

## VitaminC Club's Newsletter



### WELCOME BACK! LET'S DO THIS!

Everyone here at the Club hopes you had a wonderful summer and welcomes you back for a new school year!

Our entire team is committed to ensuring all students start the day with a warm smile, a full belly — and are ready to learn. In the year ahead, we look forward to connecting with you to learn your unique program goals and share resources that will support the success of your breakfast program.

Read on to find out more about a few new tools to get you started.

Here's to a happy and healthy school year ahead!

### INSPIRING IDEAS

#### A New Toolkit for the Start of the School Year

This year again, the Breakfast Club of Canada team is bringing you a **Toolkit** designed to help you get your breakfast program back up and running. The Toolkit provides information essential to ensuring students can enjoy breakfast in a welcoming and safe environment.

The Toolkit includes helpful hygiene reminders along with adapted program templates and breakfast menus focused on healthy, simple-to-prepare foods. Feel free to check it out now and share it with the people involved in your breakfast program.

To find out more:

[Toolkit package for programs across the country \(english\)](#)

[Toolkit for Quebec schools \(english\)](#)

[Toolkit for Quebec schools \(french\)](#)

### NUTRITIOUS IDEAS

#### Simple, healthy and delicious!



We know September is a very busy month, so we've got a great recipe that's quick to prepare, tantalizing for the tastebuds AND oh-so-healthy! [Apple Cinnamon Overnight Oats](#) can be prepared in 5 minutes the day before serving and is easy to make in large batches to fill lots of hungry bellies at once!

If you have some summer fruit still available, why not try switching out the apples for fresh peaches or berries? You can also sneak in some veggies with a "carrot cake" variation that uses grated carrots instead of apples and maple syrup instead of honey, along with a dash of allspice, nutmeg and raisins. Be creative — there are endless variations to this yummy morning dish!

Want to explore other recipe ideas? Check out our [cookbook!](#)

### PARTNERS IN ACTION

#### Our back-to-school campaign has begun!



In Canada, **1 in 3 children is at risk of going to school on an empty stomach.** That's why Breakfast Club of Canada has teamed up with several partners to provide hundreds of thousands of students across the country with opportunities for an equal chance at success.

In the coming months, we will ramp up our efforts to support over 2,000 breakfast programs from coast to coast to coast.

Children shouldn't start their day with hunger.

[Learn More](#)

### ALWAYS HERE FOR YOU!

Breakfast programs will continue to adapt, just like you, the Club will be there to ensure students have the nourishment they need every morning.

We hope to hear about the challenges and successes of your school program throughout the year, and we will definitely be keeping an eye out for your stories.

Check out our tips for effective storytelling [here](#), along with the address where you can send your submissions. Who knows? Maybe your school will be featured in an upcoming issue!

[Testimonials](#)

Be sure to check out future newsletters to learn more about various ways to increase student engagement, get updates on breakfast program initiatives across Canada and read up on the latest tools and resources.

See you soon!

[Subscribe](#)



You received this email because you are involved with Breakfast Club of Canada.

135-G De Montagne, Blvd Boucherville,  
QC, J4B 6G4  
[info@breakfastclubcanada.org](mailto:info@breakfastclubcanada.org)

[Unsubscribe](#)

[Privacy Policy](#)