



NOURISHING IDEAS



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1 MY BREAKFAST CLUB

- Ask students to do a classroom tour to talk about the Breakfast Club.
- As part of an art project, get the children to express what the Breakfast Club means to them.
- Take pictures of the Club in keeping with the “My Breakfast Club” theme and send them to the Breakfast Club of Canada coordinator.
- Decorate the Club using the artwork received.

2 EATING WELL, FEELING GREAT

- Encourage the students to start a school garden.
- Set up a “What Are You Eating?” booth and hold blind taste tests to introduce new fruits and vegetables.
- Have a registered dietitian come speak about healthy foods and their nutritional value.

3 BE THE CHANGE YOU WANT TO SEE IN THE WORLD

- Get the children to depict their vision of “the ideal world” on a mural.
- Display their artwork at the Club.
- Invite them to write down a wish for the year ahead on a slip of paper. Make a “wish box” and have them put the papers inside.

HERE ARE SOME DELECTABLE IDEAS TO WHET YOUR APPETITE AND GET YOUR CREATIVE JUICES FLOWING!

Check with your coordinating committee to see which of these activities are best suited to your Club.

4 GET INSPIRED

- Have the children describe what they want to be when they grow up and, if possible, invite people who work in these fields to a “meet and greet” breakfast.
- Get the students to create drawings, collages or paintings of their dream job and hang them up at the Club.
- Create a “Book of Dreams,” a journal that illustrates children’s wishes for the future using pictures and words cut out from old magazines.

5 LET’S READ

- Develop a reading activity.
- Give the children an opportunity to talk about their favourite books.
- Set up a book club. Suggest a title and designate a time in the morning when participants can gather around a table to talk about it.
- Create a “bookworm corner” with comfortable furniture and cushions where students can read and relax.
- During the holiday season, hold a morning pyjama party complete with festive music and a holiday storytelling activity.

6 YOU ARE MY SUNSHINE

- Have the children thank the team of Breakfast Club volunteers in a concrete way (arrange a special breakfast, read poems, share written messages with them, etc.).
- Hold an “Our Volunteers” photo contest to shine the spotlight on them and the work they do; send the pictures to the Breakfast Club coordinator.
- Trace and cut out paper suns, stick volunteers’ pictures in the middle and hang them up at the Club with a sign that reads “Breakfast Makes Me Shine!”

7 SPECIAL BREAKFAST TO THANK YOUTH VOLUNTEERS

- Ask the guests of honour to select a menu for the event.
- Let them invite a friend along.

8 YOU MATTER TO ME

- Organize activities that strengthen ties between school staff and the Club.
- Have the children write a letter to one or more staff members to say thank you.

CONTEST

LET’S SEE YOU SMILE

- Hold a “smile” contest:
 - Offer a special breakfast as a prize.
 - Have the participants take pictures of their favourite smiles and display them on the Club’s bulletin boards.
 - Send the pictures to the Breakfast Club coordinator.
- Hold a “Laugh Out Loud” presentation.
- Write out the Dale Carnegie quote about the value of a smile on a large board for everyone to see. <http://carnegieworld.blogspot.ca/value-of-smile-at-christmas.html>

10 A HERO IN MY CLUB

- Invite a special guest to the Club: a local personality, athlete, teacher or someone else who projects a positive image of personal achievement, success and inspiration.
- Ask the children to draw their “ideal me” – the person they hope to become when they grow up.
- Encourage the children to “pay it forward” by doing something constructive or making a change for the better. Post their stories on the Club’s bulletin boards.