

VitaminC Club's Newsletter



VITAMINC, THE CLUB'S NEWSLETTER Featured in the June Issue

- BCC Emergency Fund: Created for Kids
- Emergency Food Assistance: Stories to Uplift and Inspire
- Adapting Our Programs to Continue Bringing a Healthy Breakfast to Kids in Quebec
- Recipe for a Smoothie Summer!
- Reminder: Signed Partnership Agreements to Be Returned by June 30

COVID-19

The Club's Special Grant

The current crisis has put even more pressure on families to ensure their children are being nourished. This includes the 250,000 children who were receiving a nutritious breakfast through their school's breakfast program with the support of Breakfast Club of Canada before school closures. To help in combating this issue, the Club set up an emergency fund to reach children and youth outside of school by supporting community organizations, schools, Indigenous communities, and other groups supporting food-insecure families during these challenging times. Since then, the Club has allocated special grants to more than 800 organizations and schools!

Here are some initiatives that are making a big difference in their communities.



Toronto Foundation for Success, Ontario

On a normal day, over 200,000 kids across Toronto get nutritious breakfast and snacks through their school-based Student Nutrition Programs (SNPs); but these are not normal times. Schools are closed and children are still hungry. To help fill this gap, the Toronto Foundation for Student Success worked with various partners to find a way to get food out to kids who need it, in the safest and fastest way possible. "To date we have reached out to the families of 95,000 students. This is our Food for Kids Program."

Umimmak School, Nunavut

Umimmak School, located in Grise Fiord, Nunavut, the most northern community in Canada, is a hub for student nutrition. For many of the 25 K-12 students, school is where you eat. The small community faces unique challenges to food access due to their extremely remote location on Ellesmere Island. Using emergency funds, the school now distributes a breakfast program replacement basket to each student.



Surrey School District, British Columbia

Prior to the pandemic more than 2,100 students used the district's meal program regularly, so it was essential that the program remained running despite the change in circumstances. With the help of school staff and volunteers, Surrey School district was able to adapt their programs and have been safely providing daily nutritious meals to students who are now learning from home.

[READ MORE](#)

INSPIRING IDEAS

Adapting Our Programs to Continue Bringing a Healthy Breakfast to Kids



Following the provincial government's decision to reopen elementary schools outside Greater Montreal, we have adjusted our approach to comply with public health requirements so that students can still enjoy a healthy breakfast in a nurturing, familiar setting. The changes made help ensure that food items can be distributed with a minimum of preparation and handling. About 75% of Quebec schools have chosen to restart their breakfast program using this approach to finish the year.

Picture: Sacré-Coeur de Gracefield School

[READ MORE](#)

For further details on our adapted programs, please see our Toolkit – Breakfast Program Adapted to COVID-19 Protocols at the School Corner section of our website.

[TOOLKIT](#)

NUTRITION IDEAS

The Perfect Summer Smoothies!



With summer just around the corner, a refreshing and nourishing fruit smoothie might be a perfect way to cool down at home. Smoothies are a magical food as they are both delicious and nutritious. They are also an excellent way to increase our fruit and veggie intake to ensure we are getting lots of vitamins and minerals in our diets, and are a great way to use leftover produce like ripe bananas. There is one downfall to the fruit-only smoothie, and it's this: although they are initially quite filling, sometimes they leave us feeling hungry and unable to focus again within a few hours. Let's dive into why this happens, and look at ways we can make sure our smoothies are satiating brain-power enhancers.

Discover our recipes!

[READ MORE](#)

IMPORTANT DATE

Partnership Agreement

30
06
202
0



By the time you are reading this, your school or district should have already received your agreement for funding for next school year. Please confirm with your administration and if you are not sure if your agreement has arrived, please reach out to programs@breakfastclubcanada.org. The agreement will be coming via our e-signature app SignEasy directly to the inbox of your signing authority. We can walk you through the process if you are having any issues or have any questions. The due date to sign your agreement is June 30. If your agreement is returned after June 30, we cannot guarantee that your first installment will arrive at the beginning of the school year.

Also, given the current context, you don't need to complete the missing online reports for this school year. We'll start fresh next school year.

Enjoy Your Summer! See You Soon!



We're already coming to the end of the school year, and it's certainly one we won't forget any time soon! We'd like to thank everyone who contributed to their breakfast program during the year and helped put children on the path to success. You make all the difference! The more teachers, volunteers, principals and other staff members who get involved with Breakfast Club of Canada, the more profound the transformation in young people's lives. Every morning, you are helping them get ready to learn, develop healthy eating habits and discover new foods. And you are providing them with a warm, welcoming environment where they feel like they truly belong. Your commitment translates to countless benefits for the next generation.

Come September, you can count on us to be there, right by your side, to help you resume your breakfast program operations in accordance with public health guidelines. Until then, we hope you all have a safe and healthy summer.

Look for the next issue of VitaminC in September 2020.

FOLLOW US!



This email was sent to: "[EMAIL]", because you are involved with Breakfast Club of Canada. [Unsubscribe](#) from the VitaminC

[Breakfast Club of Canada](#) | info@breakfastclubcanada.org
135-G, De Mortagne Blvd, Boucherville, Quebec J4B 6G4

© Breakfast Club of Canada | 2020 | All rights reserved

[SUBSCRIBE TO THIS NEWSLETTER](#)