

# VitaminC

## Breakfast Programs' Newsletter



### THE COZY COMFORTS OF FALL

Although we are already well into autumn, there are still several weeks of fall sunshine and prime leaf-peeping opportunities to enjoy. It is also the season of soups and stews that fill the house with appetizing smells and conjure up fond childhood memories.

In this edition of our newsletter, you will find lots of inspiration for the cooler days and crisp nights ahead, with articles on:

- The **nutritional value** of whole fruit and vegetables
- The **Mount Royal Collegiate** breakfast program in Saskatoon, Saskatchewan
- Our new and improved **Breakfast Single Serving Chart** to help you prepare and plan what you buy and serve.

Enjoy!

### NUTRITIOUS IDEAS



#### The Whole Truth About Fruits and Vegetables!

**Whole vegetables and fruits** are an essential part of a healthy diet. There are many reasons to serve them instead of juice for breakfast.

Read on to learn why.

[Learn More](#)



#### A Recipe that Gives the Chills!

Did you know Halloween doesn't necessarily mean serving candies and treats? The proof is this frightening yet nutritious recipe, **Booonana Ghost Pops!**

Easy to make, they will make children and youth of your breakfast program shudder with joy!

[See the Recipe](#)

Photo Credit: All the Nourishing Things

### INSPIRING IDEAS

#### Check Out Our Updated Serving Chart!

Planning how much food you need for your family can be a challenge. So you can imagine how mind-boggling the operation can become when you have 200 mouths to feed!

But we have some good news for you: we have recently updated the **BCC serving chart** to help making buying food and planning your meals that much easier. Be sure to refer to this handy guide whenever you need it!

Click here to have a closer look.

[See the Document](#)

### YOUR STORIES

#### Duke of Marlborough School Visit



On September 14, 2022, **Duke of Marlborough School** welcomed two Breakfast Club of Canada staff members and more than 20 other guests on a learning trip led by the **Northern Manitoba Food, Culture, and Community Collaborative** to get a better idea of how the school's breakfast program works.

Learn more on their visit!

[Learn More](#)

### PARTNERS IN ACTION

#### Swingin' in the Rain: Teeing Off for a Good Cause



Despite the grey sky and heavy rain, **JLL Canada** and its industry partners teed off for the **2<sup>nd</sup> annual JLL Golf Tournament** on September 19, 2022, in support of Breakfast Club of Canada. Held outside of Calgary, Alberta, the event is just one of the ways this partnership provides resources and funds to help feed school kids across the country, one breakfast at a time.

[Learn More](#)

### INSPIRATIONAL IDEAS, ALL YEAR ROUND!

As the weather changes, so might your students' breakfast preferences. You may want to consider adapting your morning menu, and **we're happy to provide you with the inspiration for some of these new ideas!**

The next BCC newsletter comes out in December, but you don't have to wait until then: you can find recipes, stories and ideas all year round [right here](#) on our website.



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135-G De Montagne, Blvd Boucherville,  
QC, J4B 6G4  
[info@breakfastclubcanada.org](mailto:info@breakfastclubcanada.org)

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