

# Guiding Practices

Highly successful Breakfast Clubs strive towards meeting the following Guiding Practices. Bold statements with \* refer to Breakfast Club of Canada's Program Criteria which all Breakfast Programs must follow.

## BUILD A SUSTAINABLE FOUNDATION

- **Offer breakfast every school day\***
- **Ensure the breakfast club is universal by encouraging the participation of all students\***
- **Ensure a system is in place to provide financial accountability and sustainability\***
- Involve leadership from a committed and informed program coordinator and breakfast club committee
- Encourage collaboration with school administration and school staff
- Include ongoing program evaluation

## NOURISH HEALTHY EATING HABITS

- **Offer a nutritious menu that includes food choices consistent with Eating Well with Canada's Food Guide and provincial or territorial school food and nutrition policies\***
- **Ensure the breakfast menu includes a variety of healthy foods each day, with vegetables and fruits, whole grain foods, protein foods, and water. Please refer to the Club's nutrition standards\***
- **Allow adequate time for students to eat and encourage them to be attentive to their fullness cues\***
- **Promote healthy eating through positive role modeling and food and nutrition education\***
- Prepare meals using healthy preparation methods (e.g., baking, roasting, poaching) with little or no added salt, sugar/sweeteners, and/or fat
- Ensure health and nutrition messages are consistent throughout the whole school environment

## CREATE A SAFE PHYSICAL AND SOCIAL ENVIRONMENT

- **Operate in a location that is safe, universally accessible, and welcoming\***
- **Prepare, store, and serve food and beverages using safe food handling practices in accordance with provincial/territorial regulations and local public health agencies\***
- **Respect and comply with existing school board health, safety, and anaphylaxis policies\***
- Establish a fun place for children and youth to socialize while sharing a meal

## PROVIDE A CHILD AND YOUTH FOCUSED BREAKFAST CLUB

- **Welcome and respect every student\***
- **Offer a menu that is culturally appropriate and that accommodates the individual needs of students with food sensitivities\***
- Ensure students have a voice in their breakfast club.
- Include active participation from students, encouraging the development of life skills, leadership, and confidence
- Encourage positive social interactions and nourish self-esteem

## ENGAGE THE WHOLE SCHOOL COMMUNITY

- **Promote the program within the entire community to ensure students and their families are aware of its existence\***
- Foster a whole school approach by supporting partnerships with the broader school community
- Actively recruit and manage volunteers including, students, family members and community members
- Build positive relationships between the school and the local community and between students and adult mentors and role models

## ENVIRONMENTALLY CONSCIOUS

- Use reusable dishes and utensils
- Minimize food waste and pre-packaged foods
- Recycle and compost food waste using available programs in the community
- Consider starting a food-growing garden on the school site
- Choose locally sourced food when possible

