



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.





Long bus ride
to school



Rushed Morning
Routine



Lack of healthy
food choices



Lack of
appetite



Extracurricular
activities



Family
emergencies

More Reasons Than You Might Think

There are several reasons why a child might not eat breakfast at home.

At school, the curriculum is universal and accessible to all children.

« BREAKFAST MAKES ME SHINE »

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.



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](#)

Agriculture, Pêcheries
et Alimentation

Québec



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



Nutritional Standards

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!



Fruits and Vegetables

Protein Foods

Whole Grains

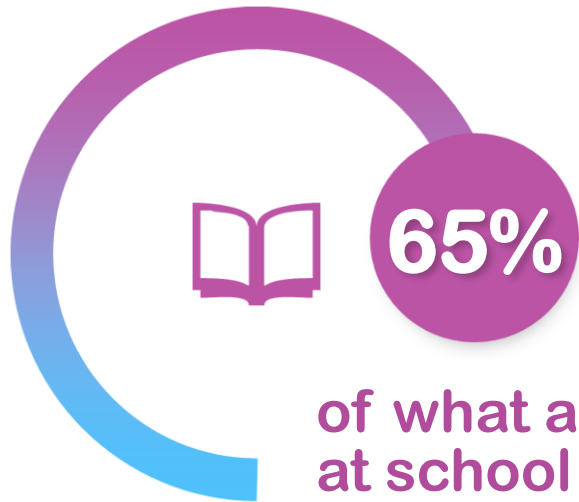
BREAKFAST CLUB OF CANADA

NUTRITION STANDARDS



A Force for Change

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




of what a child learns at school is taught in the morning



Create a caring, inclusive school community




Improve learning capacities



Alleviate hunger-related stress



Provide greater access to healthy, varied food choices



Boost attendance and punctuality



Reduce occurrence of behavioral incidents



Foster students' sense of engagement and belonging



Promote greater nutritional awareness



Mobilize the community at large



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](#)





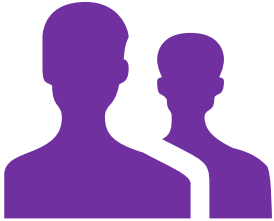
SCHOOL CLUB INFORMATION



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.