

Activity Report 2021-2022

April 1, 2021 to March 31, 2022





Table of Contents

A Word from the President	4
A Word from the Executive Director.....	5
The Dispensary	6
A Year of Change and Renewal	7
Social Nutrition - At the Heart of Our Interventions	8
Acting on Behalf of our Clientele	10
Our Moms in 2021	12
Out of Concern for a Successful Intervention.....	16
Nurturing Life	18
Nutritious and Affordable Food Basket (NAFB)	19
Acknowledgments	20
The Dispensary Family.....	21



Mélanie Sirois,
President of the
Board of Directors

A Word from the President

I definitely had big shoes to fill last June during my first term as President of the Board of Directors. I'm referring to those of Isabelle Bonneau, who recruited me to the Dispensary a few years ago and who has brilliantly led the board for the last two years. Twelve months later, I must admit that the excitement I felt at the beginning of my mandate is still palpable and energizing. It is a great privilege to serve with such a committed Board of Directors and to support such a competent, dynamic, and committed operational team. Without question, these are two incredible groups that are one in the same when it comes to doing what is best for the organization.

Embracing change and seizing opportunities

In addition to a change in the presidency, the Dispensary also welcomed a new Executive Director in the fall. A huge thank you to Jackie for all the accomplishments over the years: she oversaw the Dispensary's mission with conviction, authenticity, and dedication.

Following Julie's arrival, new synergies quickly developed, suggesting a very promising future in terms of partnerships. This was all it took to initiate a strategic planning exercise that ended in March 2022. Fully underway at the time of writing, this project represents a real source of motivation, enabling the permanent staff and the Board of Directors to focus on the same objective.

The past year was also marked by the unparalleled actions of the Board of Directors' various committees and team-established working groups. Among these, we should mention the Higgins House Committee, which has been given the important mandate of evaluating various scenarios and recommending the best one for the future of the Dispensary and its partners.

Mothers, at the heart of our actions

The pandemic remains, but the situation has stabilized. Our team has stood firm. We are united and more motivated than ever to do what we do best: provide support to pregnant women in vulnerable situations at a pivotal stage in their lives and the lives of their children. As we know, they have been greatly affected by the context of the last two years, and the barriers to accessing perinatal services have multiplied. Recognized for our resilience and adaptability, the Dispensary team has been working to reduce these barriers and is committed to continuing this pursuit.

An invaluable legacy

It was with a great deal of emotion that we learned of the departure of Dr. Jean-Marie Moutquin, who has been working with the Dispensary for approximately 30 years and who has served on the Board of Directors for nearly 10 years. We cannot thank him enough for all he has done. A tremendous source of inspiration, respect, and wisdom, he will obviously be missed. Jean-Marie, on behalf of myself and all those who have had the chance to cross your path and that of the Dispensary, we are so grateful to you. Your legacy to the Dispensary is invaluable. You have taken concrete action to improve the lives of our mothers, as well as our own lives. Thank you again, Jean-Marie!



Julie Paquette,
MBA, PDt
Executive Director

A Word from the Executive Director

It was with great enthusiasm and pride that I, Julie Paquette, MBA, PDt, joined the wonderful team of the Dispensary as Executive Director last October. Like most of my nutritionist peers, the Montreal Diet Dispensary has held a special place in my professional life from the very beginning of my career. My colleague Jackie Demers did an extraordinary job up until her departure last July. She leaves an impressive, authentic, and humanistic legacy that has allowed the Dispensary to continue its development. Greatly affected by the pandemic, the organization's development benefited from the unprecedented commitment of employees and Board of Directors members. I deeply believe that the Dispensary has emerged even stronger as a result of this crisis, which has indisputably confirmed the relevance of its mission and actions.

Intervention Model

This past year has confirmed the relevance of maintaining a hybrid intervention model, which reduces certain barriers to access and facilitates follow-up with a portion of our clientele. Our team of counsellors divide their time between virtual follow-ups and follow-ups at the Higgins House at one of our local outreach facilities, including Doctors of the World, Fondation de la Visite, and the four La Maison Bleue centres.

The year 2021 was also marked, quite positively, by the most recent update of the Higgins Method®, which has naturally evolved toward the social nutrition approach. It is thanks to this unique expertise and its application that our team is recognized as an essential resource in perinatal nutrition.

A Leading Project by the Dispensary

As difficult as it has been, the current social context has allowed the Dispensary to strengthen its position in terms of food security. Although it was first developed in the 1950s, the Nutritious and Affordable Food Basket (NAFB) is still relevant as an intervention and monitoring tool for today's communities. In light of this, the Dispensary has finalized the update of this tool and has ensured that it has the necessary resources to promote its use, not only in Montréal but in other regions of the province starting next year.

A forward outlook for our moms

We are embarking on our next steps with energy, optimism, and a strong commitment to our valued partners and collaborators. These vital steps are guided by our primary motivation: to offer each child the chance to reach their full potential.

The Dispensary

In 1879, Mrs. Emily F. De Witt initiated the first actions of the Dispensary. The first annual report indicates that the Dispensary helped 300 people in need by distributing food door-to-door, such items including eggs, milk, meat broth, fruit, and even wine jelly!

One of the first community organizations to be created in Montréal, the Dispensary was also quick to set up what later became known as Meals on Wheels. The Dispensary has since come a long way, forever driven by the will to help families in difficulty, innovate, adapt our interventions in favour of children's optimal development, and contribute to the fight against poverty.

Mission

The Montreal Diet Dispensary is a community organization whose mission is to foster optimal infant health through social nutrition interventions with pregnant women in precarious situations, one pregnant woman, infant and family at a time.

Vision

To provide each child with an equal chance to achieve self-fulfillment.

Values

Humanism

Fairness

Commitment

Collaboration

Innovation

Resilience



For whom

Pregnant women who:



Are in a situation of economic vulnerability



Have a precarious immigration status



Use psychoactive substances



Have mental health challenges

A Year of Change and Renewal

Building a New Strategic Plan

The year 2021 was a period of transition marked by the departure and arrival of new individuals, as President of the Board of Directors, in executive management, and as part of the team. This year, the Dispensary evaluated the current situation and began reflecting on the post-pandemic external environment. The Board of Directors thought it was wise to seek the assistance of a consultant in its strategic planning exercise. In keeping with its values of collaboration, commitment, and innovation, the Dispensary invited employees, management, and board members to share their views and ideas for the organization's future.

The Higgins House Project

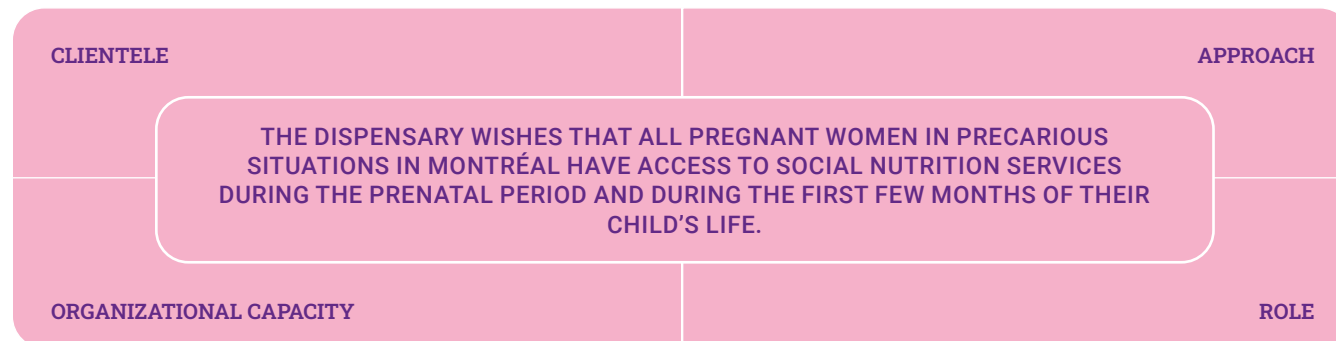
The Dispensary owns the Higgins House, which is located in the Peter-McGill district. Named in honour of Agnes C. Higgins, a pioneer in social nutrition, this physical space is an integral part of the community and the Dispensary's intervention model. Built a century ago, the Higgins House is in need of major renovations. This work would allow the Dispensary's fully committed team to continue pursuing its primary mission. Devoted to both the community and its partners, the Dispensary wishes to make the best possible decisions for everyone involved. A committee has thus been established to carry out this important mandate. Indeed, the Higgins House Committee will evaluate various scenarios and implement a plan to ensure the future of the Dispensary and its partners.

The Dispensary, Founder of Social Nutrition

Like the Higgins Method®, social nutrition is integral to the Dispensary. The Dispensary will continue its efforts to recognize and promote this approach among its primary stakeholders. This presents the perfect opportunity to revisit indicators for assessing the impacts of the approach. A panel of experts will be used.

Strategic Direction

Our 2018-2022 strategic plan includes 4 lines of action with other relevant players, to improve the living conditions children face at birth and during childhood. This plan includes direct actions to assist pregnant women, their child and their family, as well as broader community actions.



Social Nutrition

At the Heart of Our Interventions

From the Higgins Method® to Social Nutrition

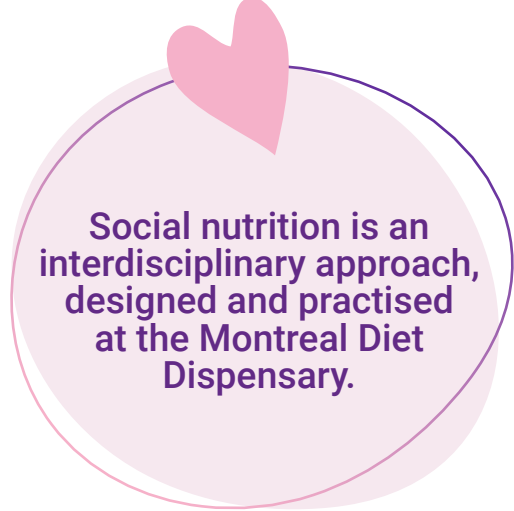
The Montreal Diet Dispensary adopted its practices from Mrs. Agnes C. Higgins, a dietitian whose work spanned the years between 1948 and 1981. Higgins noticed a difference in the birth weights of babies born to better-off and less well-off families. She wanted to break the cycle of poverty by helping women from disadvantaged backgrounds. She thus created the Higgins Method®, which combines nutritional rehabilitation allowances, motivational strategies, and overall support. This method inspired several programs in North America, including the Olo (egg, milk, orange) program.



Over the decades, the Higgins Method® has been enhanced by new knowledge in nutrition, health, and social intervention. Individual interventions were eventually supplemented by group workshops. Postnatal interventions and breastfeeding support were then introduced. It was only around 2010 that the term social nutrition was coined.

During the past year, the Dispensary's team of health care providers have been focusing on one of the main tenets of the Higgins Method®, i.e., nutritional rehabilitation allowance. With the advancement of knowledge, nutritional rehabilitation allowance has naturally evolved toward social nutrition and the management of risk factors. The term nutritional rehabilitation allowance is therefore no longer used to describe this type of intervention.

Mrs. Higgins' legacy remains alive and well at the Dispensary and is an integral part of what is now called social nutrition.



Social nutrition is an interdisciplinary approach, designed and practised at the Montreal Diet Dispensary.

Social Nutrition Under the Microscope

The latest scientific publications dealing with the Dispensary's intervention refer to the Higgins Method®. The first recent scientific article referencing Higgins' social nutrition approach was published in February 2021¹.

The purpose of this study, conducted by Élise Carbonneau was to assess associations between the structural characteristics of the Dispensary's social nutrition intervention, pregnancy, gestational weight gain, and infant birth weight among pregnant women, most of whom were recent immigrants.

At the time of this report's writing, a second article presenting data on the benefits of breastfeeding was submitted for publication.

An Evolving Definition

Our social nutrition interventions are based on an interdisciplinary approach that focuses on women in vulnerable situations during their pregnancies and the first months of their infant's life.

Through biopsychosocial assessment, clinical nutrition intervention, and initiatives influencing other determinants of health, social nutrition helps women nourish themselves and their babies during this critical early-life period.

Intervention specialists provide support to these women based on their needs, capabilities, and family's potential to improve the conditions under which the child will develop, by facilitating access to various material, professional, community, institutional, and other resources.

For the first time since it was scientifically defined, we have arrived at a more accessible explanation of the term social nutrition:

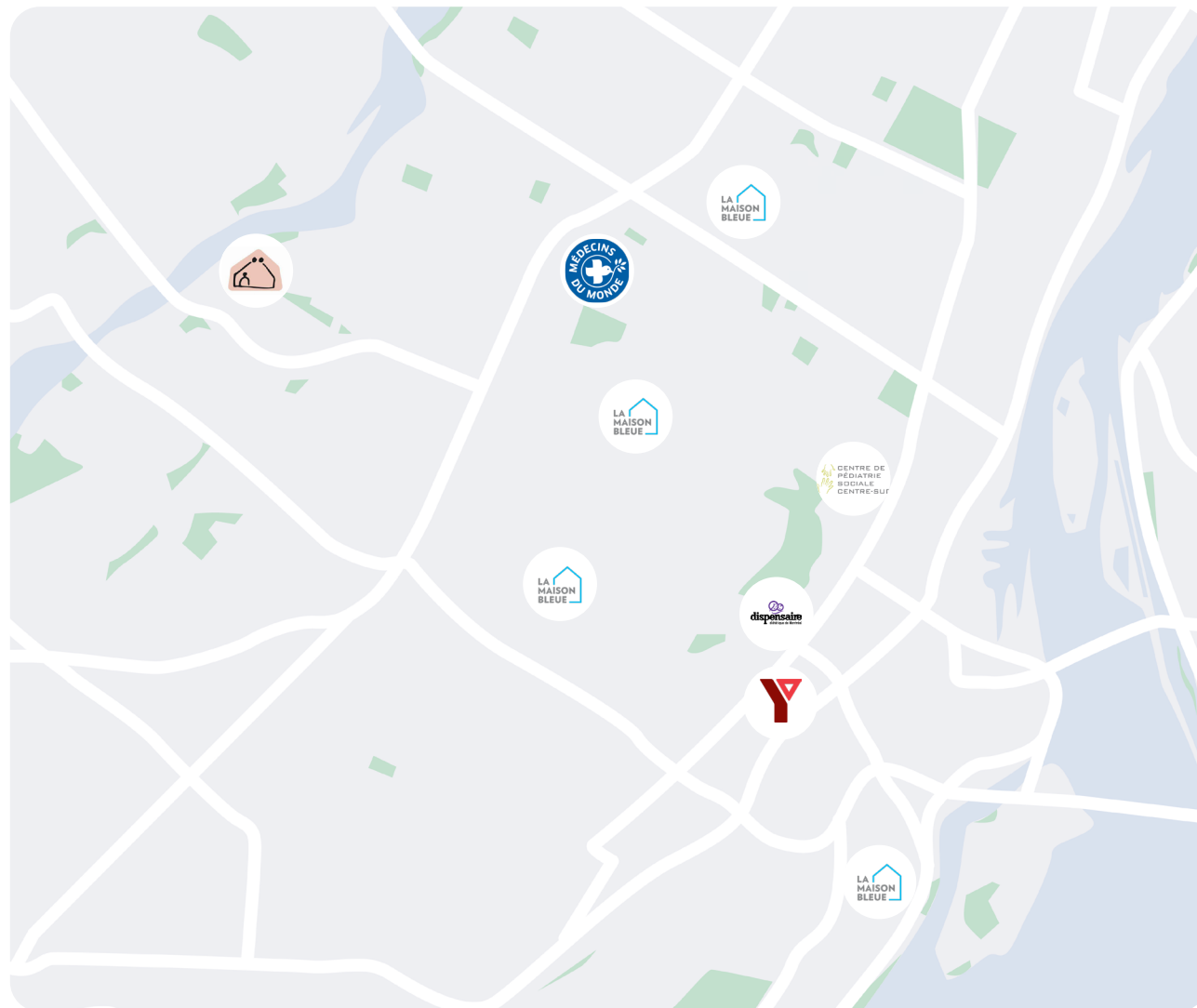
Social nutrition is an interdisciplinary approach that focuses on pregnant women in vulnerable situations. This approach equips mothers to nourish themselves and their babies throughout their pregnancies and during the first months of their infant's life.

Through an in-depth assessment of their nutritional, psychosocial, and additional health needs, adapted resources are made available to them, thus promoting better physical and mental health.

¹ LECFP, (11 mai 2017), «Le Dispensaire diététique de Montréal et la nutrition sociale», sur le site Éval Pop. Consulté le 18 mai 2022. <https://evalpop.com/2017/05/11/le-dispensaire-dietetique-de-montreal-et-la-nutrition-sociale/>

² Élise CARBONNEAU, Alex DUMAS, Annie BRODEUR-DOUCET, Bénédicte FONTAINE-BISSON, A Community Prenatal Intervention in Social Nutrition : Evaluating the Impact on Pregnancy and Birthweight Outcomes, Québec, Nutrients, 2022

Acting on Behalf of our Clientele



Improved Online Services

This past year, we have solidified our hybrid intervention model, thus reducing certain access barriers and facilitating follow-ups with a portion of our clientele.



Always Growing

x4

Our Presence has Quadrupled!

In 2020, we were only present in one of the four Maison Bleue centres: we are now present in all four. In only six months' time, Dispensary intervention specialists have provided support services to more than a quarter of the clients monitored by La Maison Bleue.

Among the 115 referrals from our community partners, 102 are referrals from a local outreach facility (Fondation de la visite, one of the 4 Maison Bleue centres, Doctors of the World, or Rond-Point), representing 34% of our clientele.

Since the fall of 2021, we have been actively collaborating with community and public health partners to facilitate access to perinatal care in the West Island, a territory identified as being less well served by government authorities.



Resumed Collaboration with YMCA Residence

Efforts to strengthen collaboration with YMCA residences (PRAIDA) have been successful. This collaboration resumed in February 2022. Local community service centres and the Dispensary coordinate efforts to ensure a continuous presence.



Fondation de la visite

Maisons bleues

Doctors of the World

Rond-Point

Our Moms in 2021

Intervention Requests



250 new pregnant women

accessed the Dispensary's services during the year 2021.



137 new cases*

*as of April 1, 2021

+17 %
vs 2020



Prenatal follow-ups in Social Nutrition

1,624 social nutrition consultations

took place during the prenatal period.

Each mother receives an average of

7 consultations during her pregnancy



Benefits of the Social Nutrition Approach:

In keeping with the results of the study conducted by Élise Carbonneau, we see the importance of providing nutritional services early in pregnancy to reduce the risk of gestational diabetes as well as anemia.

Postnatal follow-ups in Social Nutrition



Births

6 % low birth weight rate

5 % prematurity rate

Versus 7.8 % for the province of Québec*

* Parmi les familles en situation de défavorisation.³

Breastfeeding

94 % initiated breastfeeding

42 % exclusively breastfed up to 6 months

1,448 social nutrition consultations

took place during the postnatal period.

Each mother receives an average of

7 consultations after giving birth



³Publications du Ministère de la Santé et des Services sociaux, Évolution du nombre et de la proportion de naissances vivantes prématurées selon diverses caractéristiques et selon la région sociosanitaire (RSS) du lieu de résidence de la mère, Québec, 2021

Our Moms in 2021

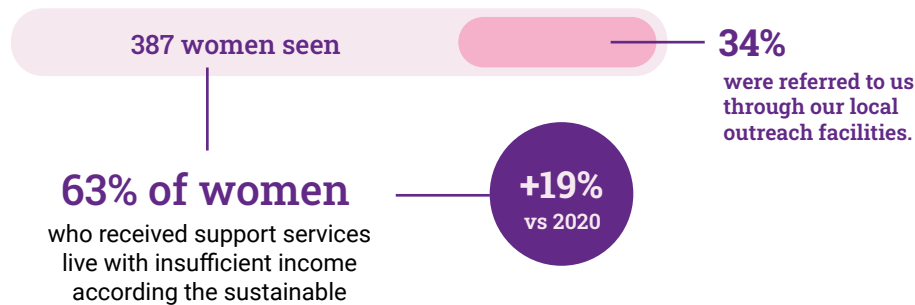
Becoming Self-Reliant

Dispensary services end once the mother has adjusted to her new role. This typically occurs a few months after she has given birth, when the baby is growing normally and on the verge of eating food. The Dispensary ensures that the family knows where to seek additional support. Toward the end of the intervention, women are invited to a **complementary feeding introduction (CFI)** workshop. This year, **39% of mothers attended**.

With respect to the window of potential action, we provided women with support services for **an average of 9 months** in 2021.

Social Nutrition Follow-Up

A total of 387 women received social nutrition interventions.



Among additional sources of income :

- **8%** of these women rely on income security
- **6,3%** rely on employment insurance
- **8%** of families have no income.

A Simple Gesture Can Make All the Difference

We have been able to maintain food and nutritional support thanks to the Olo Foundation and Second Harvest.

During the year, we distributed :

- **5,521** milk coupons
- **13,750** prenatal vitamins
- **2,300** egg coupons
- **199** vegetable coupons
- **357** President's Choice and Pharmaprix \$10 gift cards
- **20** \$100 gift cards for Trois Piliers

"The COVID-19 pandemic has had an impact on the mental health of pregnant women and new mothers, including an overall increase in anxiety and depressive symptoms."

Portrait 2021, Observatoire des tout-petits

Observatoire des tout-petits. Comment se portent les tout-petits au Québec ? Portrait 2021. Montréal, Québec, Fondation Lucie et André Chagnon, 2021.

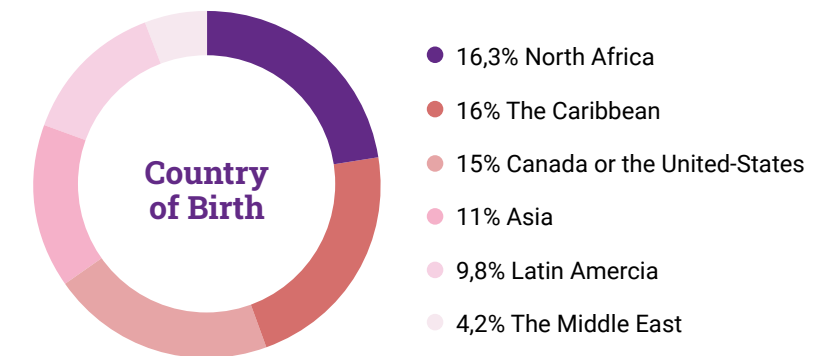


Immigration Status

29% of women who received support services have a precarious immigration status.

+23%
vs 2020

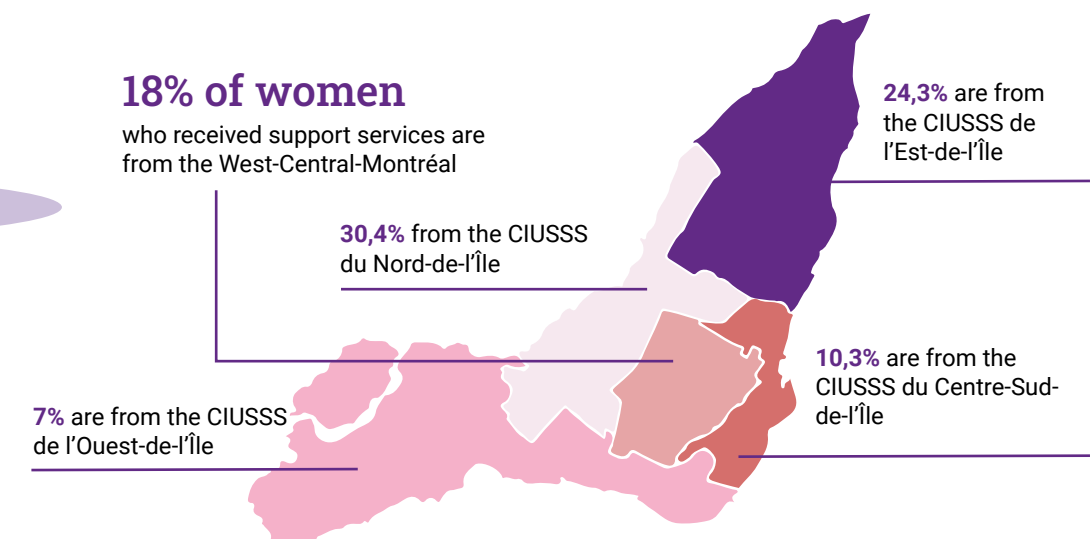
21% of women have refugee status or are asylum seekers.



The Dispensary helps women in the Greater Montréal and surrounding areas.

18% of women

who received support services are from the West-Central-Montréal



For a Successful Intervention

At the Dispensary, we maintain an evaluative culture and are highly retrospective in our work. We survey our clientele each year to better serve them.

This year, we decided to focus on our workshops, as well as the needs of our clientele. We asked for their opinions about logistics, themes, and even the schedule.

An internal working group is examining the actions to be implemented.

Clientele Assessments

In the fall of 2021, an assessment consisting of in-depth individual client interviews was conducted by a public health intern from the University of Montreal. This allowed us to assess client satisfaction not only in terms of what the Dispensary identified as important, but also in terms of our clients' actual expectations regarding the quality of services offered.

Empathy Demonstrated by the Nutritionist

"For me, the most important thing is empathy. I want the specialist to listen and understand me. I'm alone here, and now I'm pregnant [...]"

Specialist Reliability

"The nutritionist lets me email or text her when I have questions. I find that very helpful."

Respect for the Client Dignity

"The intervention specialist lets me email or text her when I have questions. I find that very helpful."

A personalized, secure, and confidential relationship

"An intervention specialist must be discreet about everything I confide [...]. It's very important to me and to service quality."

Needs Assessment

Like many organizations, the Dispensary saw its services go virtual in 2020. As a result, individual follow-ups and group workshops were offered mainly by videoconference. This change has led to a sharp decrease in workshop attendance on the part of our mothers. With this in mind, we have conducted an evaluation to ensure that we have a clear picture of the reality of our clientele.

This evaluation included a quantitative and a qualitative component. **The response rate exceeded our expectations, with 40% of clients responding to the self-administered questionnaire and 20% to the focus groups.**

In light of these results, we have adapted both schedules and presented content, while optimizing our means of client communication. The participation rate has already increased.

An Integral Part of the Perinatal Ecosystem

Support for Families

Community development has become particularly important in the context of the past two years, and this will undoubtedly continue. Such development allows us to create and maintain links with organizations that offer relevant services to meet the multiple needs of our clients. New collaborations were created this year, including one with Entre Mamans et Papas, which allows women monitored by the Dispensary to access a postnatal follow-up service. Siari has also become a key collaborator, allowing us to offer interpretation services to women for social nutrition follow-up.

Relationships established with our numerous community partners have also allowed the Dispensary to conduct 23 workshops for external clients. **This represents an increase of almost 400% compared to last year.**

It was also in this relationship building spirit that the Dispensary's Family Holiday was held in hybrid mode. The Dispensary's backyard was transformed into a real Christmas Market for a few hours. Coffee, hot chocolate, gifts, photos, and other surprises awaited young and adult guests alike!

A Presence that Continues to Bear Fruit

Given that we value a collaborative and coherent approach, the Dispensary remains active in local and regional groups and committees:

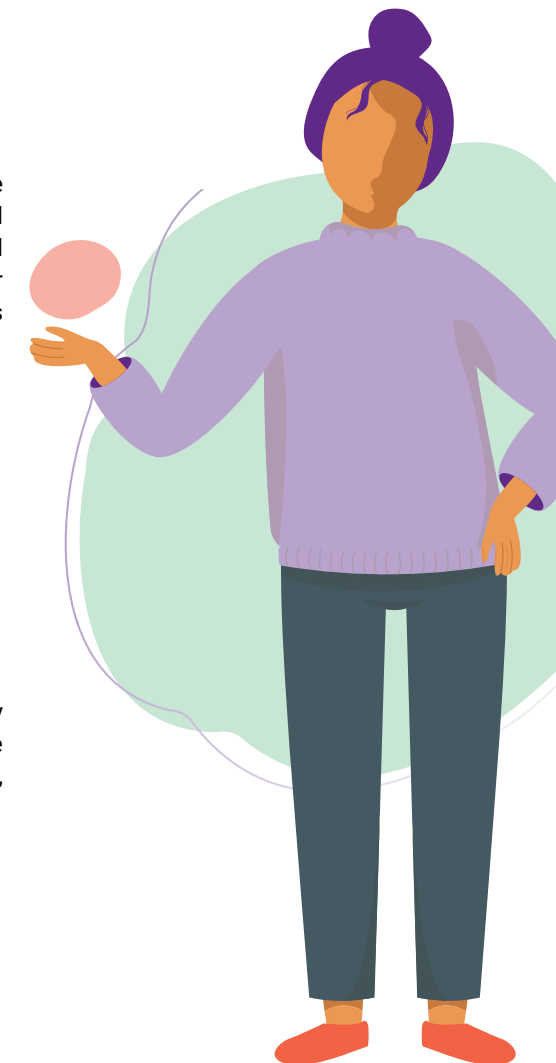
- Peter McGill Neighbourhood Table and Families Downtown
- Table Concertation Comité des Organismes Sociaux de Saint-Laurent (COSSL)
- Comité Petite-Enfance Famille Montréal-Nord (CPEFMN)
- Table Concertation Jeunesse Bordeaux-Cartierville (TCJBC)
- CIUSSS du Territoire Montréalais

Sharing Expertise

The Dispensary enjoys a unique expertise based on a balance between field experience, the use of science, and solid evidence. We are members and share our expertise in the following committees and working groups:

- Olo Foundation's Expert Committee
- Round Table of Nutritionists Working with Maternal Foetal Medicine Clientele in Hospitals
- Expert Ally in the Early Childhood Collective
- Doctors of the World Advocacy Support Group

This expertise also leads us to closely collaborate with the faculty of the nutrition departments of McGill, Montréal, and Laval Universities.





Nuturing Life is a Dispensary flagship program that aims to support community workers by giving them access to a plethora of materials and tools related to perinatal nutrition. Supported by the Public Health Agency of Canada, Nourishing Life combines the Dispensary's perinatal expertise with the science of nutrition.



New

- 31 videos
- 7 intervention tools
- 6 live and recorded training sessions for community workers (77 participants)
- 13 articles intended for the general public on the Dispensary website

Updates

Over 70 articles on various topics have been updated to reflect the ever-changing science.

Numbers that speak volumes

- 87 % of members have increased their knowledge of perinatal nutrition thanks to the contents of Nuturing Life.
- 33 % of members have already used Nuturing Life aids (tools, videos, etc.) when conducting interventions with their clientele.
- 80 % of members are satisfied with Nuturing Life tools.

A Large-Scale Survey
Constantly motivated by innovation, the Nourishing Life team engaged community workers in Québec via a survey. The goal? To better understand these individuals and their needs.

The survey collected data from over 450 respondents. The analysis of this data will help guide future actions and Nuturing Life content.

Nutritious and Affordable Food Basket (NAFB)

The NAFB is a tool developed by the Dispensary. It allows us to estimate the minimum cost of a healthy basic diet covering the nutritional needs of the targeted population. It tracks the cost of food in different communities and is used as an advocacy tool for healthy food access. The update was supported by the Direction Régionale de la Santé Publique du CIUSSS Centre-Sud de Montréal.

Launch of the WEB Platform

We are ready to complete the necessary steps to develop our web platform! This platform will allow for the capture, analysis, and dissemination of data related to price surveys, which were completed to illustrate the cost of healthy and economical food in Québec! The goal is for the tool to be used by organizations and communities that want to know the cost of healthy eating in a given territory.

The tool was tested in the Montréal area and in a remote region, i.e., James Bay.

The NAFB gets a makeover

We could not implement a new tool without giving it a visual identity. Here is the new logo of the NAFB.



A huge thank you to our committee of experts who have been providing project advice since September 2020.

Malek Batal

Full Professor and Director at TRANSNUT
Department of Nutrition, University of Montréal
Canada Research Chair in Nutrition and Health Inequalities

Sylvie Chamberland

Director of Citizen Engagement and Mobilization,
Carrefour Alimentaire Centre-Sud

Jocelyne Gamache

General Coordinator, Québec Collective Kitchens Association

Marie-Claude Gélinau

Urban Environment and Healthy Living Department
Public Health Branch
CIUSS of Centre-Sud-de-Montréal

Minh Nguyen

Associate Researcher at the Institute for Research and Socioeconomic Information (IRIS)d'informations socioéconomiques (IRIS)

We're in the media!

Beyond our expertise in perinatal nutrition, the Dispensary has additional food security expertise, and this has been receiving a lot of attention lately. Our intervention specialists were able to share their expertise and present tips on how to eat well on a budget.

La Presse
October 31, 2021
Food Prices Soar in Québec (in French)

[Read the article](#)

L'épicerie de Radio-Canada
January 5, 2022
Eat Less Meat to Save Money (in French)

[Read the article](#)

Radio-Canada
February 21, 2022
Tracking Food Prices, aka the Obstacle Course (in French)

[Read the article](#)

Radio-Canada
February 23, 2022
Your Power Over Inflation (in French)

[Read the article](#)

Radio-Canada
February 26, 2022
How to Deal with Rising Food Prices?

[Read the article](#)

CBC's Our Montréal
March 19, 2022

[Watch the video](#)



Acknowledgements



Despite the ever-present pandemic, the Dispensary ensured a constant presence among pregnant women, children, and families thanks to the generous financial support of its partners.

We would like to thank the loyal partners who support the Dispensary's mission year after year: the Ministry of Health and Social Services, Centraide of Greater Montréal, and the Public Health Agency of Canada (PHAC). Financial contributions have allowed the Dispensary team to innovate by developing tools such as Nourishing Life and the Nutritious and Economical Food Basket (NEFB). These tools will allow us to reach and help families in vulnerable situations across Québec. Indeed, this sharing of expertise, made possible by the Public Health Agency of Canada (PHAC) and the Regional Public Health Department (DRSP), will help support and reduce food insecurity for a greater number of families in Québec.

With the price of food skyrocketing, we would like to recognize the generous contributions of the Olo Foundation and Second Harvest for providing pregnant women, children, and families with nutritious food. The Dispensary is supported by United Way and is a member of the Olo Foundation.



**In Memoriam Donations / Legacies

Donations were made to the Dispensary in these individuals' memory:

Gail Eleanor Ewan, PDt, who began her career at the Dispensary

Dr. Claude Paré, a member of the Dispensary's Board of Directors

And Nancy Estelle Gallop, upon her bequest



The Dispensary Family

To achieve its mission, the Dispensary relies on the volunteer commitment of its Board of Directors, on the exceptional expertise of its intervention specialists, on the valuable support of its administrative staff, and on the diversified mandates of the volunteers and interns it welcomes during the year.

Board of Directors

Ms. Mélanie Sirois, President
Dotemtex – Executive Search

Ms. Isabelle Tremblay, Vice-President
Behavior Interactive

Ms. Julie Turcotte, Treasurer
CPA Candidate
CIUSSS de l'Ouest-de-l'Île-de-Montréal

Dr. Jean-Marie Moutquin, MD, Secretary
Retired

Dr. Astrid Bicomumpaka Shema, MD
CIUSSS de l'Est-de-l'Île-de-Montréal

Ms. Elizabeth Gauthier, Outgoing
Administrator (September 2021)
City of Laval

Ms. Roxane Girard
Cultural Sector Manager

Mr. Mario Lalancette
Québec Produce Marketing Association
(QPMA)

Ms. Jocelyne Pinsonneault
Manager - Consultant

Ms. Pascale Valois
CIUSSS de l'Ouest-de-l'Île-de-Montréal

Special thanks to **Janine Choquette-Desrosiers**, who acts as an external resource to support the Council's activities.

Committees

Committees are made up of directors as well as volunteer professionals and staff who generously share their time and expertise.

Permanent Governance Committee

Pascale Valois, President
Astrid Bicomumpaka Shema
Jean-Marie Moutquin
Elisabeth Gauthier
Jackie Demers*
Julie Paquette

Finance Committee

Julie Turcotte, President
Roxane Girard
Maxime Joly
Jackie Demers*
Julie Paquette
Lotfi Dridi

Human Resources Management and Nominations Committee

Isabelle Tremblay, President
Mélanie Sirois
Elisabeth Gauthier
Jackie Demers*
Julie Paquette

Visibility Committee (and Subcommittees)

Jocelyne Pinsonneault, President
Mélanie Sirois
Suzanne Boyd
Mario Lalancette
Jackie Demers*
Julie Paquette
Annie Langlois
Janine Choquette-Desrosiers

Ad hoc

Higgins House Committee
Suzanne Boyd, President
Mélanie Sirois
Isabelle Bonneau
Roxane Girard
Julie Paquette

Strategic Planning Steering Committee

Mélanie Sirois
Astrid Bicomumpaka Shema
Roxane Girard
Jocelyne Pinsonneault
Julie Paquette
Lotfi Dridi
Olivia Borgatta
Suzanne Lepage

* Jusqu'en juillet 2021

Staff

Executive Director

Jackie Demers, PDt (until July 2021)
Julie Paquette, MBA, PDt

Director of Operations

Annie Brodeur-Doucet, PDt (until March 2022)

Director of Administration Services

Lotfi Dridi

Communications Advisor

Olivia Borgatta

Family Services Coordinator

Tammy Tran, PDt (on Maternity Leave)
Joanie Lagarde

Nuturing Life Project Manager

Catherine Vézina, PDt

Project Manager (NAFB)

Jeanne Lemoine

Administrative Assistant

Beatriz Rivera-Oropeza

Dietitians/Nutritionists

Isabelle Dubé, PDt, Member of Registre des droits acquis de l'OTSTCFQ

Catherine Labelle, PDt

Suzanne Lepage, PDt

Andréa McCarthy, PDt, M.Sc

Karen Medeiros, PDt

France Proulx-Alonzo, PDt, Psychologist (M. A.)

Dina Salonina, PDt

Ouardia Zeggane, PDt

Perinatal and Lactation Consultant

Selma Buckett, IBCLC

Social and Community Worker

Lorraine Fréchette-Doyon

Volunteers

Board of Directors members and 17 volunteers contributed to the implementation of the Dispensary's mission this year. Their support has been invaluable to our interventions (sorting of foodstuff, evaluation measures, translation, tool development, preparation of mailings, etc.).

A special thank you to Brigitte Gauvreau, who stood out for her dedication and hard work. Thank you from the bottom of my heart.

We would also like to thank the companies that encourage their employees and the educational institutions that encourage their students to give their time: FX Innovation, McGill University (CHAP program), Concordia University - School of Graduate Studies.

Interns

Nutrition – McGill University
Caroline El Hajj, Laura Duque Montoya

Nutrition – Université de Montréal
Sesi Segbenou, Amina Moussa, Catherine Savard, Asma Benamor, Michelle St-Jacques, Julianne Payeur

Corporation

Including Board of Directors members, the Dispensary Corporation has a total of 106 members.

Thank you to our major funders and commodity suppliers.

Visual Layout

Agence La Slide



