployment insurance, student loans, no income, etc.) and who would like to sign up for OLO program.

**OLO** means better health for pregnant women and their unborn babies.

## My family

« **E**verything is going well for me. I have got my partner, my family, my friends, and a baby on the way! But I don't have much money. So to help my child and myself, I will sign up for **OLO**. »

“Adolescence is a great time of life. But when you're pregnant and you have no money, it's something else.” I will get my act together and sign up for **OLO**. I will do it for my baby.”

“Another child! We are happy but worried too because our first baby was premature. We agreed that I will sign up for **OLO** so I can eat well even if we have money troubles, to help make sure my next baby will be healthy.

“My life is not easy right now (am separated, have no job, not sure what to do with myself, feel alone). With very little money, it is even harder but if I sign up for **OLO**, I will get help.”

**OLO** is free of charge, adapted to your needs and your baby's.

## My decision

**T**o take part in the **OLO** program, all you need to do is call your **CLSC**.

Someone from the **CLSC** will meet you and look at your needs.

Then we will give you the support you need to have a good pregnancy. You will have the support of a nutritionist, a nurse, and other resource persons as needed.

**OLO** is a service that all **CLSCs** in The Capitale-Nationale (Quebec City) region offer.

