

## VitaminC Club's Newsletter



### A TIME FOR CELEBRATIONS!

Wow! **December is already here!** We can't believe how fast the months and the whole year have gone by!

As many of you and your students are gearing up to celebrate Christmas, Hanukkah, Kwanzaa or another holiday, we want to encourage winter celebrations in your breakfast program this month.

It's a perfect time to create a special breakfast atmosphere, share different cultural breakfast foods or encourage students to submit menu ideas that represent celebration to them! For ideas on how to make breakfast extra special this month, [check this out](#) and keep reading for other inspiring ideas and news!

### INSPIRING IDEAS

#### A brand new Guide for Involving Student Volunteers



In commemoration of **International Volunteer Day** on December 5, we are bringing you a guide on **how to get student volunteers involved in breakfast programs** across Canada.

Incorporating student volunteers into your breakfast program is a great way to strengthen their sense of self-esteem, bolster their confidence and develop their leadership potential. Have a closer look at our guide for some useful tips on recruiting, training, motivating and recognizing the involvement of student volunteers. It also contains a wealth of fun and engaging tools that we have put together to help you get your student team up and running.

By having students contribute to your breakfast program, you'll be helping to ensure its long-term success and sowing the seeds of civic engagement that will blossom and flourish in the broader community in years to come!

[Read the Guide](#)

#### Tips for and from Your Programs!



In **Back-to-School open house sessions** across Canada, participants shared some of the challenges they faced in breakfast programming for this school year.

Our team has compiled top ideas and suggestions provided by fellow schools in response to topics like incorporating volunteers, reducing costs and facilitating meal preparation.

The open house sessions are very valuable as **they provide solutions from and for diverse school communities and contexts**. We are thankful for all who participated in knowledge sharing and hope we've adequately captured your tips.

[Learn More](#)

### NUTRITIOUS IDEAS

#### Comforting Recipes for Winter Celebrations



The festive season is almost upon us, and **what better way to celebrate than with lots of yummy food!**

**Strata** casseroles are perfect for this time of year since they can be made in big batches the day before and customized to what you have on hand. This comforting recipe is also the perfect way to use up any leftovers you may have (bread, fruits, veggies, milk, cheese) before schools close for the holidays!

[Consult the Recipe](#)

### YOUR STORIES

#### Portrait : Un club totalement géré par les jeunes bénévoles!

At **Ste-Thérèse School**, located in St-Honoré-de-Shenley (Qc), a teacher had the idea of **involving the students of his grade six class** in the breakfast club and now they are the ones who manage the entire program for their school! Here is a discussion with the students and Frédéric Leclerc, a teacher who dared and succeeded!

[Learn More](#)



### PARTNERS IN ACTION

#### Food in Fridges to Fight Hunger



Last year, **Whistler Community Services Society** partnered with Breakfast Club of Canada on an initiative to provide more than **50 self-serve fridges to schools** and radically transform access to food in five school communities.

The initiative was born out of the COVID-19 pandemic to help fight hunger and food insecurity among local youth. Now the classrooms, as well as several common areas, house the self-serve fridges, allowing **students to pick from a variety of fresh-made sandwiches, fruit, veggies and other nutritious foods whenever they're hungry**.

Check out this video on our channel for a behind-the-scenes look at this groundbreaking initiative:

[Watch the Video](#)

### BCC CAMPAIGN

#### Introducing Our Holiday Greeting Cards!



Breakfast Club of Canada is getting ready for the holidays, just like you!

To celebrate, we have created a few **fun and festive printable greeting cards** you can use to deliver your best wishes of the season to colleagues and volunteers, friends and family, or anyone else you care about!

[More Information](#)

[Download Cards](#)

### A TIME FOR SHARING

During this season of giving and generosity, we would like to **express our gratitude to all those who give of their time** and their experience throughout the year to put breakfast on the table every morning for more than **513,000 children** across the country.

From everyone here at Breakfast Club of Canada, happy holidays to you and your students!

