



Featured in the
DECEMBER Issue:

- New menu planners and a grocery list with recipe suggestions
- A joint initiative that has successfully reached more kids
- A wonderful group of volunteers who make all the difference
- The Club obtained Imagine Canada accreditation!
- Did you know...? The Club by the numbers

NUTRITIOUS IDEAS
New Nutrition Resources For You

Part of our mission at the Club is not only to ensure children and youth are being fed, but also that they are given nutritious foods to start their day, every school day. As you may already know, we have updated our Nutrition Standards to mirror the 2019 Canada's Food Guide. We also have taken an extra step to help breakfast programs with our new Nutrition Standards by creating a few additional resources.



New Nutrition Standards

Have a look at our new Nutrition Standards, our recommendations will definitely help you plan your program menu.

As always, please contact your Club Representative if you have any questions about the Nutrition Standards.

NUTRITION STANDARDS

New Menu Planners!

We have completed some new menu planners to help inspire you to come up with weekly meal plans for both sit-down and grab n'go programs.

You can find these new tools in the Nutrition section of the School Corner.

MENU PLANNERS



Breakfast Grocery List!

We also offer you an organized Grocery List with links to recipes beside each ingredient listed to get you inspired.

This document can be used as a grocery list, easily saved to and pulled up on your phone while you shop, or for the recipes alone.

GROCERY LIST



INSPIRING IDEAS
Successful Initiatives to
Reach More Students!



This month, we are putting a spotlight on the breakfast program at Central Community School in Port Coquitlam, BC. Last year, the school made a conscious decision to increase engagement and reach more students. The program now feeds upwards of 100 students each morning compared to 25 before!

There were a number of factors that contributed to the success of this initiative, click here to discover how!

READ MORE

YOUR STORIES
An Exceptional Volunteer Commitment!



For the last 10 years, the involvement of an amazing group of volunteers, members of the Association of People with Disabilities of Chibougamau-Chapais, QC (APHCC), makes a difference in the lives of the students at LaPorte du Nord High School...

READ MORE

NEWS
Imagine Canada

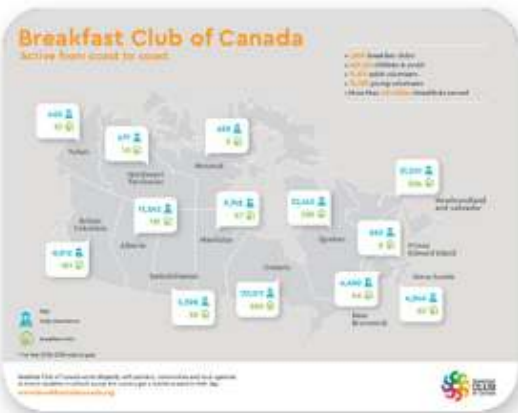
Breakfast Club of Canada is excited to announce that we recently received our Imagine Canada accreditation.

With over 170,000 charitable and non-profit organizations in Canada, the Club now joins the ranks of only 200+ charities to receive this designation of excellence, leadership and financial accountability.

With our accreditation, we hope to come closer to our mission of providing breakfast to every student across Canada, one breakfast at a time!

READ MORE

Did You Know?



Breakfast Club of Canada is active in all 13 provinces and territories! In fact, we support 1,809 clubs across Canada, help feed 243,521 students by serving 40,314,568 breakfasts.

Click here to find out more about our national presence and the impact we have all together in your region!

FACT SHEET

Merry Breakfast to All... and to All a Good Bite!



As the holidays draw near, we would like to invite you all to post a picture of your favourite festive #ShareYourBreakfast moment at your school breakfast program. Don't forget to hashtag it (#ShareYourBreakfast), tag Breakfast Club of Canada and make it public.

We wish all children, teens, volunteers and school team members a merry and magical holiday season!

FESTIVE IDEAS

Stay Tuned!

The next issue of VitaminC will come out in February. The focus will be on healthy eating, in honour of Nutrition Month, which is in March.

If you have any favourite recipes from your breakfast program to share or simply want to write a few words about the topic, let your Club representative know. Or click down below.

Happy Holidays!

SHARE YOUR STORY

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