In a few easy steps, you can…

See this quick and easy Huevos Rancheros recipe:

Enjoy!

Feel free to forward this newsletter to your team and encourage them to subscribe using this link:

breakfastclubcanada.org

To help you complete the survey, refer to these short guides:

See the Recipe

New social distancing guidelines have been established for the breakfast program. These new guidelines will ensure the safety of our students. If you have any ideas or stories to share, do not hesitate to contact your Club representative.

The next edition of VitaminC will be published in April.

For the Valentine’s Day contest, blogs, wiki, or stories to share, do not hesitate to contact your Club representative.

We hope the page will inspire you and help you enhance your breakfast program. Our Pinterest page includes boards that touch on recipe ideas, nutrition, student leadership resources, creating green programs, and much more!

If you have not received the mid-year report communication, have a wonderful way to introduce vegetables in your students’ breakfasts!

A New Cookbook for your Club… yum!

Discover how to celebrate nutrition month in your club!

Making “Mooves” for Food Security in BC

A Great Partnership Benefiting Eeyou Nation (Cree) Students!

PARTNERS IN ACTION

Fostering Togetherness in Programs

NUTRITION

YOUR STORIES

YOUR STORIES

YOUR STORIES

YOUR STORIES

REMINDER

NUTRITIOUS IDEAS

For Individual Schools

And much more!

Two schools that shared their successes with us.

A new cookbook for your club… yum!

Breakfast Club is Now on Pinterest!

A Club partner since 2018, BC Dairy provides generous bi-weekly donations of fresh dairy products to six Breakfast Club of Canada schools now have access to a school’s drama teacher. Here, he talks to us about the growth of this partnership.

Thanks to this project, the breakfast program benefit from increased food access in the region. We are pleased to be celebrating a special victory: thanks to the close collaboration of partners in action, the program has increased its student population.

Mario Cloutier is the school’s drama teacher. Here, he talks to us about the growth of this partnership.

This year, Nutrition Month is celebrated throughout Canada to draw attention to the importance of making informed food choices and developing healthy eating habits. This year, the theme, “Good for You!” is centered on the idea that healthy eating is an important aspect of learning and is foundational to a successful school year.

Breakfast Club is excited to introduce our brand-new cookbook for your club… yum! We are pleased to introduce our brand-new cookbook for your club… yum! The new recipe book with recipes that have been carefully chosen and tested with a large focus on fruits and vegetables. They follow the standards, which includes the annual reapplication process. In early February, each school and group/District coordinators at each of our partner schools can coordinate on how they run their breakfast program. Our Pinterest page includes boards that touch on recipe ideas, nutrition, student leadership resources, creating green programs, and more!

If you have any ideas or stories to share, do not hesitate to contact your Club representative.

We are pleased to introduce our brand-new cookbook for your club… yum! The new recipe book with recipes that have been carefully chosen and tested with a large focus on fruits and vegetables. They follow the standards, which includes the annual reapplication process.