

VitaminC Club's Newsletter



WHAT'S NEW FOR SPRING?

As winter begins to melt away in most regions across Canada, we can all agree that spring is a welcome sight. There's a new energy in the air, and the Club is geared up to use that energy to connect with breakfast programs, either in person or virtually, and recognize the champions and volunteers that help them thrive.

Read on to learn more about:

- How you can start recognizing your champions during **National Volunteer Week**
- Tips on how to **make your fruits and veggies last longer**.
- A visit to **Nanaimo & Nanaimo Ladysmith School Foundation** partnerships

IMPORTANT DATES

National Volunteer Week: Empathy in Action!



This year, **National Volunteer Week**, set to run from April 24 to 30, will focus on the strong connection between volunteerism and empathy. The hundreds of people across the country who get involved with breakfast programs are the embodiment of this spirit of empathy, which is so necessary and so precious in forging ties in our communities.

At BCC, we are grateful for the incredible contributions of volunteers & school staff who, by giving of themselves, make sure young Canadians can get their day off to a healthy start.

In a previous issue, we asked you to **tell us about a worthy candidate** from your own breakfast program — someone who goes above and beyond to make your program a success.

We are still accepting breakfast champion nominations. Nominees will be eligible to receive a special token of our appreciation. So hurry and get your nominations in — and a big THANK YOU to all volunteers & champions!

INSPIRING IDEAS

Breakfast in Unison: Ride the Wave of Gratitude with Us!



Schools and community partners from coast to coast to coast are invited to join Breakfast Club of Canada for our **Breakfast in Unison!**

Breakfast in Unison is an annual event aimed at thanking all those involved in breakfast programs in one way or another and recognizing their commitment to making sure children get a healthy breakfast every day. By participating in Breakfast in Unison, you will be helping to create a **wave of gratitude** for all those who help make breakfast programs a success.

Event details:

- Plan your **celebration** between **May 16th and June 16th** on a day and time that suits your schedule.
- Be one of the **first 100 schools or organizations to sign up**, and you will receive a **\$100 gift card** for your breakfast program.
- Other **tools** will be sent out in early May to help you plan your activities. Stay tuned!

Get your staff, volunteers, and students together for a special breakfast, and post your pictures and testimonials on social media using the hashtag **#BreakfastInUnison**. And most important of all: have fun!

YOUR STORIES

Your Club in 5 Questions — Pigiurvik Primary School, Salluit, QC



Discover the **Pigiurvik Elementary School program**, located in the city of **Salluit**.

This breakfast program is proof that good organization and the involvement of everyone can make a difference!

[Learn More](#)

NUTRITIOUS IDEAS

8 Easy Tips to Help Make Your Fruits and Veggies Last Longer



Looking to avoid food waste in your breakfast program? Want to ensure that your fruits and veggies stay fresher and tastier for longer? Here are eight great ideas on how to make the most of your produce!

[Learn More](#)

PARTNERS IN ACTION

A Day Trip with Nanaimo-Ladysmith Schools Foundation

Breakfast Club of Canada has been a proud partner of **Nanaimo-Ladysmith Schools Foundation (NLSF)** since 2015. They do a phenomenal job of mobilizing community resources in their network and preparing food deliveries for schools through their food depot.

[Click here](#) to learn more about the Club's partnership with NLSF and its program impacts on Vancouver Island, BC.



INFO-CLUB

BCC Proud

Breakfast Club of Canada is excited to announce that our online store is up and running! With a brand-new collection of **sweatshirts for adults**, **hoodies for kids**, super snazzy **coffee mugs** and other BCC-branded items up for grabs, you're sure to find something special for your kitchen and your home.

Plus, **all the proceeds from the sale of our online merchandise will go toward funding our work.**

[Be sure to have a closer look!](#)



Great News for Northern and Remote Communities: A NEW Local Food Infrastructure Fund (LFIF) will be available!

The Government of Canada has announced an **additional investment of up to \$20 million to support community-based and not-for-profit organizations** in their efforts to create long-term solutions to address food security challenges. This new phase of LFIF focuses on meeting the needs of Indigenous, Northern and remote communities by providing funding to help build a food system that will meet both current and future community needs.

Eligible projects must be infrastructure-specific, community-driven and dedicated to improving access to healthy, nutritious, and local foods for Canadians at risk of food insecurity. Grant funding for projects can range from \$100,000 to \$500,000 to support larger initiatives that will have a lasting impact in communities.

Applications for this intake phase can be submitted from **June 1 until July 15, 2022**.

Program details and requirements are available now.

[Learn More](#)

ONE LAST PUSH BEFORE THE END OF THE YEAR!

With May just around the corner, the sunshine will be making our days brighter and warmer before we know it! Meanwhile, there's still much to be done for our students and teachers, and lots of delicious, nutritious breakfasts to serve for our volunteers and site coordinators. So let's all roll up our sleeves and make one last push before the summer holidays. Together, let's give children the energy they need to finish the year on a positive note and get them one step closer to success!

Psst! May is also when schools and partners will be receiving their renewal agreement with Breakfast Club of Canada for 2022–2023. Keep an eye out for yours!

