

VitaminC Club's Newsletter



READY, SET, GO!

The 2022–2023 school year is here, and everyone at Breakfast Club of Canada looks forward to supporting the ongoing success of school breakfast programs across the country.

In this first back-to-school newsletter edition, we're sharing with you:

- **Important dates** to remember this fall
- Information about the **Club's national Back-to-School campaign** that helps raise awareness and funds for programs like yours
- A **simple and delicious recipe** from one of our participating schools.

So, enjoy... and welcome back!

NEWS

The Toolkit: An Essential Document for Your Program!

For three years now, Breakfast Club of Canada has been offering a complete **Toolkit** for your Back-to-School! Specially designed to support you in getting your breakfast program up and running, it's a resource that will also accompany you throughout the year.

This toolkit includes useful **reminders, information** on how to use the program templates and **links to resources** that will guide you in managing your program. Feel free to check it out now and share it with the people involved in your breakfast program.

If you have not yet received it, please download the relevant version for your program from one of the links below:

Toolkit for programs across the country

[Learn More](#)

Toolkit for schools in Quebec
(English)

[Learn More](#)

Toolkit for schools in Quebec
(French)

[Learn More](#)

NUTRITIOUS IDEAS

Recipes from YOUR Program



This year, we would like to share YOUR recipe ideas! Send your favourite cultural, traditional, unique or easy-to-make dishes to testimonials@breakfastclubcanada.org, and you could be featured in one of our future newsletters or on our website. All submissions will also be entered into a draw to win some BCC swag!

To get you inspired as the school year gets underway, try this **no bake apple pie cup recipe** from Coldwater School.

[Recipe](#)

YOUR STORIES

Build a Collaborative Culture That Includes Recognition



Welcome back, students! Welcome back, teachers! AND let's not forget the support staff, volunteers and all those who make your school's breakfast program possible!

Collaboration is the key to a successful program and we are grateful to see so many hard-working individuals on the ground at every school serving up breakfast.

Remember, YOU are Breakfast Champions!

[Read More](#)

IMPORTANT DATES

Coming Soon!



Important reminder: If you have not yet signed the **agreement to renew your breakfast program support**, please do so as soon as possible. Can't find the link? Contact your BCC coordinator!

September 30 is a statutory holiday for all BCC staff members across the country as we observe the **National Day of Truth and Reconciliation**. This important day of commemoration is a chance to honour Indigenous survivors, families, and communities, and publicly reflect on the history and impacts of residential schools as part of our collective commitment to reconciliation.

Also, keep an eye out for the first **Open Houses** of the year. These virtual meetings organized by the program coordinators are always very popular with participants. Watch your inbox for upcoming invitations!

INFO-CLUB

Back-to-School Campaign

Breakfast Club of Canada has launched its **Back-to-School Campaign!**

Until **October 30**, the Club is rallying the efforts of generous donors in both the public and private sectors to raise funds in order to be able to provide consistent and lasting support to children across Canada who benefit from a school nutrition program. Keep an eye out at your next visit to Walmart, Costco and other banners, which are joining forces with the Club!

Together, we can nourish children's potential!

[Learn More](#)



WE'D LIKE TO SHARE YOUR STORIES!

Schools tell us they love to learn about other breakfast program ideas and successes. If you would like to see **your school featured in an upcoming newsletter**, we want to hear from you!

If students are engaged in your program and visual storytelling is a good match, check out the **Storybites toolkit** — a useful guide to engage your students in a fun storytelling activity!!

You can share your stories, highlight someone vital to your program or pass along a unique and loved recipe you think other programs should try by emailing us at testimonials@breakfastclubcanada.org.

Your journey could inspire other schools to start a program or incorporate different elements into their existing program. **We look forward to hearing from you this year!**