

FORMING A BREAKFAST CLUB COMMITTEE



Forming a breakfast club committee to provide ongoing support will ensure the development of a high quality and sustainable program. If a staff member or volunteer leaves, there's always another person who can maintain the continuity of the program. The committee will act as an advisory group that meets as needed to monitor program effectiveness and discuss important topics including volunteer roles and recruitment, finances and fundraising, menu planning, program needs, and more. The committee may be a newly-formed group within the school or it could be a sub-committee of an already existing group such as the parent council or student wellness committee.

OBJECTIVES OF THE COMMITTEE

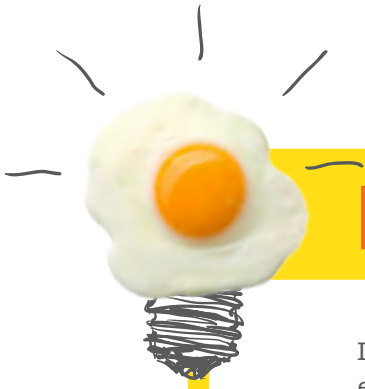
- 1) Choose 4 to 8 diversely skilled and passionate people to form the committee
- 2) Designate a program coordinator
- 3) Delegate the various responsibilities amongst the committee members
- 4) Choose a suitable location and delivery model for the breakfast club
- 5) Assess equipment needs
- 6) Identify priorities and create a long term action plan
- 7) Create a breakfast club binder

CHOOSING COMMITTED AND PASSIONATE PEOPLE

The most successful breakfast clubs are those that involve the whole school community. The committee should seek committed and passionate individuals from a wide range of backgrounds including:

- The school principal;
- Teachers and school staff;
- School board and/or band council representatives;
- Parents/guardians and grandparents;
- Community members;
- Local service or community groups;
- Faith groups;
- Local businesses with an interest in youth or nutrition;
- Public health nurses and/or dietitians;
- Student teachers, or teachers-in-training.





BRIGHT IDEAS

Include students! The committee provides a perfect opportunity to encourage leadership opportunities for interested and engaged students while also ensuring that the student voice is represented throughout the decision making process.

Be flexible! In order to accommodate the busy schedules of parents and other community members try holding meetings outside of regular working hours. If possible, provide child care or fun activities to keep children busy during meetings.

