



# A HEALTHY START!

## PROGRAM DETAILS

WHO: All students

WHAT: The breakfast club offers nutritious foods from 3 of the 4 food groups each morning

WHERE: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

WHEN: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

OTHER: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Dear Parents/Guardians,

At \_\_\_\_\_ we are committed to ensuring all of our students receive the healthy start they need in order to be successful learners. This year, we have partnered with Breakfast Club of Canada to offer a universal breakfast program each morning at our school.

Children can't learn on an empty stomach. Therefore, we encourage all of our students to eat a healthy breakfast each morning, whether at school or at home, to give them the best start to their day. The breakfast club is the perfect solution for busy families on mornings when students are running late, at school early for extracurricular activities, have a long morning commute or just want to socialize and eat with friends. Whatever the reason, all students are welcome at the breakfast club each morning to enjoy a nutritious meal together.

## SAMPLE MENU

MON	TUES	WED	THURS	FRI

## WE NEED YOUR SUPPORT!

Our breakfast club depends on community contributions to be successful. Please consider making a small financial or in-kind donation to the club. Volunteers are always needed to grocery shop, prepare and serve healthy food and help with special events, among other things. We will find a task that interests you and fits your schedule. With your valuable support, our breakfast club can accomplish its mission!



I WANT TO BECOME A VOLUNTEER!

NAME: \_\_\_\_\_

CHILD'S NAME: \_\_\_\_\_

PHONE: (\_\_\_\_) \_\_\_\_\_

E-MAIL: \_\_\_\_\_

AVAILABILITY (check all that apply):

MON  TUES  WED  THURS  FRI

TIME/FREQUENCY: \_\_\_\_\_

I WANT TO MAKE A DONATION!

I HAVE ENCLOSED THE FOLLOWING:

AMOUNT: \$ \_\_\_\_\_

FOOD ITEMS (check all that apply):

CEREAL  MILK  WW BREAD  YOGURT

CHEESE  FRUIT  VEGETABLES  EGGS

OATMEAL  JAM  WW BAGELS  FLOUR

OTHER: \_\_\_\_\_

\*Please return the above completed form to the breakfast club with your child at your earliest convenience