

VitaminC Club's Newsletter



NEWS

Welcome Back!



We are excited to kick off the school year with you even though we know this one may look a little different. In the midst of the pandemic, breakfast programs will need adjustments, and we know it may take some time to find what works best for you and your school.

Patience, creativity and flexibility will be key this year to continue helping children reach their full potential, and the Club will be with you every step of the way.

We have put together a **VIDEO with updates and reminders of our annual processes**, including new resources to guide you. Wishing you a healthy year ahead, with full bellies and warm smiles every morning! Have a look!



INSPIRING IDEAS

A New Toolkit! A Resource to Help Adapt your Program to COVID-19 Regulations

Adapting to new regulations related to COVID-19 might leave you wondering how to run your breakfast program in a way that is safe and doesn't compromise the nutritional quality of what you're serving. To help you feel confident navigating through the necessary program adaptations, **the Club has developed a new toolkit** designed to help ensure students are enjoying breakfast in a safe environment.



The toolkit includes useful reminders about hygiene, adapted program models and posters to help guide students in the right direction. It also contains breakfast menus focused on healthy, simple-to-prepare foods.

Toolkit for programs across the country:

[Read More](#)

Toolkit for Quebec schools with food deliveries:

[Read More](#)

NUTRITIOUS IDEAS

Nutrition Resources for an Adapted Breakfast Program



To complement the new toolkit, we have some new nutrition tools to share with you! While it is essential to first and foremost follow your provincial public health guidelines, consider using these **grab-and-go menus** for inspiration. We've also included a **list of 12 recommended single-serve food items** to help you get your program off to a healthy and safe start.

[Grab-and-Go menus](#)
[Single-Serve Items List](#)


Back-to-School Campaign

On August 20, we launched our major back-to-school fundraising campaign to mobilize our partners and appeal to the general public.

Last year, more than 1 million students started their day on an empty stomach. This year, in the wake of the COVID-19 pandemic, we expect to see this number skyrocket to **more than 2 million. That's 1 out of 3 kids**, instead of 1 out of 4, who will be heading into the classroom hungry. Which is why we are more determined than ever to be proactive in our efforts to support the growing needs of nearly 1,900 breakfast programs from coast to coast to coast.

Our campaign is on now. And remember: Don't let hunger get in their way!

[For more information](#)

NEWS

Volunteers Who Make All the Difference



Nominations are now open for Canada's Volunteer Awards.

You can nominate someone who has made a difference in your community through their volunteer work with your breakfast program and who is deserving of special recognition. The names of the 2020 recipients will be announced at a ceremony next year.

What's more, winners will be eligible to identify a not-for-profit organization for a \$5,000 or \$10,000 grant. There are several award categories recognizing outstanding volunteers.

But hurry! Deadline for nominations is September 30. The following links contain more information:

[Canada's Volunteer Awards](#)
[Submitting a nomination](#)