Nutrition Month: Many fun ideas for a fun and healthy breakfast

Reminder! Reapplication is due February 28

An impactful food procurement partnership

A new grant opportunity for schools with Farm to School: Salad Bar

Breakfast Club’s annual report

Nutritious Ideas

March is Nutrition Month

Breakfast Club of Canada celebrates nutrition all year long, but March is a special time when Canadians are reminded of the importance of eating healthy. This year, Dietitian’s of Canada have dedicated Nutrition Month to the theme “More Than Food: How you eat is important too!” We invite you to visit Dietitian’s of Canada for additional resources for your breakfast program to start celebrating Nutrition Month early!

Choosing the best nutritional options for your breakfast program can be tricky but we’re here to help you by sharing healthy ideas and alternatives.

5 Healthy Alternatives to Less Nutritious Foods

We want to highlight 5 healthy alternatives for popular, yet not so healthy breakfast foods. These “No Go” foods can be highly processed and we recommend swapping them out for healthier, more nutrient dense items at your club. Check out the suggestions here!

Juice it up with whole fruits!

This month we are focusing consuming whole fruits and vegetables rather than juice since whole fruits and vegetables offer many more nutritional benefits - you just can’t beat ‘em!

Introducing New-titious Foods

Advice from the On-the-Ground Experts at Deninu School, Northwest Territories

Oftentimes we hear that school breakfast coordinators want to introduce new, more nutritious foods to their menu, but they fear doing so because students are sometimes resistant to trying out new foods. That being said, there are ways around these obstacles, and we wanted to showcase a program who took on the challenge of introducing new, more nutritious foods in their program this year. The secret? Nutritious food can also be delicious food!

IMPORTANT DATES

Reminder!

Reapplication Survey

You should have received your Reapplication Survey in early-February. Please complete this short survey online by the end of February to ensure that your funding continues into 2020-2021. If you have not received your reapplication survey or have any questions about it, please contact your Club representative.

PARTNERS IN ACTION

An Effective Food Procurement Partnership!

The Food Depot Alimentaire (FDA), City of Moncton and Breakfast Club of Canada are proud partners of the Moncton Student Nutrition Program, a food procurement operation that reaches over 2000 kids a day in 26 schools in Moncton and surrounding areas. The program launched in Spring 2017 and has been a great success ever since!

DISCOVER MORE

Farm to school

For a third time, Farm to Cafeteria announced its Farm to School call for proposals. Thirty grants will be made available to facilitate the implementation of locally supplied salad bars in Canadian schools. See the link below if you think your school would be able to take advantage of this opportunity!

READ MORE

2018-2019 Activity Report

Do you want to know more about Breakfast Club of Canada, how it works and its impacts? Read the Club’s Activity Report here:

ACTIVITY REPORT

STAY TUNED

The next issue of VitaminC will come out in early-April. Stay tuned for more nutritious ideas, helpful tips, and Club News!

FOLLOW US!