Welcome to Breakfast Club!
Vision
A country where all children can access the nourishment they need to succeed.

Mission
We work with partners from all sectors to deliver a high-quality national school food program. Together, we create a nurturing environment, where children and youth can flourish.
There are several reasons why a child might not eat breakfast at home. At school, the curriculum is universal and accessible to all children.

- Long bus ride to school
- Rushed Morning Routine
- Lack of healthy food choices
- Lack of appetite
- Extracurricular activities
- Family emergencies
It is often through small daily actions that we positively influence the lives of those around us. The Breakfast Makes Me Shine approach is a way of being and behaving with children. For children attending the breakfast program, your warm welcome allows them to start their day on a positive note.

« BREAKFAST MAKES ME SHINE »

- Welcome children with a smile and a friendly greeting.
- Encourage the children to adopt peaceful and respectful behaviours towards each other.
- Support the children in their efforts and reinforce good deeds and gestures.
- Take the time to listen to the children when they have requests, suggestions or comments to express.
- Be role models for the children with respect to a code of conduct. You must always set a good example.
- Respect the confidentiality of information about children, volunteer or school staff.
MAPAQ Regulations*

Health and Hygiene

Take note of:

- Visit MAPAQ inspections
- MAPAQ Video

*Ministre de l’Agriculture, de Pecheries, et de l’Alimentation du Quebec
Daily Starting Checklist

*applicable to all volunteers

1. **Remove jewelry**
2. **Put on your apron and hair net**
3. **Wash your hands**
   Make sure to do so each time you touch a new surface or product
   *Use disposable gloves ONLY if you have a cut, band aid, nail polish or jewelry that cannot be removed*
4. **Follow the health and hygiene regulations recommended by MAPAQ.**
   These will be explained to you on your first morning
Offer a nutritious breakfast that includes an item from each of these 3 food categories every day... for full bellies and sharp minds!

Fruit and vegetables for essential vitamins and minerals.

Protein foods to help maintain energy and strength.

Whole grains for fiber and to keep their bellies full longer.

And make water your drink of choice!
A Force for Change

This is the impact your breakfast program will have on your school*

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Online Resources

Breakfast Club Website
Share your volunteer stories, get recipes, read news [HERE](#)

Newsletter
Read the news [HERE](#)

Volunteer Facebook Page
See what other head volunteers are doing and get fresh ideas [HERE](#)
SCHOOL CLUB INFORMATION

School: ____________________________________________________
Address: ________________________________________________
Phone number: ____________________________________________

Name of head volunteer: ___________________________________
Home phone number and/or cell.number: ____________________

School club’s General Information

Head volunteer arrival time: _________  Volunteers arrival time: _________
Breakfast start time: ____________  Classes start time: ____________
Number of students: ____________
Location of EpiPen and allergy alerts: ____________
Attach school calendar.