



Alima

Perinatal Social Nutrition Centre



Activity Report 2025-2026

From April 1, 2025, to March 31, 2026



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Roxane Girard
Chair of the Board of Directors



Julie Paquette, MBA, Pdt
Executive Director

A Word from the Chair and the Executive Director

The past year at Alima was marked both by instability—related to the rising cost of living and mounting pressure on families—and by a major consolidation of its services. Navigating these situations was definitely a challenge, but one that we are tremendously proud to have overcome. As the socioeconomic and political climate continues to have far-reaching effects, especially on food insecurity rates, our mission is more important than ever.

As for our mission, it was supported by projects such as the start of renovation work at Higgins House and the creation of a brand-new community kitchen.

The resilience and flexibility of our team, not to mention our clients and partners, were also crucial in helping us achieve our mission: We are proud to report that almost 820 pregnant women in vulnerable situations received support from our intervention team.

At a time when grocery bills are cutting drastically into household budgets, our expertise in food security is more crucial than ever in driving change. That's why we opted to calculate the cost of the Nutritious and Affordable Food Basket (NAFB) not only for Montréal, but also for Estrie and the Îles-de-la-Madeleine.

We are very proud of our accomplishments over the past few years. And in keeping with our values, we are now ready to launch our 2026-2029 strategic plan. So, as we turn the page on this strategic cycle, we look to the future with confidence, strengthened by our recent achievements. We realize it's an ambitious plan, but it's one that reflects our deep commitment to the future—a future where every baby starts life on an equal footing.

About Alima

Our mission

To support pregnant women in situations of vulnerability through perinatal social nutrition, giving their babies every opportunity to develop fully.

Vision

All babies start their lives on equal footing.

Our mandate

To fulfill its mission, Alima:

Offers nutritional and psychosocial support to pregnant women experiencing economic vulnerability, including postpartum follow-ups, through individual meetings and group workshops.

Enhances this support with the distribution of food vouchers and groceries.

Trains and supports community and healthcare workers in adopting perinatal social nutrition best practices, in line with the latest scientific advancements.

Contributes to the advancement and dissemination of knowledge by producing data on the price of a standard grocery basket and collaborating on research initiatives.

Values

Kindness

We advocate for kindness. We welcome others with openness, without expectations or judgement.

Equity

We believe in equity for all. Neither a person's identity nor their circumstances should limit their journey. Our greatest desire is to provide our clients and our team with opportunities and possibilities for advancement.

Curiosity

We are driven by an insatiable curiosity that pushes us to understand and always learn more. This thirst for knowledge is reflected in our initiatives and in our desire to see people for who they truly are.

Excellence

We are driven by excellence. We value the transmission and sharing of knowledge to provide the best possible service.

Fun

We recognize that it is important to have fun in life. Fun is about savouring the present moment, offering a smile, a laugh, and sharing a strong camaraderie.

Alima recognizes, respects, and honours all gender identities and upholds the right to gender self-determination. As such, the terms "pregnant woman/women" and "mother(s)" are used for ease of reading. They do not reflect any particular belief or ideology.



A Year in Numbers



Rapidly expanding services

- 3,293 prenatal consultations (+31%)
- 2,775 postnatal consultations (+8%)
- 351 social and community interventions
- 480 breastfeeding consultations

Group workshops

- 77 online
- 28 in person, hosted by or with partners
- 815 participants in total

Births

- 6.1% low birth weight rate (< 2,500g) vs. 7.2% Montréal (2023)
- 5.6% prematurity rate vs. 7.2% for Montréal (2023)

Breastfeeding

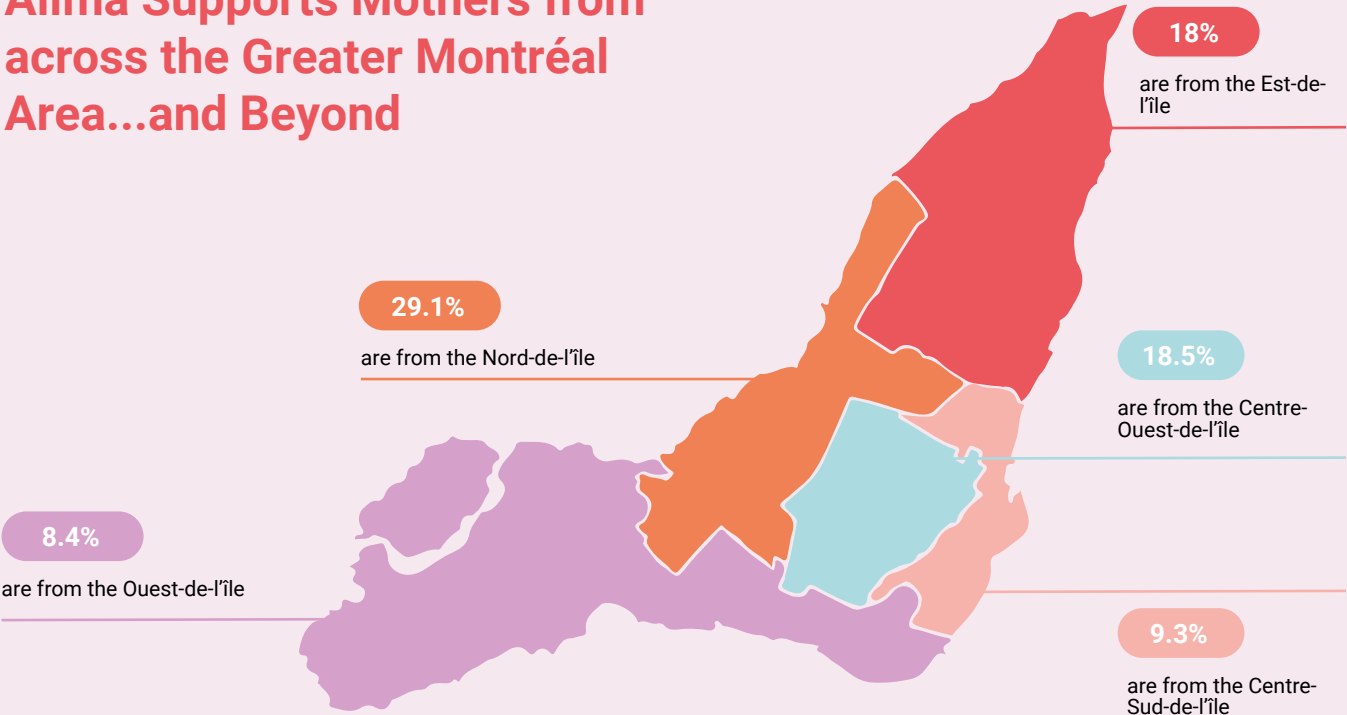
- 92% of families initiated breastfeeding after delivery
- 55% were exclusively breastfed to 4 months (vs 29% for the province of Québec)

Complex living situations

- 54% of clients had an income below the living wage
- 59% of clients had precarious immigration status
- 68% of clients experienced moderate-to-severe food insecurity



Alima Supports Mothers from across the Greater Montréal Area...and Beyond



- 1.7% are in the territory of the CISSS Laval
- 4.8% are in the territory of the CISSS de la Montérégie-Est
- 1.6% are in the territory of the CISSS de la Montérégie-Centre
- 1.7% are in the territory of the CISSS de la Montérégie-Ouest
- 0.6% are in the territory of the CISSS de Lanaudière
- 0.1% are in the territory of the CISSS des Laurentides
- 0.2% are in the territory of the CIUSSS de l'Estrie-CHUS
- 0.1% are in the territory of the CIUSSS Capitale Nationale
- 5.8% information unavailable or unknown



Expanding Without Losing Touch

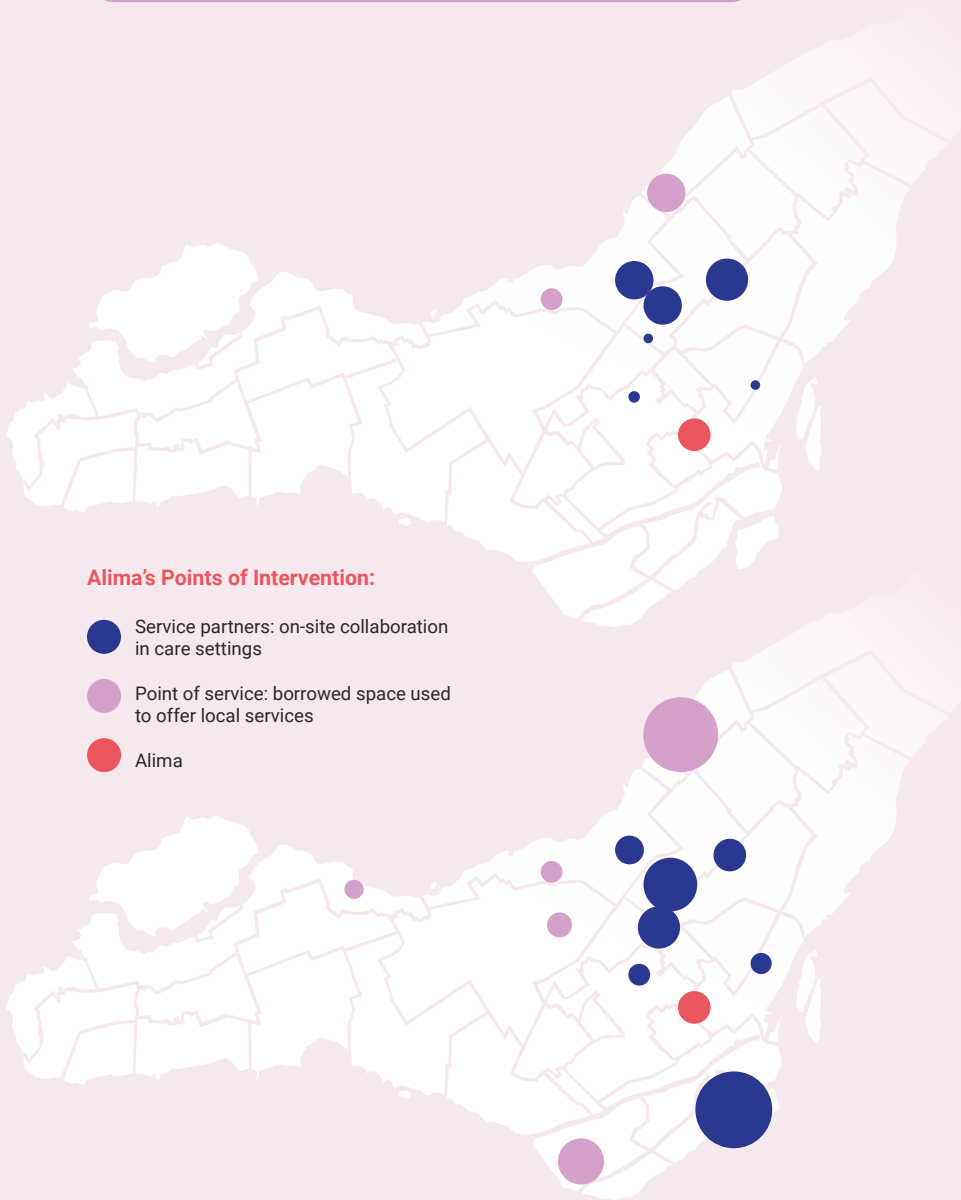
2022-2026

Rooted in Montréal, Alima is gradually expanding its services to reach women where they live. This growth, begun in 2022, continues today through new partnerships and a larger presence across Québec. Our expansion reflects a clear intention: to grow without ever losing the close relationships that define our approach. It also raises important considerations about organizational capacity, maintaining service quality, and adapting to regional realities—issues that will continue to guide our strategic decisions in the years to come.

Provincial Expansion

Over the past four years, Alima’s presence throughout Québec has expanded considerably. The maps clearly show an organization that is growing while never losing touch with the people it serves.

7 points of intervention in 2022, 11 in 2026 (+57%)



Alima's Points of Intervention:

- Service partners: on-site collaboration in care settings
- Point of service: borrowed space used to offer local services
- Alima

2026

Montréal and the Montérégie - Our anchor

Beyond Montréal, Alima now supports clients across all three sectors of the Montérégie region, especially the eastern and western sectors. In 2025–2026, 66 clients received services.

Québec City - A new partnership

Alima received funding that allowed it to expand its services in partnership with Clinique SPOT, which serves clients without medical insurance, among others. The online perinatal social nutrition service is specifically designed for women who have been diagnosed with gestational diabetes—clients who are often isolated, made to wait for medical follow-up, and require rapid access to professional support. Alima’s presence in Québec City is an important milestone in expanding our services beyond Greater Montréal.

Nutritious and Affordable Food Basket



For several decades, Alima has played an active role in ensuring food security through the Nutritious and Affordable Food Basket (NAFB). This tool is used to estimate the cost of a basic, balanced diet that meets the nutritional needs of various groups of the Québec population, while also tracking changes in cost over time. The data collected are crucial to documenting challenges related to accessing healthy food and supporting concrete initiatives at the local, regional, and provincial levels.

Although historically a regional initiative limited mainly to Montréal, the NAFB has expanded significantly in recent years through agreements with more than 35 partners.

Highlights:

Rollout of the project in five Montréal neighbourhoods: Montréal-Nord, Saint-Léonard, Plateau-Mont-Royal, Pierrefonds-Roxboro and Parc-Extension

Implementation of a provincial pilot project to:

Support four regions: Côte-Nord, Gaspésie–Îles-de-la-Madeleine, Estrie, and Mauricie–Centre-du-Québec

Adapt the NAFB to the Lac-Simon Anishnabe community, including a field visit

Support a data collection project in Eeyou Istchee (Baie-James)

Montréal

In Montréal, Alima conducted four price surveys, as it does each year. A detailed report was published in the fall to support application of the data.

This year, the data on commercial infant formulas received particular attention, mainly due to prices having skyrocketed by 129% in less than four years. These findings were highlighted by the Observatoire des tout-petits and by several media outlets, including the Journal de Montréal.

These results illustrate the importance of tracking the prices of food staples and highlight the impacts of inflation on families, especially the most vulnerable ones. They also spotlight the NAFB’s role as a key tool in Alima’s mission.

In the news:

CFIM : “Un panier d’épicerie toujours plus cher aux îles”– February 2026
[Un panier d’épicerie toujours plus cher aux îles - CFIM](#)

Journal de Montréal : “Les bébés paient le prix du choc inflationniste : préparations à +129 %, légumes à +9 % et des mères enceintes qui perdent du poids malgré les hausses salariales”– October 2025

Julie Paquette interviewed on Le téléjournal with Patrice Roy, October 2025

Since 2011, Nourrir la vie has provided community workers with content, tools, and webinars to better equip them to support families in vulnerable situations.

A year focused on improvement

Driven by our ongoing commitment to better support members, 2025-2026 was marked by several improvements to the platform, including:

- The addition of language filters to make translated tools easier to find
- Optimization of content pages for a more intuitive browsing experience
- Cleanup of the member list to remove inactive members after the website was updated in 2024
- 54 new translations of tools to improve access for clients

Valued partners

To better meet members’ needs, this year Nourrir la vie joined forces with valued partners, Doctors of the World and the Regional Program for the Settlement and Integration of Asylum Seekers, to offer webinars on supporting immigrants. This project attracted more than 115 participants from a variety of settings.

Relevant Content

The survey conducted among members last February revealed that:

- 100% of respondents were satisfied with the content
- 74% applied the knowledge learned through Nourrir la vie
- 69% have used the tools in their interventions with families

“I’ve always trusted your publications, which are always relevant, clear, and based on the latest recommendations and scientific research. I appreciate your accessible and holistic approach.”

- Nourrir la vie member

Membership growth since 2022

Fiscal year	Number of members	Number of organizations	Number of regions
2021-2022	131	63	16
2025-2026	341	95	16

The Voice of Alima’s Mothers

At Alima, the women we support are much more than clients—they are fully actualized human beings. This year, their voices were heard on stages, in conference rooms, and in their own words—three defining moments that illustrate the importance Alima gives them, and the trust they place in Alima in return.

Bringing words to life

The first edition of Alima’s Théâtre Forum brought together more than 40 team members, partners, and clients to take part in a collective experience.

The Théâtre Forum is a participatory event designed to give voice to lived experiences. For this first edition, professional actors performed scenes based on real-life situations experienced by the women supported by Alima. Structured around several themes, the performance explored different stages and issues: arriving in a new country, the uncertainty surrounding pregnancy, the quest for support, and tapping into one’s own strengths.

Clients and employees were then invited on stage to react to the scenes, propose alternatives, and share their perspectives. This interaction enriched the process by turning the performance into a dynamic space for group discussion.

For the team and partners in attendance, it was much more than a simple performance—it was an opportunity to better understand lived experiences, strengthen relationships, and reconnect with the deeper meaning of Alima’s mission. For the participants, it was a safe space in which to express themselves, bond over shared experiences, and contribute to a collective testimony for all those who will come after them.



Influencing public decisions

At the invitation of the Direction régionale de santé publique de Montréal (DRSP), 11 Alima clients participated in a discussion group on Régie de l’assurance maladie du Québec (RAMQ) coverage for children of recent immigrants. Their goal was to validate the information tools about the RAMQ registration process by sharing their experiences and perspectives to improve resources for families in similar situations.

The process highlights Alima’s role as a safe space—one where clients’ voices make a difference, even beyond its walls.

Giving voice to the unheard

Alima was asked to help recruit participants for a study on the medical consequences and costs associated with having no health coverage during pregnancy. More than one hundred women took part in this data collection project.

The data collected will be used to advocate for better access to care for women without medical coverage—a situation largely undocumented to date, despite its significant health consequences for both mother and child.

They spoke, we listened

“Thank you so much for everything. This means a lot for me and my family. Your organization is the best thing so far I have seen in Canada.” - Alima mother

“I came to Alima for help with breastfeeding my baby, and since then, I’ve had no problems. I’m grateful every day. It’s such a powerful feeling to see her nurse and know that my milk alone is enough to satisfy her. I’ll never be able to thank you enough.” - Kahina, Alice’s mother

“I never felt judged—on the contrary, I felt supported and listened to. Your kindness makes all the difference during this challenging time in my life.” - Alima mother

“As a new arrival in Canada, I was completely lost and overwhelmed when I found out I was pregnant. I had no experience and didn’t know what I was doing—everything was new to me. Karen’s support and encouragement were invaluable to me—she was very patient and kind. Her advice was very helpful when I was struggling, both emotionally and with the day-to-day realities. The support she gave me and my family was truly life changing.” - Alima mother



Far-reaching Expertise

Alima actively contributes to advancing knowledge and practices.

On the scientific stage

On May 10, 2025, our nutritionist and coordinator of perinatal social nutrition practices, Suzanne Lepage, represented Alima at the Canadian Nutrition Society’s annual conference in Montréal. With Bénédicte Bisson-Fontaine and Alex Dumas from the University of Ottawa, she gave a presentation entitled “Social nutrition: an approach to reducing health inequalities in the perinatal context.” Using case studies, the team illustrated the powerful effect of perinatal social nutrition on reducing health inequalities from the first moments of life.



Innovating to better support families

Alima was asked to collaborate on the Healthy Pregnancy Hub, a new Canadian platform focused on pregnancy and medications. As a first step, Alima’s clients were asked about their preferences to better inform the content development. Alima then wrote an article for the platform about choosing a multivitamin during pregnancy.

Meeting concrete needs

As part of the work by the Table en médecine fœto-maternelle, Alima collaborated with Sophie Morissette, a researcher at Université Laval, to create videos for women newly diagnosed with gestational diabetes.

The premise of the project is clear: In Québec, women typically wait two to three weeks between the diagnosis and their first medical appointment—a period of uncertainty during which they often look up information that can be inaccurate and even harmful to their health.

These videos, which women can access as soon as they are diagnosed, are a source of reliable information, delivered compassionately, in the interim. Available through Diabète Québec, they will soon be translated into several languages—an excellent resource that clearly reflects Alima’s expertise and values.

Sharing knowledge

This year, Alima partnered with the Ordre des diététistes-nutritionnistes du Québec (ODNQ) to offer three webinars on key subjects in the field: gestational diabetes and food insecurity, nutrition and breastfeeding, and nutrition and pregnancy. Intended primarily for nutritionists, the webinars are expected to be shared with other health-related professional orders, thereby expanding Alima's reach.

Measuring our impact

In partnership with Élise Carbonneau, researcher at the Centre de recherche NUTRISS (INAF), and master's student Julia Tardif, Alima is participating in a qualitative research study to measure the psychosocial impacts of the perinatal social nutrition approach on clients. The study consists of two phases: five interviews with Alima workers, followed by fifteen individual interviews with clients.

Data compilation and analysis will begin in summer 2026, and an article will likely be published in the fall. This study reflects Alima's commitment to rigorously measuring and documenting the impact of its work

Active presence in key networks

Alima is actively involved in several collaborative, governance, and community reflection spaces, in line with its mission and commitment to families.

In particular, Alima is a member of the Table québécoise sur la saine alimentation, the Collectif petite enfance, the Table de concertation des organismes au service des personnes réfugiées et immigrantes, and the Chantier montréalais des tout-petits (Réseau Réussite Montréal) and its perinatal working group.

Alima also sits on various boards of directors and committees, including those of Moisson Montréal, the Peter-McGill Community Table, the Conseil du système alimentaire montréalais, the Table materno-fetale, the Olo Expert Committee, and Centre Sanaaq's participatory governance committee.

In this capacity, Alima actively contributes to community reflection and the evolution of practices to better support families.

Promoting the Mission

Beyond supporting women, Alima gives voice to important issues, brings people together, inspires action, and drives change. This year, our commitment to promoting our mission was illustrated by two defining moments.

75 years of dedication: an inspiring event

On November 26, 2025, Alima launched the first edition of what is sure to become an annual event. To celebrate the 75th anniversary of the Higgins Method—a pioneering perinatal social nutrition approach that has informed Alima's mission since the 1950s—the organization brought together inspiring women around a meaningful theme: inequalities affecting women.

Three voices, three fields, one common thread: health, sports, and food were each explored through the lens of the inequalities experienced by women today. It was an opportunity for networking, dialogue, and reflection that highlighted Alima's 75 years of dedication to health equity, while giving a platform to women who are driving change in their respective fields.

This event is part of a long-term vision to raise Alima's profile with the general public and decision-makers while fostering social dialogue aligned with the organization's values and actions. The second edition is already planned for May 2026 on the theme of women in high-performance sport.



This panel was made possible with the support of dedicated contributors and partners. We wish to thank Fannie Dagenais, the nutrition team at Dairy Farmers of Canada, Nathalie Choquette, Emmanuelle Meloche, Agence La Slide, and our panelists Katia Aubin, Isabelle Girard and Geneviève Comeau for their valuable contribution.

Strengthening the Foundations for the Future

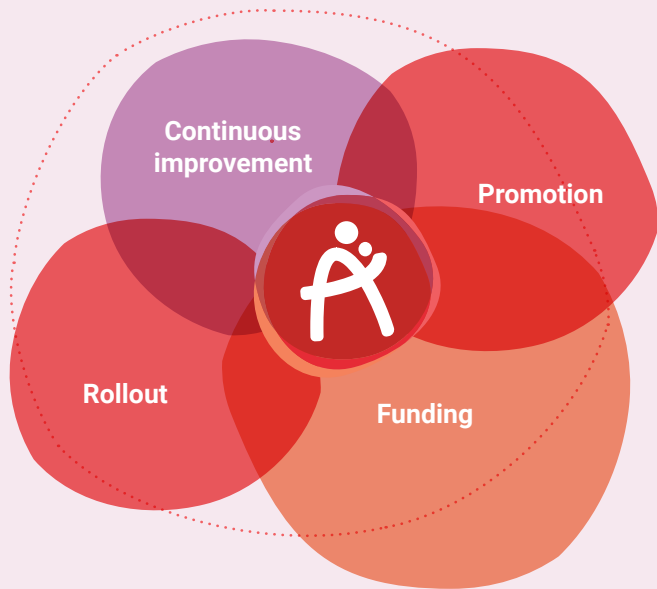
Planning for the future starts now

A new strategic plan

In the wake of the 2022-2026 strategic plan, Alima is entering a new phase after spending the past several years strengthening and expanding its services and building a solid foundation for future actions.

This year marks an important turning point for Alima with the adoption of a new strategic plan that will guide its actions and priorities for the next three years.

Developed through a collaborative reflection process, the strategic plan reflects a strong commitment to building on existing expertise, ensuring continuity of services, and looking confidently toward the future. Consistent with its mission, Alima is strengthening its ability to meet the evolving needs of families while reinforcing its presence within the community.



Committed Governance

Alima is pleased to welcome **Michèle Doura** and **Réjean Lévesque** to its board of directors. Their extensive experience and dedication will further strengthen the organization's governance and contribute to its continued growth and development. Their perspectives help shape Alima's strategic thinking and guide the organization through the challenges ahead.

Creating a space to better support families

A community kitchen comes to life

This year saw the creation of a meaningful project with the transformation of a basement space into a community kitchen.

Much more than a simple renovation, this new space was designed as a venue for sharing, learning, and supporting Alima's mothers and families in the neighbourhood. The kitchen will be the anchor point for developing more food-related activities while fostering relationship-building and a sense of belonging.



Higgins House - Building for tomorrow

Alima also reached an important milestone with the start of construction on Higgins House. This important and essential project is part of a long-term vision to preserve existing services while meeting concrete needs for safe, functional, quality spaces.

The goal is to create a safe environment for employees, mothers, and families, while preserving the warm and welcoming atmosphere of this period house.

The work started this year marks the beginning of a major transformation that will help drive the organization's future growth.



People First

45 years of commitment - A remarkable journey

Some commitments leave a lasting mark on an organization. This year, Alima is proud and grateful for the **45 years of service by France Proulx, nutritionist.**

Over the decades, France has consistently embodied Alima’s values of kindness, excellence, and fun. She has left a lasting impression on both the team and the thousands of mothers she has worked alongside. Her remarkable commitment and incredible kindness have helped make Alima the organization it is today.

Thank you, France, for your years of dedicated service and the important work you continue to do.



Caring for the people who support others

At Alima, caring for others starts with self-care.

This year, **Marie Lépine** led several yoga sessions for the team members—peaceful moments of rest and relaxation during their busy daily schedules. The sessions were opportunities for participants to slow down, recenter, create inner balance, and bond with fellow team members.

In this spirit, the wellness committee organized an apple-picking day for the team to spend time together in a light-hearted and relaxed setting. It was an enjoyable outing that perfectly reflected Alima’s core values of fun and kindness.

Alima’s volunteers - A valuable commitment

Each year, Alima recognizes the outstanding commitment of its volunteers, who generously donate their time and energy: Alexandre, Anaïs, Anna, Amelita, Brigitte, Claire, Félix, Émile, Hélène, Jackie, Joseph, Julie T., Kate, Keisha, Kim Thoa, Maria B., Mélanie, Micheline B., Micheline F., Mimosa, Ozioma, Sofia A., Sofia L., Sonia, Stéphanie P., Valentina, Immobilier Gestimpros, Nikon Optical Canada, Pratt & Whitney Canada, Sun Life.

Together, they devoted **more than 300 hours** to supporting Alima’s mission.

Thank you for your dedication and invaluable support.



The next generation in action

Each year, Alima hires interns who actively support its mission while developing their skills in a dynamic and educational environment.

This year, the Jean-Marie Moutquin scholarship was awarded to **Aude Ste-Marie**, an intern who stood out for her dedication, professionalism, and sensitivity in supporting the families she served.

This recognition celebrates outstanding achievement and highlights the importance Alima places on knowledge-sharing and training the next generation.



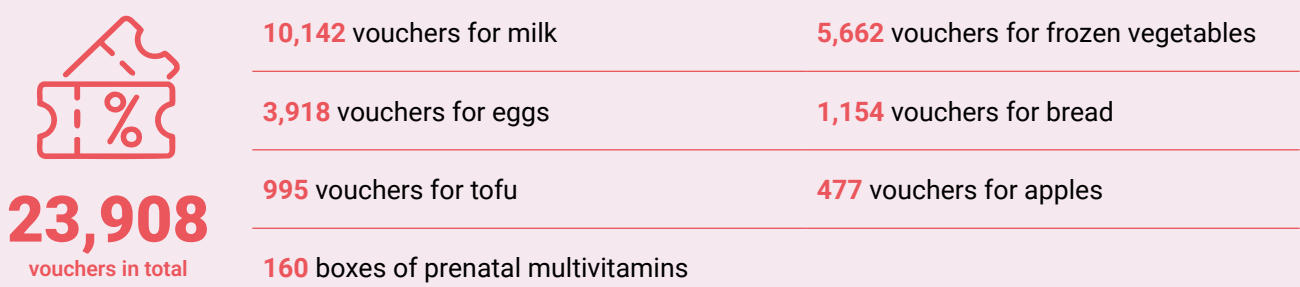
Making It All Possible

Thanks to our generous partners, Alima was able to provide its clients with essential food and supplies this year. These tangible contributions strengthen our work in the field and directly contribute to the well-being of the families we support.

Essential food support

Moisson Montréal generously donated 11,963 kg of food items, valued at \$94,388.

In collaboration with Fondation Olo, we were able to maintain our essential food and nutritional support:



Other contributions also helped directly support families:

Carte proximité (Carrefour solidaire): \$6,800

Cheques from The Gazette: \$14,950 given to 115 families

Comité des organismes sociaux de Saint-Laurent: \$400 in transit passes and tickets

Fondation de la Visite: baby layettes

In-kind donations to meet concrete needs

Several partners and donors donated essential goods to help make life easier for families:

- Trudeau Corp.: 600 can openers
- Metro Richelieu inc.: 200 gift cards (valued at \$10,000)
- Prestilux: 1,600 personal care products
- Groupe Spinelli: 39 kg of baby essentials (diapers, clothing, and accessories)
- Make My Belly Fit: jacket extenders
- Institut-Hôpital neurologique de Montréal: ice packs
- Fondation AGF: food and baby item drive

These donations, along with many others from individual supporters, represent a substantial contribution that enables us to address pressing and concrete needs.

Inspiring community support

The community also showed its support through several fundraisers and drives:

- Saint Edmund of Canterbury Parish: 6,263 diapers, 3,184 wipes, 31 kg of baby clothing, shoes and toys
- CHM Communications : Approximately 50 toys and 10 snowsuits
- Spinelli Group: \$10,000 donation, plus in-kind donations
- AGF Group Foundation: \$1,200 donation, plus in-kind donations
- Telefilm Canada: \$1,954 donation

Acknowledgements

In line with our commitments and looking ahead, we were able to continue our mission of supporting pregnant women in situations of vulnerability thanks to the unwavering support of our partners. Their support helped us maintain momentum, support our key projects, and strengthen our position in the field.

We wish to sincerely thank:

OUR FINANCIAL PARTNERS	
Public Health Agency of Canada	Private foundations
Direction régionale de santé publique de Montréal	Fondation Choquette Legault
Centraide of Greater Montréal	Ville de Montréal
Ministère de la Santé et des Services sociaux	Direction de la santé publique, Centre intégré de santé et de services sociaux de la Montérégie-Centre

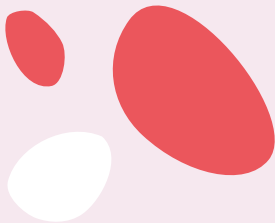
Year-end Campaign

This year, Alima raised the target for the year-end campaign to \$80,000—an ambitious goal supported by a promotional video and a stronger social media presence.

The video was made possible by the generous involvement of volunteer videographers Juliette Patterson and Renaud Landry Proulx. Result: \$74,000 raised, or 92% of target.

A remarkable achievement that attests to both the community's generosity and growing trust in Alima's mission.

It also represents \$18,420 more than we raised last year.



In Memoriam Donations / Bequests

Donations were made to Alima in memory of :

- Colette Lortie
- René Desrosiers
- Claire Lefebvre Paré
- Normand Bousquet
- Hélène Leylekian



A Dedicated Team, Every Day

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Committees

Standing Committees

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Higgins House Committee

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Strategic Planning Steering Committee

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