

VitaminC Club's Newsletter



TAKE TIME TO CELEBRATE!

That was fast! The school year has come to an end yet again... and we have several reasons to celebrate despite the many challenges we faced.

We can celebrate the resilience and the ongoing dedication of each of you! Because of your constant focus on the well-being of students, most of breakfast programs continued to meet their needs.

We can celebrate that, despite the uncertainty, we welcomed **more than 90 new programs** to the Club that will ensure **almost 14,000 additional students** have access to a nutritious meal, laying the foundation for ongoing development and learning success.

Lastly, we can celebrate that summer is here, and with that, we are able to take time to breathe and recharge. We look forward to reconnecting in the fall and supporting the reopening and success of your breakfast program.

From all of us at the Club, we hope you all have a great summer!

INDIGENOUS HISTORY MONTH

Following the discoveries made on the grounds of the former Kamloops residential school, the Club would like to humbly offer its most sincere sympathies and dedicated alliance to First Nations, Inuit and Métis peoples in Canada.

We acknowledge that the recent discoveries and events have had a grave effect on many individuals across the country. We honour the lost lives of those children as well as all those who have been directly or indirectly affected by the Residential Schooling System.

We remain committed to continued education, development and internal reflection and will continue to work alongside Indigenous communities to nurture truth and reconciliation.

IMPORTANT DATE

June 30th - Agreements & Reports are Due!



June 30th is an important date! Two things are due: the **Year-End Report Survey** and the signed **2021-2022 Agreements**.

Each breakfast program was sent a copy of the 2021-22 Agreement terms. The document was sent via *DocuSign* to the individual identified as the signing authority. To avoid delays in fall payments or deliveries, **please review and complete the signing process by June 30th, 2021**.

Programs were also emailed a link to complete the Year-End Report Survey. We ask each school to report on the overall success of their program. This is also a valuable way for the Club to learn how to better improve the support provided.

Have questions or need assistance? Please connect with your Club coordinator!

INSPIRING IDEAS

Breakfast Makes You Grow!: Innovative Grow Towers at Grassy Plains School

Ginger Moyah, the principal at Grassy Plains School, shares how they have used funding to purchase five grow towers. Grow towers rely on what is called a hydroponic system that promotes plant growth without soil.

It instead uses motorized pumps, water and a nutrient solution to grow herbs, fruits and other types of plants. Each system has numerous units and slots on the sides of the system, where each plant is stored.

Check out this interview with Ginger to learn more about how these grow towers supplement their breakfast program.

[Read More](#)


NUTRITIOUS IDEAS

Serving Summer Smoothies

With the end of the school year just around the corner, why not kick off the summer with a **refreshing smoothie jam-packed with fruits and vegetables!** Smoothies are a breeze to make, and you can mix and match the ingredients to your liking. Plus, they're an excellent way to avoid wasting food when you have extra fruits and veggies to use up!

Here are two delicious and nutritious smoothie ideas that we have selected just for you. You'll see: they are absolutely heavenly! Click here for the full recipes.

[Recipes](#)

You can always find extra inspiration in our cookbook, available here

[Cookbook](#)

YOUR STORIES

Thoughts of Thankfulness

A number of schools reported on notable successes from the past year that were a joy for our team to read through and reflect on. Here are two that we hope spread the attitude of gratitude to you as you read:



"Students are excited to come for breakfast. One student is so excited that he told his mom all about it and wants to bring his little sister with him (she is in kindergarten). This student's mom is so appreciative of this offering and, despite being told that breakfast for her children is free, she was worried about a 'surprise' payment later which she will not be able to pay for. She followed up with me (again) to ensure that breakfast really is free, and once again expressed her appreciation for the breakfast program. Even in the short time that we have offered breakfast for our students, this program has made a huge difference for this family. And, based upon early attendance numbers, many other families as well."

Rundle School
Alberta



"We feel so special at Options High School. We thank you and Breakfast Club of Canada for the amazing blender and frozen smoothies (they're a huge hit!). It is so important for us to keep our students healthy. **We tried out the hummus and smoothie recipes from the cookbook (amazing!) and added the fresh apples and pears. It was all so delicious! Thank you!**"

Options High School
Quebec

CHARITABLE BEQUESTS

An Easy, Convenient Way to Give to a Cause you Believe in



This inspiring video is well worth the watch: **Reine Bombo-Allara, who benefited from the Club's services as a child**, describes how her academic success was shaped by her experience, while **Andrée-Anne Potvin, a notary and tax specialist**, explains how charitable bequests work and the vital role they play in the future of philanthropy.

A **charitable bequest** is an easy, convenient yet underused solution for driving positive change and supporting a favourite charity, like Breakfast Club of Canada. It is a way of leaving a favourite legacy for a cause that is close to your heart and contributing to the betterment of society.

[Video](#)

A HUGE thank you, from us to you!

This school year has been challenging, but with many of the challenges came opportunities for innovation, inspiration and grit shown by our schools and partners across the country.

The COVID-19 pandemic increased food insecurity in numerous communities and homes, and many of you took this up as a call to action. Between new ways to serve food and social distancing, every obstacle has presented a unique opportunity for each of you to showcase your commitment to continue serving kids and start their day the right way.

As we approach the end of this eventful year, some of our coordinators wanted to share a few words to express their gratitude.

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