



# Toolkit

Breakfast Program Adapted to COVID-19 Protocols



## Toolkit

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# COVID-19-Friendly Breakfast Program

At Breakfast Club of Canada, we are pleased to bring you tools to adapt your current breakfast program so that students attending your school can have access to healthy food in a nourishing and comforting environment amid the current reality.

The tools are designed to help you ensure students are enjoying breakfast in a safe environment.

Please share this handy toolkit with all those involved in running the program at your school.



# The Same... But Different

School breakfast programs impact students on many levels.\* By providing an adapted breakfast program, you make a positive and meaningful contribution to their health and well-being in the midst of this pandemic. Breakfast is a great way to reassure students and help start their day in a caring, nurturing environment. Here are some of the ways a breakfast program makes a difference in students' lives:



Create a caring, inclusive school community



Improve learning capacities



Alleviate hunger-related stress



Reduce occurrence of behavioural incidents



Foster students' sense of engagement and belonging

\*During the 2015–2016 school year, 357 schools in our Canada-wide network responded to our survey, which included an open-ended question on the most SIGNIFICANT CHANGE they had observed as a result of their partnership with Breakfast Club of Canada. These are the results of this survey.

## ADAPTED BREAKFAST

# What to prepare for...



### Program adjustments

- increase in single serving foods or need to package foods individually
- changes in program attendance
- increased planning and preparation
- changes to program environment (spacing/distancing)

### Solutions

- Keep things simple and consider adapting your program model to one that supports nourishing ready to eat foods.
- Allow additional time for planning, preparation, monitoring and cleaning.
- Prepare bins/bags in advance, adding refrigerated products just before meal service.



### Questions

Some students might need some extra time and reassurance adjusting to changes. Questions might include:

*Where do I eat my breakfast?*

*What foods are available?*

*Can I sit beside my friends?*

*Where do I place my items when I'm done?*

### Solutions

- Strategically place labels, signs and posters that outline new breakfast processes as helpful cues for students.

**Toolkit Resources:**  
Posters: *How to Grab my Breakfast, My Breakfast Routine, Adapted Breakfast Program menus*

## ADAPTED BREAKFAST

# TIPS



### Choose the right time

Whether it's as soon as students arrive to school or just before recess, you know what the best time is for your school/students. Note that sooner is better than later to make sure students start the day with the energy to learn. To accommodate students in limited spaces you may want to consider staggering your program time or, if possible, adapting to an in-classroom program model.



### Make the experience special

The breakfast experience should continue to be an engaging and positive time for students, and can be an opportunity to reassure students in the changing school environment.

Consider using breakfast time to create rituals, encourage discussion, group reading, challenges or other nourishing activities while also adhering to your school's safety measures.



### Avoid waste

At the beginning of breakfast, try to make available only the food that is required and restock as needed. This will ensure that items are not exposed and left out for waste. Tell students to put any unopened or uneaten items in their lunchbox to enjoy later. Invite students to bring their own reusable cutlery in their lunchbox. Dispose of waste, making sure to recycle wherever possible.

# Health and Hygiene

## Tips for Success in a New Environment



Extra care and cleaning is recommended if your program is hosted in one central location



## Provincial Health & Safety Guidelines

Compliance with **hygiene and safety measures** and **health guidelines** issued by your provincial government is essential to the operation of a breakfast program in the context of COVID-19. Your **local school authority** may also have additional guidelines to follow. Please refer to both when deciding how to deliver your program.

## Recommendations for All Programs



Handwashing for all is encouraged before and after students eat.



All tables and desks used for the program should be disinfected after breakfast using a proper sanitizing solution. Bins, dishes, and any reusable utensils should be cleaned daily.



Gloves and tongs can be used to help safely distribute food to students.



Assigning 1 or 2 staff members to oversee food distribution can assist in restricting exposure of food items

# Adapted Program Delivery Models

Most program models can still be used with a few adjustments. A few suggested adaptations are available in the following pages. Consult your provincial health and school authority's guidelines when selecting your program model.

## 1. The **Grab & Go Model** is still a good fit if:

- The program offers flexibility in the program location
- The program includes a simple menu with minimal preparation
- The program is limiting reusable dishes & cutlery

## 2. The **Classroom Bin Model** is still a good fit if:

- Students will be eating all meals in classrooms
- Most of the school participates in the program
- Cohorts are being used to separate students

## 3. The **Cafeteria or Sit-Down Model** is still a good fit if:

- There is space in a common area for social distancing
- Food will not be individually wrapped
- Enough staff support is available for supervision & cleaning

Each program delivery model offers advantages and challenges. The three original models are outlined on page 2 [here](#).



# Grab & Go Program

*Food is distributed from central locations or contact points and eaten elsewhere.*

## Breakfast Bag Option

Breakfast can be packed into bags that can be handed out easily to students.

Items from each food group are placed into individual bags. Students don't get to pick and choose individual items, but bags can be made and stored in advance to save time each morning.

### Option 1.

Students are directed to line up with distancing markers to receive food from a supervised station. After being given their item(s), students take their food to consume away from the grab and go area. If items are not individually wrapped, the breakfast supervisor should be the only person handling the food and can use tongs or gloves to distribute items. Selecting a canteen, breakfast room or area near a fridge can be helpful for retrieving cold items.

### Option 2.

Individually wrapped or bagged items are placed on a cart that can be transferred from area to area. Food can be delivered to classrooms, throughout hallways, and in supervised common areas by the staff member managing the cart.

*A Grab & Go program is easily adaptable and can be used within the classroom and sit-down models.*

# Classroom Bin Program

*Food is delivered to each classroom using large bins.  
Teachers can easily supervise and monitor food distribution.*

## Transport of Food Bins

Food can easily be placed in bins labeled for each classroom in a few ways:

1. The teacher picks up the bin for their students and carries it to the classroom.
2. The person in charge of the program drops a bin off to each classroom.

Bins should be cleaned regularly.

### Option 1.

A serving table with the available food items is set up in the classroom. Each student takes a turn choosing a breakfast item(s), without touching any of the other items and staying 2 metres (6 feet) away from other students where possible.

### Option 2.

Before students arrive in the classroom, the teacher places an item from each food category on each student's desk. Students are asked to save leftover items for lunch or take them home instead of returning, trading or sharing items.

### Option 3.

A bin filled with breakfast bags or food items is located near the entrance to the classroom. The teacher can offer breakfast and hand out food as students enter the classroom, at a scheduled time during class when everyone has arrived, or before recess/ morning break.



Using labels can help you track the bins going to and coming back from each classroom. A sample template is available on page 15.

# Cafeteria / Sit Down Program

*Food is prepared and served to students in a central location where they can also sit and eat.*

## Transport of Food to tables

Prepared food can safely be taken to table in a few ways:

1. The supervisor picks up the food for the students and carries it to the table.
1. The supervisor places portions of food at the tables before students arrive, and students choose an available spot when they enter the room.

*Place settings should maintain a safe distance wherever possible.*

### Option 1.

A central serving table with available foods is set up in the cafeteria. Students take turns choosing what they want, without touching any of the other items and staying 2 metres (6 feet) away from other students wherever possible. If students can't touch food items, supervisors can also hand out the food from the table as students approach.

### Option 2.

Before students arrive in the common area, the supervisor lays out place settings at tables to mark where students sit. Food from each category can be pre-placed on each plate, or the supervisor can distribute food when students are seated.

### Option 3.

A bin filled with breakfast bags is located at the entrance to the cafeteria. Each bag contains an item from each food category. Each student is given a bag, making sure to stay 2 metres (6 feet) away from other students at all times and sits at a designated spot in the cafeteria.

*The “How to grab my breakfast” poster shows students how to safely collect and eat their food in a common area*

# Nutrition

Menus should aim to follow Canada's Food Guide and Breakfast Club of Canada's Nutritional Guidelines, featuring at least one item from three different categories:

- Fruits/vegetables
- Protein foods
- Whole grain foods

Water is the Club's drink of choice.

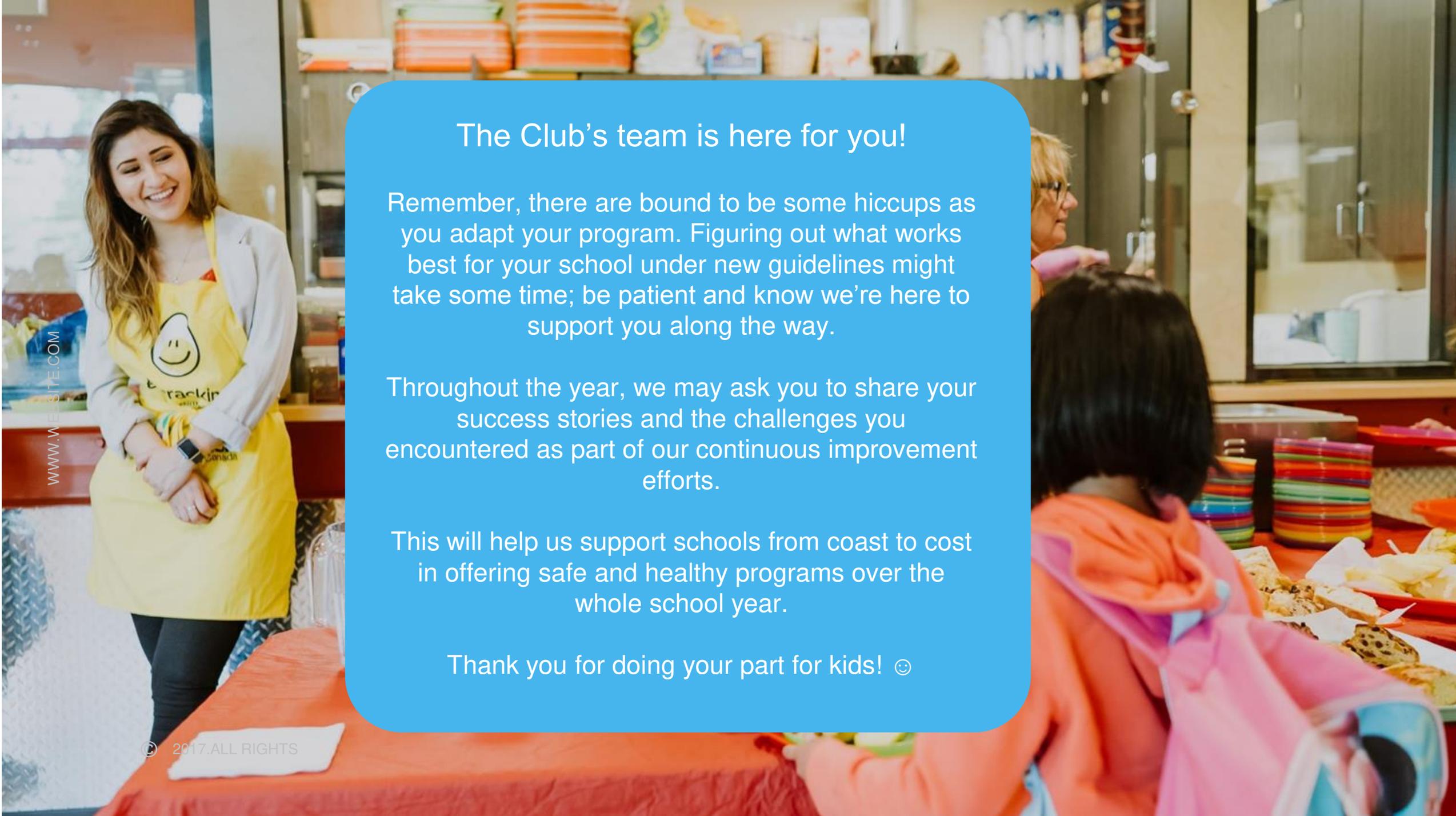
A sample of an adapted breakfast program menu is available on the following page and all adapted menu samples can be found on our [website here](#).



## Adapted Breakfast Program Menu

WEEK: Week 1

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<p><b>FRUIT/VEG:</b></p> <p>Apple</p>	<p><b>FRUIT/VEG:</b></p> <p>Banana</p>	<p><b>FRUIT/VEG:</b></p> <p>Unsweetened Applesauce</p>	<p><b>FRUIT/VEG:</b></p> <p>Banana</p>	<p><b>FRUIT/VEG:</b></p> <p>Carrots</p>
<p><b>PROTEIN:</b></p> <p>Cheese</p>	<p><b>PROTEIN:</b></p> <p>Yogurt</p>	<p><b>PROTEIN:</b></p> <p>Hard-Boiled Egg</p>	<p><b>PROTEIN:</b></p> <p>Cheese</p>	<p><b>PROTEIN:</b></p> <p>Hummus</p>
<p><b>WHOLE GRAINS:</b></p> <p>Crackers</p>	<p><b>WHOLE GRAINS:</b></p> <p>Granola Bar</p>	<p><b>WHOLE GRAINS:</b></p> <p>Crackers</p>	<p><b>WHOLE GRAINS:</b></p> <p>Granola Bar</p>	<p><b>WHOLE GRAINS:</b></p> <p>Crackers</p>
<p><b>DRINK:</b></p> <p>Student Water Bottle</p>	<p><b>DRINK:</b></p> <p>Milk</p>	<p><b>DRINK:</b></p> <p>Student Water Bottle</p>	<p><b>DRINK:</b></p> <p>Milk</p>	<p><b>DRINK:</b></p> <p>Student Water Bottle</p>



## The Club's team is here for you!

Remember, there are bound to be some hiccups as you adapt your program. Figuring out what works best for your school under new guidelines might take some time; be patient and know we're here to support you along the way.

Throughout the year, we may ask you to share your success stories and the challenges you encountered as part of our continuous improvement efforts.

This will help us support schools from coast to coast in offering safe and healthy programs over the whole school year.

Thank you for doing your part for kids! 😊

# Toolkit Resources

A selection of posters have been developed to help students adjust to program changes.

Click on the description or poster below to access a printable version.



[Poster- How to Grab my Breakfast](#)



[Poster- My Breakfast Routine](#)



[Poster- High School- My Breakfast Routine](#)



[Printable- Bin Labels](#)

# Stay in touch with the Club!

There are various ways you can stay connected to the Club and the work being done all across Canada.



**Website**  
[CLICK HERE](#)



**YouTube**  
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