

Guiding Practices

Highly successful Breakfast Clubs strive towards meeting the following Guiding Practices. Bold statements with * refer to Breakfast Club of Canada's Program Criteria which all Breakfast Programs must follow.

BUILD A SUSTAINABLE FOUNDATION

- **Offer breakfast every school day***
- **Ensure the breakfast club is universal by encouraging the participation of all students***
- **Ensure a system is in place to provide financial accountability and sustainability***
- Involve leadership from a committed and informed program coordinator and breakfast club committee
- Encourage collaboration with school administration and school staff
- Include ongoing program evaluation

NOURISH HEALTHY EATING HABITS

- **Offer a nutritious menu that includes food choices consistent with Eating Well with Canada's Food Guide and provincial or territorial school food and nutrition policies***
- **Ensure the breakfast menu includes a variety of healthy foods each day, with vegetables and fruit, whole grain foods, proteins, and a serving of milk/milk alternative, and water. Please refer to the Club's nutrition standards***
- **Allow adequate time for students to eat and encourage them to be attentive to their fullness cues***
- **Promote healthy eating through positive role modeling and food and nutrition education***
- Prepare meals using healthy preparation methods (e.g., baking, roasting, poaching) with little or no added salt, sugar/sweeteners, and/or fat
- Ensure health and nutrition messages are consistent throughout the whole school environment

CREATE A SAFE PHYSICAL AND SOCIAL ENVIRONMENT

- **Operate in a location that is safe, universally accessible, and welcoming***
- **Prepare, store, and serve food and beverages using safe food handling practices in accordance with provincial/territorial regulations and local public health agencies***
- **Respect and comply with existing school board health, safety, and anaphylaxis policies***
- Establish a fun place for children and youth to socialize while sharing a meal

PROVIDE A CHILD AND YOUTH FOCUSED BREAKFAST CLUB

- **Welcome and respect every student***
- **Offer a menu that is culturally appropriate and that accommodates the individual needs of students with food sensitivities***
- Ensure students have a voice in their breakfast club.
- Include active participation from students, encouraging the development of life skills, leadership, and confidence
- Encourage positive social interactions and nourish self-esteem

ENGAGE THE WHOLE SCHOOL COMMUNITY

- **Promote the program within the entire community to ensure students and their families are aware of its existence***
- Foster a whole school approach by supporting partnerships with the broader school community
- Actively recruit and manage volunteers including, students, family members and community members
- Build positive relationships between the school and the local community and between students and adult mentors and role models

ENVIRONMENTALLY CONSCIOUS

- Use reusable dishes and utensils
- Minimize food waste and pre-packaged foods
- Recycle and compost food waste using available programs in the community
- Consider starting a food-growing garden on the school site
- Choose locally sourced food when possible

