

VitaminC Club's Newsletter



ANOTHER GREAT YEAR FOR SO MANY REASONS!

Resilience and **determination** were strong this year, and there was a renewed energy and commitment to making breakfast programs better than ever!

This spirit was seen in the number of [Breakfast Champion nominations](#) that were put forward during National Volunteer Week. Our team was grateful to learn about so many dedicated people who support student nutrition.

In the last newsletter of 2021-2022, you'll discover, among other things, the rich conversation and learning that occurred in the Virtual Gathering Place with several schools, where traditional Indigenous foods was incorporated into breakfast programs.

We hope you enjoy your reading!

IMPORTANT DATE

Don't Forget!

June is the month when **agreement signatures** and **end-of-year reports** are due. Details for both are as follows:



Agreements

The 2022-2023 agreements have been sent, or will be soon, to each active program via DocuSign, care of the individual we have on file as the official signatory for your school or group. If you have not already done so, please review your agreement terms and complete the DocuSign process **before the end of June**. By proceeding quickly, you will ensure that your program receives support in the next school year in accordance with the schedule set out in the agreement.



End-of-year-report

The end-of-year report has been emailed to each program. Kindly complete yours by **June 30, 2022**. This information will guide our team in creating new resources and tools and help us adapt the support we provide. We appreciate your participation and feedback.

If you have questions about your agreement or end-of-year report, please contact programs@breakfastclubcanada.org.

NEWS

Breakfast in Unison Is Back!



Breakfast Club of Canada schools and partners from across the country were invited to join us for **Breakfast in Unison** between May 16 and June 16.

Prior to the kick-off, a Breakfast in Unison toolkit was sent out with ideas on how to celebrate. In total, **123 schools** took part, expressing their thanks to all those who lend a helping hand to the breakfast program in their community.

Thank you to everyone who participated in this year's Breakfast in Unison, and a special word of appreciation to the **189 Breakfast Champions** nominated by their programs. The event created a wave of gratitude from coast to coast to coast for all the wonderful people who make such a big difference in children's lives.

We look forward to seeing you next year!

INSPIRING IDEAS

Virtual Gathering Place:

Compilation of Ideas on Indigenous Foods and Practices



In early April, schools across Canada joined our Virtual Gathering Place, an online platform where they could share their successes and challenges in **incorporating Indigenous foods and practices into breakfast** and other meal programming.

Participants also touched on ways to honour the values and communities of the traditional territories within which their programs operate. Three main topics were covered: **challenges and solutions, cultural practices and interconnectedness of food, and recipe sharing.**

[Learn More](#)

NUTRITIOUS IDEAS



Saint-Charles School: Maximum Taste, Minimum Waste!

Saint-Charles School in the Saguenay-Lac-Saint-Jean region of Quebec is proud to tell you more about their breakfast program and some of the **ingenious ways they have come up with to reduce food waste**. All that and a delicious recipe that will help you use up your leftover food, just in time for the summer break!

[Learn More](#)



5 Tips to Use What You Have Left Before Summer!

It's hard to believe that summer is quickly approaching and breakfast programs will soon be winding down! In preparation for this hiatus, **consider the following tips to use up any ingredients you have left** or to store food properly over the summer months.

[Learn More](#)

PARTNER IN ACTION

A Winning Food Partnership

In May 2021, Breakfast Club of Canada partnered with **Services Alimentaires Racines** to establish a pilot project that will allow more students to have access to a nutritious breakfast before going to class.

Discover all the positive impacts of this collaboration in our article!

[Learn More](#)

YOUR STORIES

Your Program in 5 Questions

Maverick School, Swift Current, SK

Maverick School joined Breakfast Club of Canada in December 2021.

See what their principal, **Jayne Nicholson**, has to say about their daily breakfast program.

[Learn More](#)



Together, let's celebrate National Indigenous History Month!

To celebrate National Indigenous History Month, **the Club wants to honour the vital work done by coordinators, volunteers, schools and communities across Canada** in their breakfast programs and shining the spotlight on the heritage, history and diversity of First Nations, Inuit and Métis people. We **encourage you to engage with the Club's content and publications on our numeric platforms** throughout the month of June and celebrate National Indigenous History Month with us.

Don't forget to tag the Club in your posts!



HAVE A GREAT SUMMER!



The **end of the school year** is always a very exciting time, as students become more and more eager to make the most of the beautiful weather. It's also an opportunity for thinking back on a year's worth of hard work and dedication. To all the students, staff, volunteers and everyone else who contributed to their local breakfast program, in ways big and small, **we wish you a fun-packed and sun-soaked summer holiday!**



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