



Breakfast Makes Me Shine™ is Breakfast Club of Canada's unique approach which ensures that all breakfast club activities are based on preserving dignity, building self-esteem, developing lifelong healthy living habits, and pursuing dreams. It recognizes that on top of providing students with the physical nourishment they need to succeed each morning, breakfast clubs also provide vital opportunities for children and youth to enhance food literacy, build positive relationships, and develop leadership and life skills.

Through the Club's **Breakfast Makes Me Shine™** programming, schools have access to useful tools, information, and experiences that are designed to enhance school breakfast programming while improving the knowledge, abilities, and confidence of those involved.

We are fostering a social movement that starts with healthy food for children and youth, becomes a vehicle for individual empowerment (for volunteers and young leaders) and grows to the mobilization of communities.

BEYOND BREAKFAST

- Designate a volunteer to greet students in the morning and to sit and talk with them while they eat;
- Celebrate students' birthdays and other special occasions at the breakfast club;
- Role model healthy eating by encouraging students to choose healthy fruits and vegetables more often;
- Introduce students to new fruits and vegetables through taste testing challenges. Students can vote on their favorite food items and enter into a draw for healthy prizes;
- When introducing students to a new fruit or vegetable have information sheets posted explaining where it comes from and how it's prepared. If serving fruit or vegetables chopped up, let students see and feel the whole fruit or vegetable as well;
- Once a month offer foods from a different culture or geographical location. Ask parents and grandparents to share their favourite family recipes and be sure to share any fun facts about the new foods to students;
- Serve local foods when in season. Explain that in Canada we are lucky to have such rich, diverse, foods to choose from;
- Start a school garden. Sample some of the fresh produce in your club;
- Start a recycling and composting program. Encourage students to monitor their food waste and talk about the implications with the goal of reducing the total amount of wasted food;
- Invite local heroes (athletes, musicians, firefighters, police officers, artists) to serve breakfast. Provide time for them to talk to students about the importance of healthy lifestyles and how they achieved their dreams;
- Promote physical activity by offering fun activities and equipment for students to use after eating their breakfast;
- Offer educational opportunities including a reading buddy program or homework help club. Offer books that celebrate healthy lifestyles;
- Start a cooking club for breakfast club student volunteers. Encourage older students to teach younger students with a buddy system;
- Create a healthy school team with students. Put these students in charge of planning and running different healthy activities for the rest of the school throughout the year;
- Plan a field trip to a local farm or grocery store;
- Invite a farmer or health professional to the school to talk to students.

For more information or to sign up for any of the *Breakfast Makes Me Shine™* programs below, please visit www.breakfastclubcanada.org or contact shine@breakfastclubcanada.org