



## VitaminC Club's Newsletter



### GREETINGS, ONE AND ALL!

Now that your breakfast programs have been operating for a few weeks, we hope you and your students are used to the new routine.

This issue of the national Club newsletter features:

- Ways to green up your breakfast program
- Tips and pointers for keeping things running smoothly during these challenging times
- A nutritious recipe inspired by the amazing Halloween pumpkin
- And much more!

Enjoy!

### INSPIRING IDEAS

#### Top 5 Ways to a Greener Breakfast Program!



For some school breakfast programs, a large portion of waste ends up in the trash, including food, plastic utensils, wrappers and cups. To create a more environmentally friendly and sustainable program, check out some green ideas here!

[Learn More](#)

### INSPIRING IDEAS

#### No More Disposable Utensils with the "école-O" Placemat!

Now here's a green idea for reducing École Boisjoli breakfast program's carbon footprint and helping students keep their desk space clean and tidy!

[Learn More](#)



### NUTRITIOUS IDEAS

#### Fall Pumpkin Muesli



Be inspired by the festivities of Halloween and try this pumpkin seed recipe that is not only delicious but also simple and healthy.

Did you know that pumpkin seeds are loaded with nutrients and are a good source of antioxidants, magnesium, zinc and fatty acids – making them a heart-healthy option? Incorporate this recipe in your program by adding it to yogurt and fruit or simply serving it as is with milk. Click here to discover this easy and fun fall treat!

[Recipe](#)

### INSPIRING IDEAS

#### Adapted Breakfast Program Ideas During the Pandemic



This month we'd like to share some creative ideas introduced by a few schools that joined Breakfast Club of Canada virtual Open Houses hosted in various regions across the country. While they don't cover every aspect of breakfast programming, they show that many of you have created out-of-the-box ways to navigate this challenging time and still provide a nutritious breakfast each morning!

[Learn More](#)

### YOUR STORIES

#### Same Same, But Different!



The announcement of heading back to school after months of school closures undoubtedly caused some anxiety for school staff, parents and students alike. The unknown can be unsettling. Bedford Road Collegiate in Saskatoon, SK, shares their practical ideas and successes in changing their program model in the midst of the pandemic...

[Learn More](#)

### IMPORTANT DATES

#### On December 5, Celebrate International Volunteer Day!

In 1985, December 5 was declared by the General Assembly of the United Nations as International Volunteer Day to honour the invaluable contribution of all those who give back.

**Let's celebrate this date by paying tribute to the volunteers and others who are involved in your breakfast program.** They make a huge difference in children's lives every day! Whether it is welcoming them with a smile in the morning or reassuring them that their day will go well, they are there for the students in a larger capacity than simply the breakfast service.

On this significant date, show them your sincere gratitude!

We invite you to send us your photos and testimonials.



Reminder: there are lots of helpful tools available to you in the [School's Corner](#) section of our website. And for a rundown of some of the important things to keep in mind throughout the year, we invite you to check out our [video](#).

Feel free to share this newsletter with your teams and get them to subscribe using this link:

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