

Activity Report 2022-2023

April 1, 2022 to March 31, 2023





Table of contents

A word from the President	4
A word from the Executive Director	5
The Dispensary flourishes	6
Last Year's Seeds	7
Perinatal Social Nutrition – the Dispensary's greatest gift	9
Acting on behalf of our clientele	10
Our moms in 2022	12
What's being said through the grapevine	16
An integral part of the perinatal ecosystem	16
Nourishing life	18
Nutritious and Affordable Food Basket (NAFB)	19
The time has come to offer praises	20
The Dispensary family	21



Mélanie Sirois,
President of the
Board of Directors

A word from the President

I have had the privilege of serving as President of the Board of Directors for the past two years and my observation is unequivocal: the mission of the Dispensary remains more than relevant. This mission is supported on a daily basis by a great team that I have had the pleasure of working with more over the past year.

A mission, a vision, and deeply rooted values

The past year was marked by the completion of the 2022-2026 strategic plan, which became a reality with the commitment and involvement of the team and the Board of Directors. It was a demanding, but extremely stimulating year. It was also an opportunity to revisit our mission and values. Being a part of this fiscal year has allowed me to see the strength of our values and how they are demonstrated on a daily basis. The Dispensary is back on track for years to come.

A well-earned visibility

I would be remiss if I did not mention the launch of the new Nutritious and Affordable Food Basket (NAFB) which, thanks to new funding sources, has been able to take shape and gain unprecedented visibility. An essential tool, both in terms of intervention and influence, and still relevant even after decades. The Dispensary's team supported this project and, above all, believed in it. To their credit, the project will now be able to develop its full potential. The publication of the new data last October, confirmed without a shadow of a doubt the relevance of this tool, whether in Montreal or in more remote regions. It is also through the NAFB data that we unfortunately see the impact that rising food prices can have on our clientele.

Many more mothers this year

As an organization whose primary mission is to support vulnerable pregnant women, it is both extraordinary to see these numbers increase, but also challenging to see how great the need is. The Dispensary team has once again demonstrated its ability to mobilize and adapt. I am extremely proud to be a part of this mission and I am confident that it is supported by the members of the Board of Directors.

Closing remarks

Because yes, it's time for me to bow out after six years of being involved with the Board of Directors. It is with a heavy heart, but full of fond memories that I hand over my position as President for the coming fiscal year. Honestly, this experience has been extremely formative for me and has allowed me to grow, both professionally and personally. I tell you, community is life-changing! Thank you to my fellow Board members for your warm welcome, your trust and your commitment. Thank you to the entire Dispensary team: a solid, caring team that I deeply admire. Rest assured, this is only goodbye for now.



Julie Paquette,
MBA, PDt
Executive Director

A word from the Executive Director

It is with a great deal of emotion, but mostly with gratitude, that I end this first full year at the Dispensary. I have known it since I arrived in the fall of 2021, but I am now more than convinced: the Dispensary team is nothing short of exceptional.

It is thanks to the team that more than 720 pregnant women were accompanied this year. It is thanks to the team that nearly 350 members of Nurturing Life benefit from a variety of content developed with care and relevance. It is thanks to the team that the Nutritious and Affordable Food Basket has spread to new regions of Québec.

It is also thanks to the team that we have so much fun working, we innovate, and we learn, all while staying focused on our vision.

In addition to concentrating on fulfilling its primary mission, the team has also been involved in a wide range of projects that have sometimes been reassuring, sometimes destabilizing, and sometimes both at the same time.

The Dispensary is changing its name

Yes, you read that right! Indeed, a huge undertaking was added to our projects last year, the results will be shared in the coming year. This task undoubtedly enabled the Dispensary to look back at its origins and its many achievements, and to demonstrate its ambitions. A long process, full of emotion and reflection, but so constructive and unifying! We can't wait to tell you more about it!

Adaptation and Flexibility

Adaptation and flexibility have allowed us to offer perinatal social nutrition services to women in highly vulnerable situations. Within a matter of weeks, the Dispensary set up an intervention program to assist a population with very significant needs with both professional and material resources. This situation was also the perfect opportunity to strengthen connections with our partners, both in the health care network and in the community. For an organization like the Dispensary, it is very reassuring to see how our environment is able to mobilize and put our heads together to confront the challenges that arise.

One more thank you

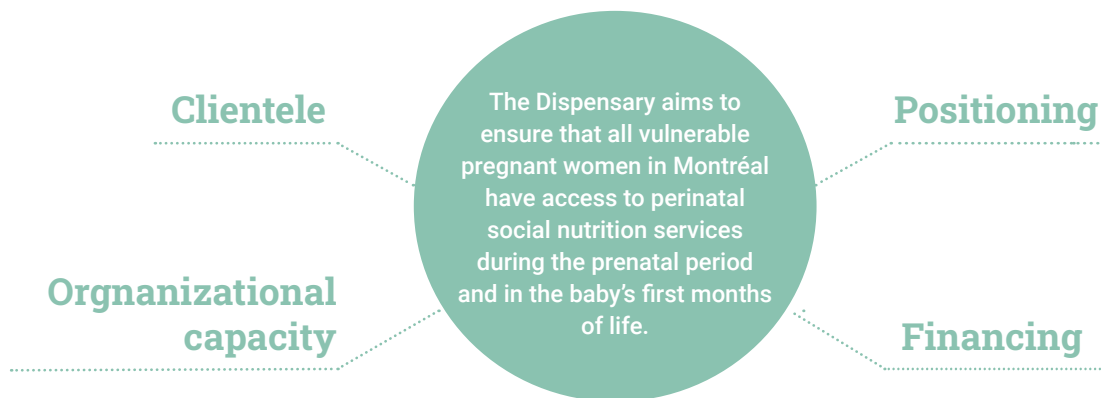
Thank you to the members of the Dispensary's Board of Directors for your commitment, drive, and trust. You have jumped into the past year's projects with discipline and enthusiasm, whether it be for strategic planning, the Agnes C. Higgins House, or our brand image. A special thanks to Mélanie Sirois, our outgoing president. Her fabulous energy, her achievements, and commitment have been more than meaningful for the Dispensary. Mélanie, thank you very much.

The Dispensary flourishes



After months of consultation, reflection, and hard work, the Dispensary is proud to present its 2022-2026 strategic plan. More determined than ever to join forces with the perinatal ecosystem and be part of its mobilization when confronting the various issues and challenges it faces, the Dispensary is optimistic about the directions taken and the potential for this concerted effort.

[Click here for the details of the strategic plan \(in French only\)](#)



In any healthy organization, a thorough review of its mission, direction, and vision is essential to reflect a society that is evolving ever more rapidly, in its own unique environment.

As part of defining its strategic direction, the Dispensary revisited its mission and vision statement, while re-examining its values. This has allowed us to better understand the realities and needs of the organization and its clients, by placing the values that emanate from the team at the heart of our daily work.

Mission

To support pregnant women in vulnerable situations through perinatal social nutrition, and thus give their babies every opportunity to develop fully.

Vision

Life begins on an equal footing for all babies.

Values

Kindness

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

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 learn more and more. This thirst for knowledge is expressed not only through our actions, but also in our desire to discover people for who they truly are.

Excellence

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

Fun

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

For whom

For pregnant women :

In situations of economic vulnerability

With a precarious migratory status

Who use psychoactive substances

With mental health issues



Last Year's Seeds

Name and visual identity of the Dispensary

One of the most significant tasks of the year 2022-2023 was undoubtedly the naming and visual redesign of the Dispensary. At a key moment in its development, the organization has undertaken a major strategic rethink to update its services and propel the brand even further to remain strong in the spirit of the ecosystem¹ in which it is located.

This new image and name will not only reflect this constantly changing environment, but will also position the Dispensary in 2023 and reflect its new ambitions. This important work of reflection involving the internal team, the Board of Directors, and the supporting agency Attitude Marketing will be unveiled in the coming year.

The Higgins House Project Continues

The Dispensary owns the Agnes C. Higgins House, located in the Peter McGill district of Ville-Marie. Built a century ago, the Agnes C. Higgins House requires major renovations to enable the Dispensary's fully committed team to continue fulfilling its primary mission.

One of the committees, dedicated solely to this major project, has been very active in seeking funding, evaluating plausible scenarios, and recruiting business volunteers to help make the project a reality. As a result of their efforts, an important source of funding has been found, which will allow the committee to begin preliminary assessments in the coming months.

¹ The term is used figuratively, i.e., an organized environment including funders, community partners, service corridors, clients, internal team, board members, corporate members.

The beginnings of a relationship with Québec's Indigenous communities

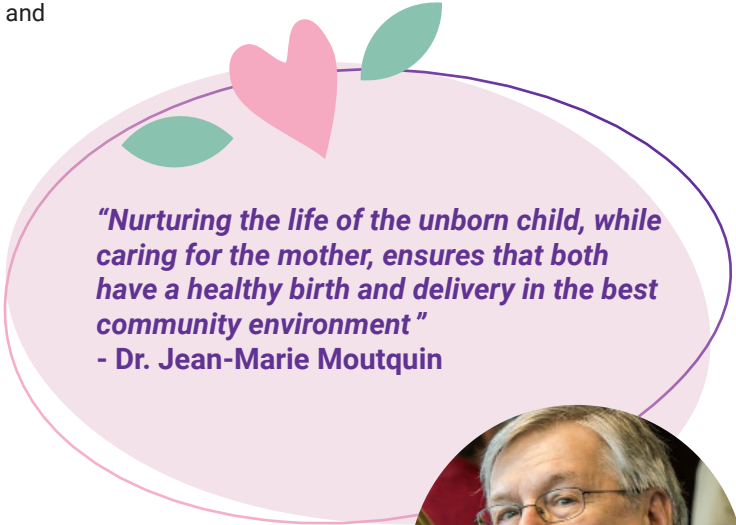
Financial support from the Ministry of Health and Social Services (MHSS) allowed the Dispensary to explore the feasibility of adapting the Nutritious and Affordable Food Basket (NAFB) methodology to the different realities of Indigenous food insecurity. To do this, a committee of experts was set up and members from different communities got involved. In 2023-2024, we plan to continue the work of this committee and to co-construct a pilot project with our committee of experts to experiment with adapting the NAFB.

In 2022-2023, as part of our strategic planning, we are also looking into the possibility of offering perinatal social nutrition services to the Indigenous clientele of Greater Montréal. In 2023-2024, actions are planned to achieve this goal and the first steps will be to develop connections by fostering a climate of respect, trust, and collaboration with the main partners offering services to this clientele. Moreover, the Dispensary has initiated exchanges with the Southern Québec Inuit Association and future collaborations are being considered for next year.

The Jean-Marie Moutquin Scholarship

This year marks the first edition of the Jean-Marie Moutquin Scholarship, highlighting Dr. Jean-Marie Moutquin's involvement in the Dispensary. After more than 25 years of involvement, including ten years on the Board of Directors, Dr. Moutquin bowed out last year. A true ambassador of the Dispensary and one who shows great respect for the work of the entire team, Dr. Moutquin will remain with us through this award. A \$500 scholarship will be awarded annually to one of the Dispensary's interns or students, based on predetermined criteria.

For the first edition, the Jean-Marie Moutquin scholarship is awarded to Claudia Rivera Philippon.



"Nurturing the life of the unborn child, while caring for the mother, ensures that both have a healthy birth and delivery in the best community environment"
- Dr. Jean-Marie Moutquin



Perinatal Social Nutrition, the Dispensary's greatest gift

Perinatal Social Nutrition (PSN) is an interdisciplinary approach that focuses on women in vulnerable situations during pregnancy and the first months of their infant's life.

Through biopsychosocial assessment, clinical nutrition intervention, and action on other determinants of health, PSN helps women and their babies to nourish themselves and live healthily during this critical period of development.

Our practitioners work with women, based on the needs, capacities, and potential of their families, to improve the conditions in which their children develop, by facilitating access to a range of material, professional, community, institutional, and other resources.

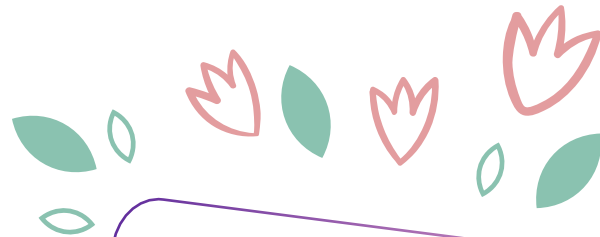
Updating the clientele journey

The Dispensary has made considerable efforts to update its virtual group workshops to meet the varied needs of its clientele. These workshops were incorporated into the clientele journey to improve their literacy and enable them to make informed decisions for themselves and their babies.

Transitioning from the Higgins Method® to the perinatal social nutrition approach in the professional community

During the year, a major initiative was undertaken to address the needs of nutritionists in the area of perinatal social nutrition. The Higgins Method®, widely used by Quebec nutritionists since the 1980s, has evolved and been updated for **perinatal social nutrition**.

It is with this in mind that the Dispensary and the Olo Foundation have joined forces. Members of the community of practice have therefore benefited from training in perinatal social nutrition developed by the Dispensary team. This initiative was a resounding success, updating the skills and knowledge of over 150 nutritionists from all regions of Québec to better support pregnant women in vulnerable situations.



The addition of an adapted client journey

In April 2022, a collaboration was created between the Sacré-Cœur-de-Montréal Hospital and the Dispensary to meet the needs of pregnant women in very vulnerable situations who are beginning their pregnancy follow-up in their third trimester. At the same time, the Regional Program for the Settlement and Integration of Asylum Seekers (PRAIDA) recorded a massive influx of pregnant asylum seekers. The Dispensary team mobilized with flexibility to meet the needs of this clientele by creating a late pathway that was adapted throughout the year.

Today, these women receive consultations with a nutritionist, a social and community worker, and a lactation consultant, as well as nutritional supplements and postpartum support for up to four months after delivery.



Acting on Behalf of our Clientele



Expanding our services to the West Island

Within the framework of MHSS funding to enhance perinatal services on the West Island, the Dispensary has developed close ties with several professionals and managers at the Montréal West Island Integrated University Health and Social Services Centre as well as with numerous community organizations, both in the Pierrefonds area and the surrounding areas of Dorval, Lachine, and Lasalle.

A networking event organized by the Dispensary in collaboration with the McGill University's School of Nutrition was held on March 16th and brought together 17 partners from Montréal West. Thanks to its network of partners, the Dispensary now has several options available for 2023-2024 to use premises and offer local services to clients.

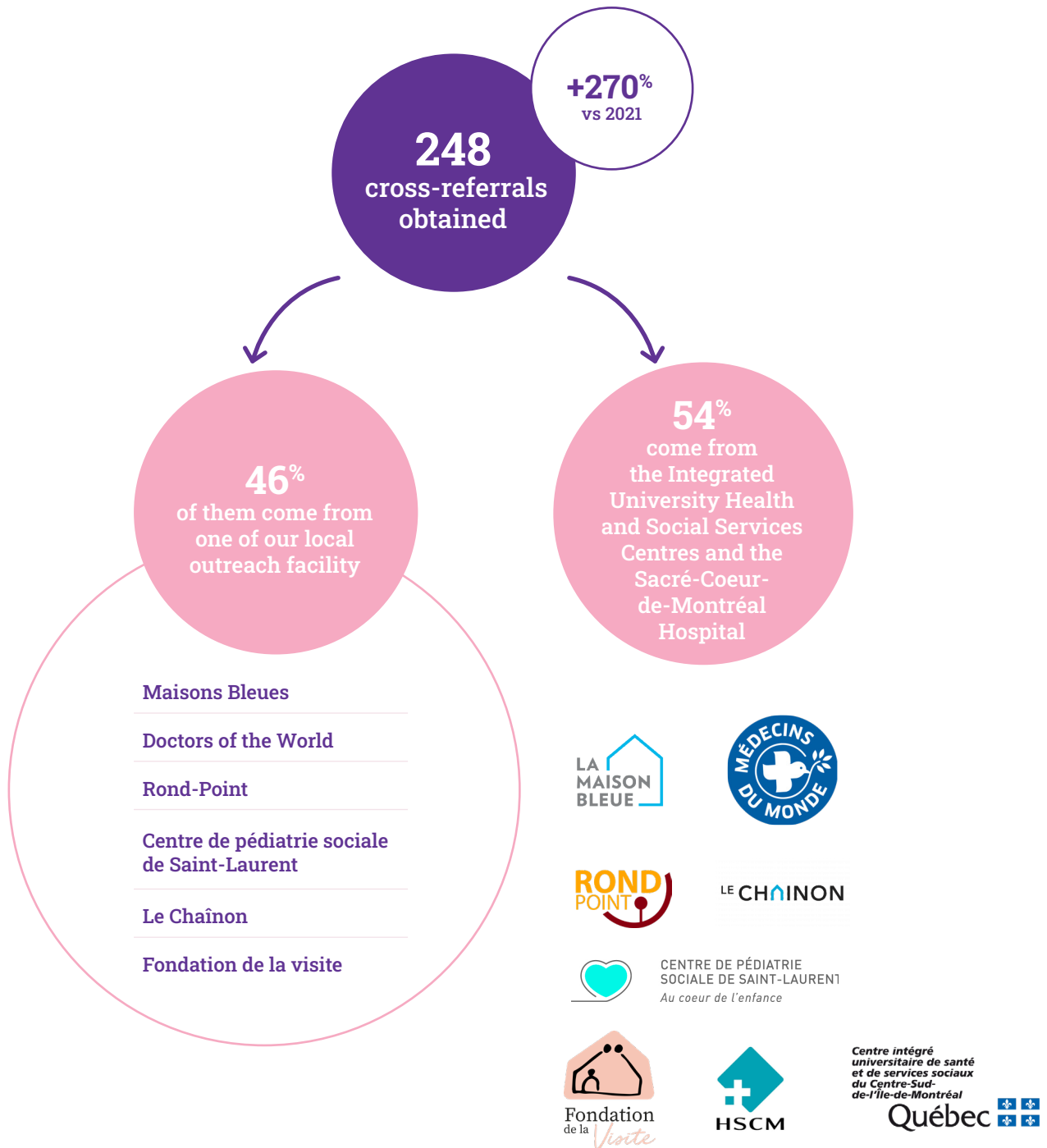
Pooling of resources

Benefiting from a large area of premises in the Peter McGill district, close to public transportation, the Dispensary is able to make a food and clothing counter accessible to its clients. The space available allows for the storage and redistribution of a wide range of donations, but also birth kits through a collaboration with our partner, Fondation de la visite. It's a great attraction for clients to come to the Dispensary!

Access to a large room attached to a kitchen, formerly used for on-site workshops, also enables the Dispensary to consider other uses. For example, last winter, a pop-up vaccination clinic was organized in collaboration with the Montreal West Island Integrated University Health and Social Services Centre (CIUSSS). Steps are also being taken to share our premises for collective kitchen activities with local partners.



A portrait of our cross-referral collaborations



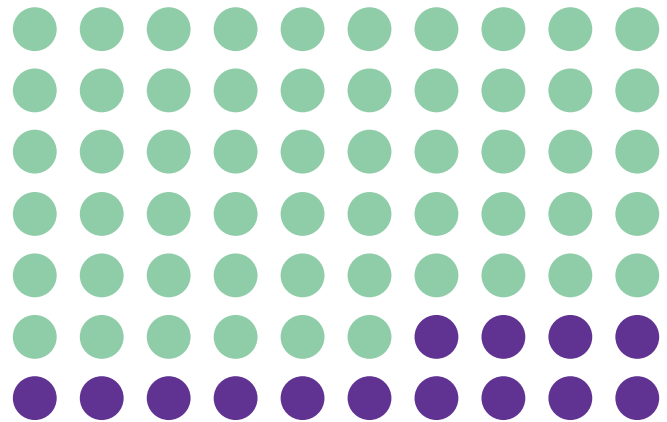
Our moms in 2022

Intervention Requests



721 pregnant women

benefited from the services of the Dispensary throughout the year.



177 new cases*

*as of April 1, 2022



+86.3%
vs 2021



Adapted client journey

The Dispensary has established a partnership with the Sacré-Coeur-de-Montréal Hospital to help pregnant women in vulnerable situations and has adapted its care pathway to meet the needs of pregnant asylum seekers who have arrived in Québec in large numbers through the Regional Program for the Settlement and Integration of Asylum Seekers (PRAIDA).

202 pregnant women benefited from the adapted client journey

Prenatal follow-up in perinatal social nutrition

2,608 perinatal social nutrition consultations

took place during the prenatal period.

Regular client journey

Each mother receives on average

7 consultations during her pregnancy



Adapted client journey

Each mother receives on average

3 consultations during her pregnancy



Postnatal follow-up in perinatal social nutrition (for both client journeys combined)



Births

4.6% low birth weight rate

3.8% prematurity rate

Breastfeeding

Breastfeeding at the Dispensary is encouraged, as it is the benchmark for a baby's nutrition. A personalized follow-up ensures that mothers are aware of all the options available for feeding their babies optimally.

96% initiated breastfeeding

48% exclusively breastfed up to 6 months

(vs 25.4% for the province of Québec²)



2,655 perinatal social nutrition consultations

took place during the postnatal period.

Each mother receives on average

7 consultations

whether for the regular or late pathways, as the type of postnatal intervention is equivalent for both types of client journeys.



² Canada's Breastfeeding Progress Report 2022. Public Health Agency of Canada, 2022.

Our moms in 2022

According to the most recent data from Statistics Canada - Canadian Income Survey, food insecurity in Quebec has increased significantly between 2020 and 2021, from 12.7% to 14.7%.

This represents an increase of over 179,000 people affected.

Among the groups most affected are female single-parent families and immigrants. These findings underscore the importance of implementing targeted measures to support these vulnerable populations.

Perinatal social nutrition Follow-Up

A total of 721 women benefited from the perinatal social nutrition approach.

721 women

42.5% of women

live on inadequate income according to the sustainable income

Among other sources of income:

30.2%

of women depend on income security programs (a 280% increase).

4.1%

are on employment insurance.

15.8%

of families have no income (an increase of 106.4%).



A Simple Gesture Can Make a Difference

It is also thanks to the **Olo Foundation** and **Second Harvest** that we have been able to maintain food and nutritional support.

Moisson Montreal generously donated the equivalent of \$36,504 in food items. Thanks to this generosity, food assistance is now part of the services offered at the Dispensary. A partnership with the **Carrefour alimentaire Centre-Sud** for the distribution of food stamps has once again taken place.

During the year, we distributed

12,113 vouchers for milk

101 prenatal vitamin bottles

3,959 vouchers for eggs

534 Second Harvest grocery cards for \$50

4,915 vouchers for vegetables

The **Tablee des Chefs'** solidarity project, **Soup for change** at the **Place des Arts**, generously donated nearly 300 bags of dry soup mix.

Immigration Status

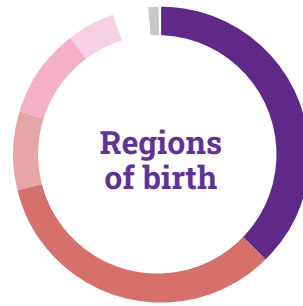


70.1% of women

live with precarious immigration status ³.



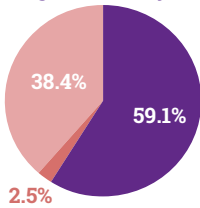
Asylum seekers alone account for **50.7%** of the clientele followed.



- 37.6% West Indies
- 33.9% Africa
- 9.8% Latin America
- 8.5% Canada
- 5.3% Asia
- 3.8% The Middle-East
- 1.2% Europe

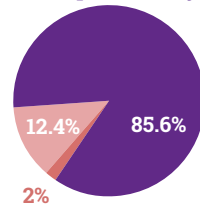
Legal and migratory status in Canada

Regular client journey



- Precarious immigration status (including women asylum seekers, whose proportion alone is 40.3%)
- Refugee status
- Citizenship and permanent residence status

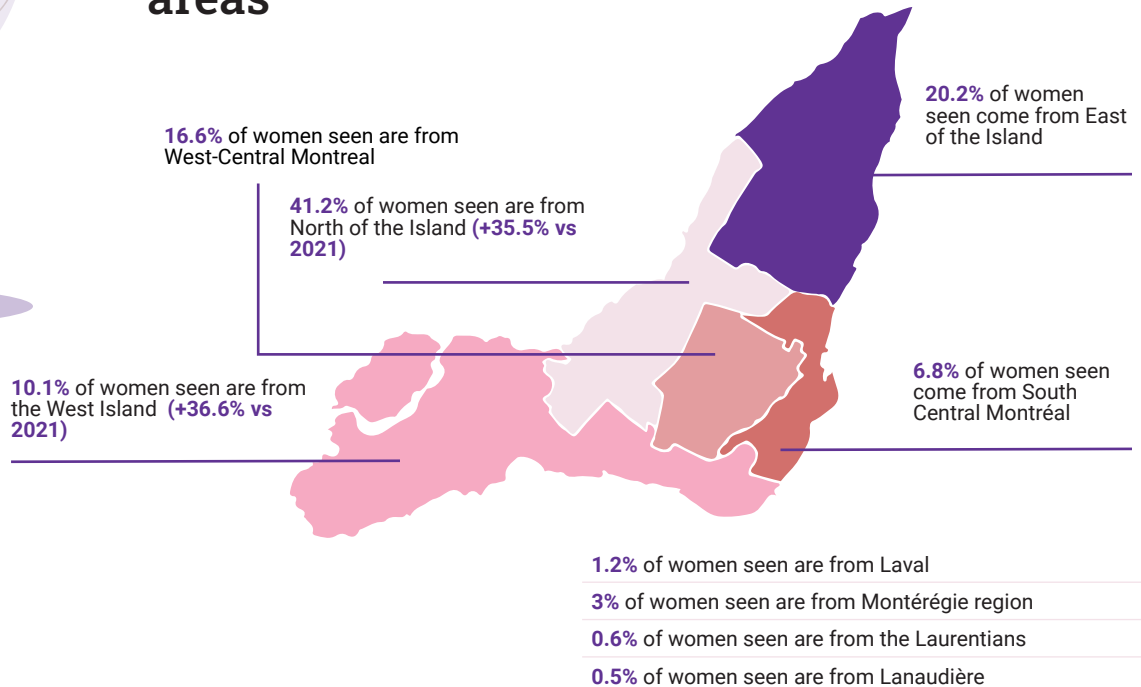
Adapted client journey



- Precarious immigration status (including women asylum seekers, whose proportion alone is 40.3%)
- Refugee status
- Citizenship and permanent residence status



The Dispensary assists women in the Greater Montréal area and surrounding areas



³ A migrant with precarious status is a person whose immigration status is neither permanent nor guaranteed, which makes them vulnerable to exploitation. As another quote points out, "the fact that their right to remain here is not guaranteed puts them in a precarious situation that can be difficult to manage. This vulnerability includes temporary workers, international students, asylum seekers, and those awaiting family reunification or humanitarian applications." Doctors of the World and Amnesty International.

What's being said through the grapevine

"From the moment I entered the Dispensary, I felt a warm welcome. Through my follow-ups with my nutritionist, I felt supported, listened to, and soothed as we went through a challenging period. The Dispensary is very important to us and that is why we decided to name our baby after our nutritionist." - Dispensary client

"I am a young mother of a two-month-old baby girl. Before coming to Canada, I had polycystic ovaries, which made my periods irregular. I didn't realize I was pregnant until I was 35 weeks along. Although I was scared and felt alone during my pregnancy, I am grateful for the people at the clinic who helped and supported me before and after delivery." - Dispensary client

An integral part of the perinatal ecosystem

Support for families

Community development is particularly important to the Dispensary to create and maintain links with organizations that offer relevant services to meet the multiple needs of our clientele.

In the context of the massive influx of newcomers last spring, these collaborations with the community were particularly important. For example, the Dispensary received support this year from the Welcome Collective to help families with furniture and access to specific resources for asylum seekers.

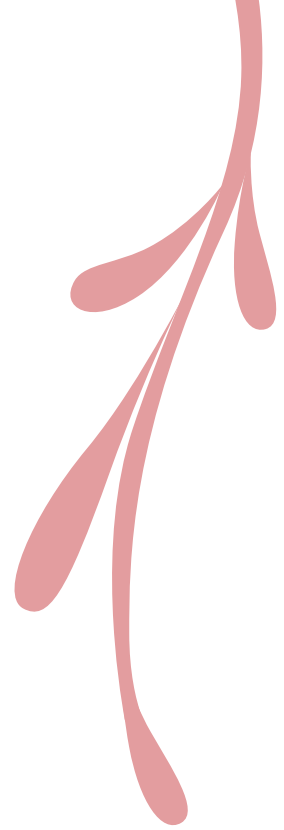
Interpreter assistance and referral service for immigrants remains a key collaborator, allowing us to offer interpreting services to women for perinatal social nutrition follow-up. Furthermore, within the framework of an agreement with PRAIDA and the Metro LCHC (CLSC), the Dispensary is still present at the YMCA residence, but has become more active in the past year in offering immediate support to pregnant applicants. A service corridor with Sacré-Coeur Hospital has also been in effect since last spring.

Collaborations with the CIUSSS in the context of asylum seekers

The Dispensary collaborates with Montreal's CIUSSS', in particular with the CIUSSS West-Central Montréal and the CIUSSS West for local consultations in the Peter McGill district, collaborations with PRAIDA, and an agreement to enhance perinatal services in this area.

The massive arrival of asylum seekers in the spring of 2022 has put significant pressure on the network of perinatal partners, both at the community level and in the CIUSSS, for all of Greater Montreal. In this context, collaborations have been set up to join forces, particularly with the CIUSSS North and the CIUSSS Montérégie East, territories that are more affected by this reality.

A corridor of services and referrals have been underway since the winter with the CLSC Saint-Laurent and Montreal North. In March 2023, a more formal collaboration agreement was drafted with the CIUSSS for Monteregie East and more specifically with the CLSCs for the Pierre-Boucher, Richelieu-Yamaska and Pierre-de-Saurel districts.



A Presence That Bears Fruit

Valuing a collaborative and coherent approach, the Dispensary remains active in local and regional groups and committees:

Peter McGill Community Council :

- Comité sécurité alimentaire
- Comité Famille Centre-Ville (FCV)

Concertation Petite Enfance-Famille de Montréal-Nord (CPEFMN)

Table de concertation Comité des organismes sociaux de Saint-Laurent (COSSL)

Table de concertation jeunesse Bordeaux-Cartierville (TCJBC)

Comité Petite Enfance de Saint-Laurent

Table de concertation petite enfance et jeunesse de Lachine

Table de concertation Enfance Famille Jeunesse de l'Ouest-de-l'Île

Comité de pilotage du Centre Sanaaq

Sharing Expertise

The Dispensary has a unique expertise based on a balance between field experience, the use of science and evidence. With this in mind, we are members of the following committees and working groups and share our expertise with them:

The Olo Foundation panel of experts

Roundtable of nutritionists working with maternal-fetal medicine clientele in hospitals

Expert ally in the Early Childhood Collective;

Doctors of the World Advocacy Support Group;

Member of the Montreal Food System Council (CSAM) and participation in the "Healthy Eating" working group;

TQSA Working Group «Universal access to quality food.»

This expertise also leads us to collaborate closely with the faculty and research staff of the nutrition departments at McGill, Montréal and Laval universities. The Dispensary has also actively contributed to the creation of a new nutrition program at the University of Sherbrooke.

Each year, the Dispensary collaborates with the university community to offer internships in nutrition and other disciplines such as social work, management and public health.

In 2022-2023, the Dispensary was selected by the editorial board of the Order of dietitians and nutritionists of Quebec (ODNQ) to publish a special edition of the journal *Nutrition Science en évolution* on the theoretical foundations of perinatal social nutrition as practiced at the Dispensary. This periodical will include scientific articles and concrete examples to help nutritionists.

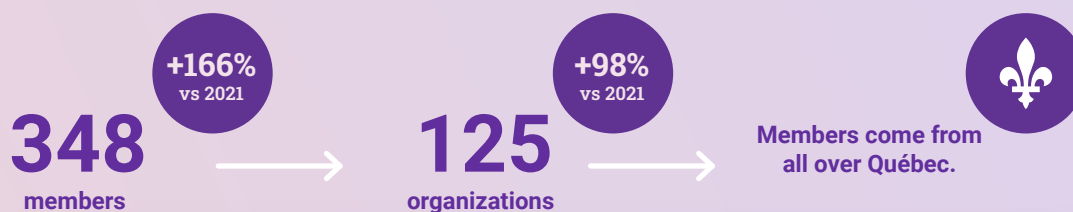




Nurturing Life is a flagship program of the Dispensary that aims to support community workers in their work by giving them access to a wealth of exclusive content and tools on perinatal nutrition. Supported by the Public Health Agency of Canada, Nourishing Life combines the Dispensary's expertise in perinatal care with the science of nutrition.

A project that's gaining momentum!

This year, Nurturing Life began a pilot project to provide access to its content to professionals in the health and social services sector, to enrich their knowledge of perinatal issues and to provide them with avenues for intervention. To date, 83 health professionals have joined the Nurturing Life community.



The impact of Nurturing Life on the work of its members

91% said that the content of Nurturing Life helped increase their knowledge of perinatal nutrition.

55% used the practical tools from Nourishing Life when conducting interventions with their clients.

76% have applied the knowledge gained through Nurturing Life content.

91% of members are satisfied with all of the content offered by Nurturing Life.

Satisfied members!

"Thanks to this platform, we can quickly obtain the most up-to-date information!"

"This site is a great resource when I have specific questions that are not necessarily addressed in other recognized reference sites."

"I use your fact sheets a lot to share information with parents. They are concise and very relevant. The offline training is also very popular for continuing education!"

Nutritious and Affordable Food Basket (NAFB)



The NAFB is a tool developed by the Dispensary to estimate the minimum cost of a balanced grocery store, covering the nutritional needs of the target population. It tracks the cost of food in different communities and is used as an advocacy tool for access to healthy food as well as an intervention tool. For more than 70 years, pricing surveys have been carried out in the Montréal area.

Unveiling of the methodology and its new data

Last October, the Dispensary presented its Report during a webinar and public relations campaign. The webinar, moderated by Julie Paquette and featuring nutritionist and author Geneviève O'Gleman and researcher François Fournier from the Quebec observatory for inequality, shed additional light on the issue of food insecurity in Quebec households. The event was a huge success: approximately 150 participants, exceptional media coverage and renewed partnerships.

Winner of the DUX Grand Prize

The Dispensary is the winner of the "DUX eat better 2023" award in the "Communication Initiatives- Programs or Training" category for submitting the Nutritious and Affordable Food Basket: update and rollout. We are very proud of this award, which recognizes the organizations that have developed initiatives to improve the health of the population.

Rollout across the province of Québec

The Dispensary receives funding from the Ministry of Health and Social Services (MHSS) to make the NAFB a relevant advocacy and monitoring tool for the entire province of Québec. This financial support allowed the NAFB to be deployed across Québec by creating pilot regional working groups in three regions: Côte-Nord, Gaspésie-Îles-de-la-Madeleine and Mauricie-Centre-du-Québec. It also explored the possibility of creating specific baskets for certain populations, including indigenous communities.

It's in the news!

Beyond its expertise in perinatal nutrition, the Dispensary has additional expertise in food insecurity that is attracting a lot of attention. Our speakers shared this expertise and presented tips on how to eat well on a budget.

La Presse+

April 30, 2022

Femmes migrantes à statut précaire : Tu ne dois pas laisser une personne sans soins

[Read the article](#)

Naitre et grandir

October 27, 2022

Manger à faible coût : de plus en plus difficile

[Read the article](#)

Radio-Canada

December 19, 2022

Hausse fulgurante du prix des préparations pour nourrisson

[Read the article](#)

Journal de Montréal

June 11, 2022

Soutenons les femmes enceintes migrantes à statut précaire

[Read the article](#)

CBC

October 28, 2022

Cost of nutritious food basket for Montreal families up 15% from last year

[Read the article](#)

Journal de Montréal

March 18, 2023

Trois ans d'inflation alimentaire et ça grimpe encore et encore

[Read the article](#)

Le Devoir

July 20, 2022

Dans la peau d'une mère célibataire : une simulation

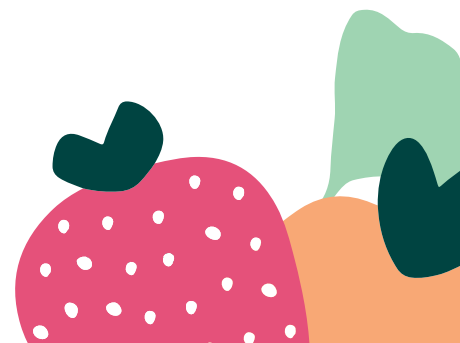
[Read the article](#)

Radio-Canada

December 2, 2022

Crise de l'inflation : enceintes, mais le ventre vide

[Read the article](#)



The time has come to offer praises

Thanks to the financial support of valuable partners, the Dispensary has been able to maintain a continuous presence with pregnant women in vulnerable situations and its flagship projects. Special thanks to the following organizations:

- City of Montréal;
- Dairy Farmers of Canada;
- Department of Health and Human Services;
- Greater Montreal Foundation;
- Public Health Agency of Canada (PHAC);
- Moisson Montréal;
- Montreal Regional Public Health Department;
- Olo Foundation;
- United Way of Greater Montreal;
- Second Harvest.

Many thanks to the members of the steering committee for their valuable contribution to the implementation of the NSDP. Their varied expertise was essential to the success of this project.

We would also like to warmly thank the members of the two expert committees for their significant input and insightful perspective that paved the way for the co-construction of a pilot project to adapt the NAFB to Indigenous community contexts.



In Memoriam Donations/Legacies

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

Florent Duquette	Michelle Boulay
Judith Ann Johnston	Nancy Walking
Louise Lalonde	Ronal Signer
Margaret Brooks-Legault	Yves Duquette
Marjorie Hazel Murdoch-Pike	

And Margaret Cameron, 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 workers, on the precious support of its administrative staff as well as on the diversified mandates carried out by the volunteers and interns welcomed during the year.

BOARD OF DIRECTORS

Mélanie Sirois, President

Dotemtex – Executive Search

Roxane Girard, Vice President

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Julie Turcotte, Treasurer

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MTA CPA inc.

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(until May 2022)
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Johanne Côté, Secretary

Retired

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Suzanne Boyd

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M^e Gabrielle Marquis-Beaudoin

Lawyer
Montréal Legal Aid

Marie-Josée Côté

Director, Regulation and Public Policy Propulsion
Quebec

Special thanks to Janine Choquette-Desrosiers, who acts as an external resource to support the activities of the Board.

COMMITTEES

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

STATUTORY

Governance Committee

Johanne Côté, President

Astrid Bicamumpaka Shema

Finance Committee

Julie Turcotte, President

Lotfi Dridi

Roxane Girard

Julie Paquette

Executive Committee

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Mario Lalancette

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Isabelle Bonneau

Roxane Girard

Julie Paquette

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Astrid Bicamumpaka Shema

Roxane Girard

Julie Paquette

Jocelyne Pinsonneault

Mélanie Sirois

Information and data management steering committee

Roxane Girard

Joanie Lagarde

Julie Paquette

Stéphanie Tremblay

Equity, Diversity and Inclusion (EDI) Committee

Gabrielle Marquis-Beaudoin, President

Olivia Borgatta

Alessia Gadoua

Julie Paquette

Julie Turcotte

Catherine Vézina

Ouardia Zeggane

Staff

Executive Director

Julie Paquette, MBA, PDt

Director of Programs and Social Impact

Stéphanie Tremblay, M.Sc., PDt

Director of Administrative Services

Lotfi Dridi

Communications Advisor

Olivia Borgatta

Family Services Coordinator

Tammy Tran, PDt (return from parental leave in October 2022)

Joanie Lagarde

Project manager and writer for Nurturing Life

Catherine Vézina, PDt

NAFB Project Manager

Jeanne Lemoine (until April 2022)

Alessia Gadoua, PDt

Administrative Assistant

Beatriz Rivera-Oropeza (until September 2022)

Maria Hiriart, M.S. Ed.

Intervention specialists

Selma Buckett, IBCLC

Maryam Boulad, PDt

Isabelle Dubé, PDt, member of the OTSTCFQ's Registry of acquired rights (on parental leave)

Lorraine Fréchette-Doyon, Social and Community Worker

Maude Guévin, PDt

Catherine Labelle, PDt

Suzanne Lepage, PDt

Zoé Mekhoukh, Social and Community Worker

Andréa McCarthy, M.Sc., PDt

Karen Medeiros, PDt

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

Catherine Royer, PDt

Dina Salonina, PDt

Sandrine Staco, PDt (until December 2022)

Ouardia Zeggane, PDt

Volunteers

The members of the Board of Directors and 49 volunteers contributed this year to the implementation of the Dispensary's mission. This year, volunteers were invaluable for their support to our interventions (sorting of food, evaluation measures, translation, development of tools, preparation of mailings, etc.)

A special thank you to Micheline Boily, who stood out for her dedication and hard work. Thank you from the bottom of our hearts.

We would also like to thank the companies that encourage their employees and the educational institutions that encourage their students to give their time and get involved in the community: Alstom, Bank of Montreal, FxInnovation, Groupe Dutailier, Hydro Québec, Shorcan Brokers Limited, Sodexo, McGill University (CHAP program).

Interns

Nutrition - McGill University

Alexia Houle, Amena Al Difai, Maude Guévin, Claudia Rivera Philippon, Lisa Nguyen

Nutrition - Université de Montréal

Maryam Boulad, Jasmine Keurentjes

Social Work - University du Québec à Montréal

Pénélope Dubois

Master of Business Administration - Université de Sherbrooke

Stéphanie Deguire

Master's degree in public health - University of Montreal

Gbègnikin Logossou

Corporation

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

Thank you to our major funders and food suppliers.

Visual editing

La Slide Agency



