

VitaminC

Breakfast Programs' Newsletter



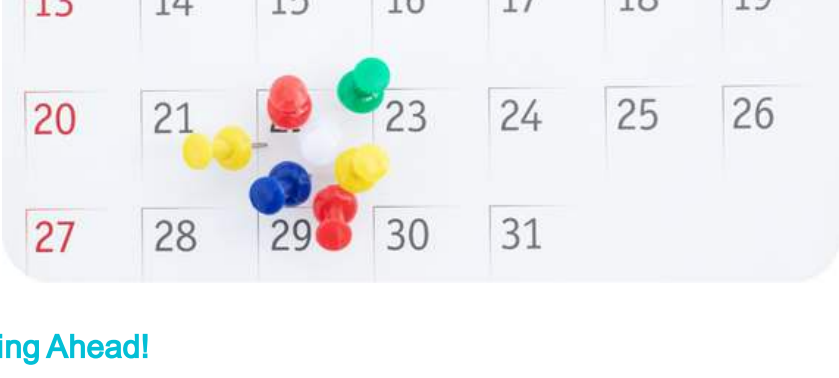
Can You Feel It?

April brings a shift in the air and the promise of warmer days ahead — not to mention **National Volunteer Week!** Make the most of this special occasion by shining the spotlight on the people who warm your program with their smiles and keep everything running smoothly, day after day. To help you in honouring your adult and student volunteers, we will be posting messages of gratitude and recognition on all our socials during the **week of April 16.**

If you couldn't nominate someone in time for National Volunteer week but want to, send us a testimonial anytime. We love highlighting remarkable people and their contributions here in our Newsletter, all year round. We encourage you to send us their story by writing to [@Tetmolnages / Testimonials](#).

And be sure to read on for more ideas and inspiration on how to capture the excitement of spring in your breakfast program.

IMPORTANT DATES



Keep Looking Ahead!

There are so many important dates to remember throughout the year. Here are a few to consider when planning your breakfast program in April and May.

April

April 16-22: National Volunteer Week. Theme: Volunteering Weaves Us Together. Recognize your volunteers and breakfast program champions this week and all year round!

May

May is both **Asian Heritage Month and Canadian Jewish Heritage Month.** Can you incorporate some special dishes into your programming to ensure everyone sees their culture reflected in the food you serve?

Mid-May to Mid-June: Breakfast in Unison (BIU). Breakfast programs are invited to celebrate the people behind their success. Keep an eye out for more information and resources from the Club to help you plan!

May 22: Victoria Day / National Patriots' Day (Quebec). School closures.

No-Bake Baked Beans

Check out this quick and easy recipe for a filling, protein-packed breakfast this spring! Guaranteed to satisfy everyone at the table.

[See the Recipe](#)

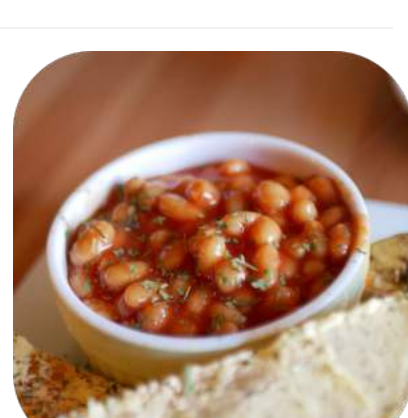


Photo Credit: serious eats, Sydney Oland

INSPIRING IDEAS

An Inspiring Volunteer and Her « Projet Écoliminaire »!



Catherine Rixhon's plan was simple: move away from Montreal to a smaller town where she could develop stronger ties with her neighbours and feel like she was where she belonged. What she didn't know was that she would end up playing a key role in her chosen community of Saint-Damien, Quebec, as the volunteer site coordinator for the local elementary school.

[Learn More](#)

YOUR STORIES

NATIONAL VOLUNTEER WEEK EDITION

Many Hands

Meet the wonderful breakfast program team at Westview Public School (WPS) in Prince Albert, Saskatchewan! From left to right: Kandis, Deedre and Sandie (Sara is missing from the photo). They are a well-oiled machine, preparing breakfast items and delivering them to each classroom every single day. And they make it all look effortless!



What's on the menu at WPS? It might be egg bites (in photo), breakfast wraps, grilled cheese sandwiches, parfaits, oatmeal, boiled eggs or something else just as delicious and nutritious! Each classroom is also equipped with a mini-fridge that is stocked daily with additional items such as fresh fruit, cereal and milk. WPS is currently looking to purchase a slow cooker for each classroom to be able to serve oatmeal and other warm foods on cold Saskatchewan mornings. The in-classroom model ensures all students have access to a morning meal and makes the breakfast routine an integral part of the school community experience. What an amazing, inclusive program!

Volunteer Spotlight: Meet Nancy and Joe



Nancy and Joe have been volunteering in education in a variety of roles for decades. After moving from Ontario to Saskatchewan, and following a short hiatus due to COVID-19 restrictions, they began helping out with the breakfast program at Vincent Massey Community School (VMCS) in Saskatoon, Saskatchewan, in September 2022.

Nancy and Joe have a true understanding of the importance of the VMCS breakfast program and the impact it has on students and their ability to learn. By preparing and serving breakfast every Thursday and Friday, they are helping to fill a staffing gap and doing their part to make student nutrition programs a priority.

"Joe and Nancy are the best. They are so caring and compassionate to our students' needs. They are also incredibly reliable: you never have to worry if they are going to show up. They really want to be here and love seeing the kids. We are very lucky to have them!" (Shelley, VMCS's Community School Coordinator)

Filling Stomachs, Fuelling Minds

Nathalie Ste-Croix has been coordinating the breakfast program at Bermon High School in Saint-Gabriel-de-Brandon, Quebec, since 2021. Her involvement is the reason students can now get their school day off to a healthy start.

Not long after she started teaching at the school, she noticed that the cafeteria was closed in the morning. Seeing that many of the students were in need of a nutritional boost before heading to class, she decided to take matters into her own hands and volunteered to become the breakfast program coordinator.



From Nathalie's point of view, breakfast is an opportunity to bring high school students together in a safe, relaxed environment. It is a place where new friendships can be formed. And it's also where the wafting aroma of raisin bread puts a smile on everyone's face!

Nathalie also appreciates this chance to get to know her students outside the classroom. Through the breakfast program, she can gain their trust, and that in turn makes for a more harmonious teaching and learning experience. As she puts it, "Students don't bite the hand that feeds them!"

From everyone at Breakfast Club of Canada, thank you, Nathalie, for everything you do!

Partners in Action

Ambassador in Action



A few weeks ago, family physician, Life of Dr. Mom blogger and BCC ambassador Dr. Stephanie Liu visited St. Jerome Catholic Elementary School in Edmonton, Alberta, to serve a nutritious breakfast to students. Through her profession, Dr. Liu is dedicated to raising awareness about the importance of healthy child development. BCC is proud to work with an ambassador who is committed and passionate about making a difference!

[Watch the Video](#)

Info Club

BC School food programs get historic investment to help feed kids

On April 4, Breakfast Club of Canada's team was very delighted to have taken part in an important announcement by the Government of British Columbia. As many children and families continue to struggle with the increased cost of living and lack of access to nutritious food each day, the new Feeding Futures funding is an inspiring step towards ensuring that every child in the province can benefit from school food programs and reach their full potential. The Club looks forward to continuing to collaborate with all donors and stakeholders involved in ensuring support to future generations.

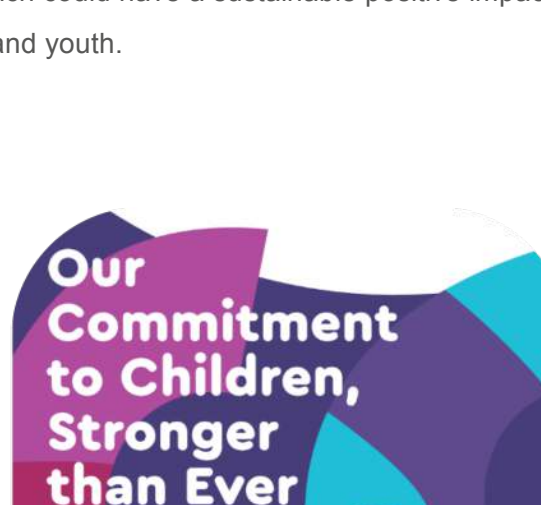
Reactions to federal budget

This year, Breakfast Club of Canada has once again participated in the federal pre-budget submission process to provide context and strategic recommendations that would advance the creation and implementation of a national school food program (NSFP).

On March 28, the Government of Canada tabled its 2023 budget, which, unfortunately, did not include funding for a NSFP. We manifested our disappointment with the two mandated ministries and highlighted the importance to act as soon as possible to meet the growing needs of the school nutrition network. It takes a comprehensive policy and program to make sure all children can access the nutrition that is essential to their health and well-being. The Club will continue to work with all stakeholders to advance the development of school nutrition policies across the country, which could have a sustainable positive impact on the health and education of more children and youth.

Looking Back at 2021–2022

Breakfast Club of Canada proudly presents its 2021–2022 activity report. It takes an entire team to nourish children's potential and BCC has been privileged to have a vast network of volunteers, schools and community partners to work with for another fantastic year. Together, we help children access a nutritious breakfast each morning!



[Read the Report](#)

Reminder – Invitation to take part in a research project

The Feeding Kids, Nourishing Minds Research Initiative is focused on understanding existing school food programs in Canada and their various characteristics to ultimately inform and guide the discussion of a cohesive national school food program. This particular survey is targeted towards school food providers to develop a better understanding of

current school food offerings and program characteristics. By completing this survey, your school food program will be entered into a draw to win a \$100 gift card (~1 in 4 chance of winning).

[Link To Survey](#)

Get Geared Up to Celebrate!

We're gearing up for the Club's annual **Breakfast in Unison** (BIU) event, running from mid-May to mid-June. Breakfast in Unison is a time to recognize the importance of school breakfast programs and all the people who contribute to making them possible. Programs are created for many different reasons, and the hard work put into making them a success warrants tremendous recognition. **A special BIU newsletter will be shared in May** and will include resources and inspiration to help your school plan a special celebration. We'll have incentives for the first 100 registrations and ideas on how to get students involved. So mark your calendars and get ready!

