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 reveling in the beauty of the changes autumn brings. There’s so much to explore and experience with this spirited season and in your breakfast program. Enjoy the vibrant colors 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 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 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 delicious pumpkin spice muffins.

Celebrate 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, called “perico,” which is Spanish for parakeet. The vibrant colors 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 skills and breakfast program, services students in the schools that partner with seven days a week. Students received an affirmation exercise in their breakfast 2 Go packs that the five schools they reach out to:

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

HARVESTING INSPIRATION

Let’s keep the cozy feelings of autumn going and the spirit of thanksgiving alive through breakfast this year. There is no such opportunity to inform and inspire your students like a good breakfast! Why not try encouraging your students to share their stories in a Story Bites submission, or perhaps you want to pair doing a lesson on Latin American heritage with a pumpkin-y good breakfast, as described above?

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

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