

VitaminC Club's Newsletter



ALL THE THINGS AUTUMN BRINGS!

October is here! You've made it through the first few weeks of your breakfast program, and now it's time to welcome a new season — one of delighting in all things spooky, celebrating the harvest, offering up thanks and revelling in the beauty of the changes autumn brings. There's so much to explore and experiment with this colorful season and in your breakfast program. Enjoy the vibrant colours all around you and get inspired by the articles and recipes you'll find in this month's newsletter!

INSPIRING IDEAS

Promoting your high school breakfast program: Yes, you can!



Getting the word out about your high school breakfast program can be quite the challenge. But there are lots of ways to connect with your target audience, starting with your student radio station and social media platforms.

Read on for some more tips on increasing the visibility of your program and encouraging your school community to actually use it.

Promote your Program

Take part in the first-ever "Story Bites,"
a Breakfast Club of Canada activity

STORY BITES

Story Bites is a school-led visual storytelling activity where students share their breakfast experience through photos. The question "What does breakfast Mean to you?" will help lead students to engage in breakfast as a community with the goal of building capacity through social interactions. Schools may also submit their completed project for an opportunity to be featured in a future newsletter article or on our website.

You can find all the information and resources you need to take part in this activity in our [Story Bites Toolkit](#) or by contacting your coordinator at Breakfast Club of Canada.

NUTRITIOUS IDEAS

A pumpkin-y good breakfast!



Halloween is just around the corner, and children are looking forward to celebrating this special holiday!

Do you know any local pumpkin farmers who would like to contribute to your program? Why not offer to pick up "ugly" or unsold pumpkins and use them to cook with in your breakfast program?

It's a great opportunity to show children that **pumpkins are more than a decoration**: they can also be a yummy ingredient in a whole host of recipes!



For a special Halloween breakfast, make pumpkin purée and whip up a batch of these delicious **pumpkin spice muffins**. Serve them with fruits and vegetables sliced in fun shapes and you've got a spook-tacular morning meal!

Celebrating Latin American Heritage
Month in Canada!

In October, we celebrate the arts, culture, food and countless contributions and accomplishments of the Hispanic and Latino Canadian communities. Why not join in on the festivities by whipping up these tasty Colombian scrambled eggs, with tomatoes, onions and peppers?



The dish is called "perico," which is Spanish for parakeet. The vibrant colours make it easy to see why! Check out the delicious, nutritious [recipe here](#).

YOUR STORIES

Affirmations in action: Harvest Manitoba's breakfast kit exercise



Harvest Manitoba's Breakfast 2 Go program provides food packs for students to take home and enjoy over the weekend. This, combined with our breakfast program, services students in the schools we partner with seven days a week. Harvest Manitoba has also gone one step further and incorporated an affirmation exercise in their Breakfast 2 Go packs at the five schools they reach out to.

Click the link to read more about how these affirmations came about and the overwhelmingly positive response.

Learn More

HARVESTING INSPIRATION

Let's keep the cozy feelings of autumn going and the spirit of togetherness strong throughout the year! There is so much opportunity for learning and for building on one another's successes. Maybe you'd like to encourage your students to share their stories in a **Story Bites** submission, or perhaps you want to pass along a recipe that we can post on [Pinterest](#) or our [Facebook](#) page. We look forward to harvesting your ideas and inspiration all year round!

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135-G De Mortagne, Blvd Boucherville,
QC, J4B 6G4
info@breakfastclubcanada.org

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