

GUIDING PRACTICES

Highly successful breakfast clubs strive towards meeting the following guiding practices:



BUILD A SUSTAINABLE FOUNDATION

- Offer breakfast every school day*
- Ensure the breakfast club is universal by encouraging the participation of all students*
- Involve leadership from a committed and informed program coordinator and breakfast club committee
- Encourage collaboration with school administration and school staff
- Ensure a system is in place to provide financial accountability and sustainability*
- Include ongoing program evaluation



NOURISH HEALTHY EATING HABITS

- Offer a nutritious menu that includes food choices consistent with Eating Well with Canada's Food Guide and provincial or territorial school food and nutrition policies*
- Ensure the breakfast menu includes a minimum of three food groups per day including a serving of fruit or vegetables and a serving of milk or milk alternatives*
- Prepare meals using healthy preparation methods (e.g., baking, roasting, poaching) with little or no added salt, sugar/ sweeteners, and/or fat
- Allow adequate time for students to eat and encourage them to be attentive to their fullness cues*
- Promote healthy eating through positive role modeling and food and nutrition education*
- Ensure health and nutrition messages are consistent throughout the whole school environment



CREATE A SAFE PHYSICAL AND SOCIAL ENVIRONMENT

- Operate in a location that is safe, universally accessible, and welcoming*
- Prepare, store, and serve food and beverages using safe food handling practices in accordance with provincial/ territorial regulations and local public health agencies*
- Respect and comply with existing school board health, safety, and anaphylaxis policies*
- Establish a fun place for children and youth to socialize while sharing a meal



PROVIDE A CHILD AND YOUTH FOCUSED BREAKFAST CLUB

- Welcome and respect every student*
- Offer a menu that is culturally appropriate and that accommodates the individual needs of students with food sensitivities*
- Ensure students have a voice in their breakfast club
- Include active participation from students, encouraging the development of life skills, leadership, and confidence
- Encourage positive social interactions and nourish self-esteem



ENGAGE THE WHOLE SCHOOL COMMUNITY

- Foster a whole school approach by supporting partnerships with the broader school community
- Promote the program within the entire community to ensure students and their families are aware of its existence*
- Actively recruit and manage volunteers including, students, family members and community members
- Build positive relationships between the school and the local community and between students and adult mentors and role models



BE ENVIRONMENTALLY CONSCIOUS

- Use reusable dishes and utensils
- Minimize food waste and pre-packaged foods
- Recycle and compost food waste using available programs in the community
- Consider starting a food-growing garden on the school site
- Choose locally sourced food when possible

*Refers to Breakfast Club of Canada's program criteria which all programs must follow in order to be eligible for support from the Club.