

INVOLVING STUDENT VOLUNTEERS



Breakfast clubs present unique opportunities to engage and empower students by providing volunteer opportunities that promote life skills development, food and nutrition education, and leadership. They also provide opportunities for students to build positive relationships and self-esteem.

Involving student volunteers does not take a lot of extra effort. While there may be a few extra spills and the odd piece of burnt toast along the way, there are so many benefits to student involvement for both the student and the school.

- Breakfast clubs that include students are more sustainable and non-stigmatizing since they contribute to a sense of community ownership to the program in the school;
- Students have a chance to build meaningful relationships with parents and teachers outside of the classroom, ensuring they have access to a valuable role model that can help them be successful;
- Students that are actively involved in preparing healthy meals learn important life skills and healthy eating habits that will stick with them for the rest of their lives. They won't have to rely on convenience foods for nourishment as they will be armed with the tools and information they need to make responsible eating choices ;
- Students can learn a lot through their involvement in the kitchen. Cooking involves reading, writing, and mathematical skills and allows children to problem solve, think critically, and apply their knowledge while working in a team.

Whether you have 5 minutes or 50 to offer each morning, students will love the chance to help out! There are so many ways to get students involved at the breakfast club including:

COOKING/FOOD PREPARATION

Students as young as kindergarten are capable of helping to prepare foods for the breakfast club with the right guidance and task in place. Whether it is making toast, pouring milk and cereal, or flipping pancakes, be sure students are assigned a job that they are excited about and can be successful at.

SERVING

Students are excellent helpers for filling bins, delivering food to classrooms, helping younger students get their breakfast, or serving food to students in the breakfast room. They will learn great leadership skills along the way.

MENU PLANNING

Students are more likely to eat healthy foods when they have a say in what is being served each morning. Involve students in menu planning by asking for their feedback on foods they want to see at the program. Be sure to give them all of the information they need to be successful when selecting foods including any nutritional guidelines and budget considerations.

SET UP/CLEAN UP

Students can help with setting up and wiping down tables, sorting foods, clearing dishes, monitoring waste and hand washing stations, and pushing in chairs.

DECORATING

Make the breakfast room welcoming and student-friendly by displaying art work and promoting healthy eating on bulletin boards. Students love to help with making posters, designing place mats, decorating bulletin boards, and making the food display beautiful.

ACTIVITIES AND EVENTS

Utilize all the students' unique strengths and talents by encouraging them to share with the rest of the school. Students can play music during breakfast, start up a reading buddies or a homework help program, or plan fun activities for other students during breakfast.