

VitaminC Club's Newsletter



DECEMBER 2020 Merry Breakfast, One and All!

As the Holiday Season draws near, we would like to take a moment to thank you for all your hard work and enthusiasm, which are vital to keeping breakfast programs running during these unusual times. **Wishing you and your students all the joy of the season!**

This issue features:

- Our new Pinterest page
- 5 ways to nurture healthy eaters
- A delicious holiday recipe (yum!)
- Some creative ways to celebrate special occasions
- Inspiring volunteer testimonials
- And more!

Enjoy!

CALL TO ACTION! Impact Evaluation

The Club has partnered with Credo, a social impact agency, to conduct an evaluation of its support models. The purpose is not to evaluate programs, but to understand the extent to which the Club is successful in providing the support needed by school communities. Reflection, learning and improvement are at the core of this process.

As part of this evaluation, **we invite you to complete the survey below**. It is anonymous and should take 10-15 minutes.

Your participation is greatly appreciated!

[Survey](#)

NEWS

Breakfast Club of Canada is now on Pinterest!



Pinterest users can now find the Breakfast Club on their favorite social media platform! Lots of resources and inspiration for your breakfast program await you.

This page will act as **an additional platform for sharing content** such as: nutrition ideas, recipes, fostering a positive environment, tips to adapt your program, student leadership and promoting community connections.

Check it out to get inspired!

[Pinterest](#)


NUTRITIOUS IDEAS 5 Ways to Nurture Healthy Eaters

Every morning, school breakfast programs can create many opportunities to nurture healthy eaters by introducing new foods and raising nutritional awareness in a positive way. We're happy to bring you a **new tool** to promote healthy dietary habits. **You can view it on the School Corner** of our website by clicking here:

[Learn More](#)

NUTRITIOUS IDEAS Morning Glory Holiday Muffins



Get into the holiday spirit with these delicious muffins!

[See the Recipe](#)

INSPIRING IDEAS Celebrating Special Occasions in your Club

There are many special occasions throughout the year that are fun to celebrate at school.

[Learn More](#)

Wondering how to infuse some festive spirit into your breakfast program? We have a **new tool** to help you find new ways of getting your students' days off to a magical start during the Holiday Season!

Discover more on the School Corner of our website :



YOUR STORIES Thank You Dear Volunteers!

December 5th was International Volunteer Day and we wanted to put club volunteers in the spotlight and give them a **well-deserved standing ovation!** We invite you to read testimonials that we published on our social media websites highlighting their extraordinary involvement in promoting the academic success of students on a daily basis.

Many thanks to all the big-hearted volunteers!



The next edition of **VitaminC** will be published in February. If you have any ideas or stories to share, do not hesitate to contact your Club representative.

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

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