And that doesn't even count those who may not have breakfast for a number of different reasons:

- Long bus rides
- Lack of time
- Lack of healthy food
- They don’t feel hungry
- Early extra-curricular activities
- Family emergencies

This means

1.5 MILLION CANADIAN STUDENTS

That’s enough to fill 31,150 school buses

And that doesn’t even count those who may not have breakfast for a number of different reasons:

A hungry student is not equipped to learn

Introducing a universal school breakfast club helps ensure that all students have an equal chance to learn, dream, and grow to reach their full potential.

What is a breakfast club?

- **Universal access to a healthy breakfast** in a friendly and supportive environment every morning.
- **Available for all students** in elementary, middle, and high schools.
- **Offers a variety** of nutritious, culturally appropriate foods.
- **Fruits and/or vegetables** are provided at every meal.
- **A fun and safe place for children and youth** to socialize while sharing a meal.
- **Engages student volunteers**, encouraging the development of life skills, leadership, and confidence.
- **Builds positive relationships** between the school and the local community and between students and adult mentors and role models.
- **Provides opportunities** for food and nutrition education, fostering the development of lifelong healthy eating habits.
- **Contributes** to the development of a healthy school community.

Eating breakfast has lasting physical, mental, and educational benefits:

- Better student attendance
- Increased physical activity
- Increased self-esteem
- Improved memory & cognition
- Better diet quality
- Less bullying
- Improved academic outcomes
- Lowered obesity & heart disease rates
- Fewer mental health issues
- Increased teaching time
- Better overall long-term health

Healthy students = Healthy futures