

Vitamin C

Breakfast Programs' Newsletter



End the Year Strong!

Your desks are being cleaned out and your summer plans are booked, but we're not quite to the finish line yet! If you couldn't host a Breakfast in Unison celebration this year, don't let that stop you from thanking all the people who have contributed to your efforts and sharing some of the details about your breakfast program with the parents and students in your school community.

Read on to learn more about ending the year strong!

NEWS

For the third National edition of **Breakfast in Unison**, the Club would like to acknowledge the exemplary dedication of those involved in the breakfast programs, including all schools, community partners and volunteers. Your contribution is essential to the advancement of our mission.

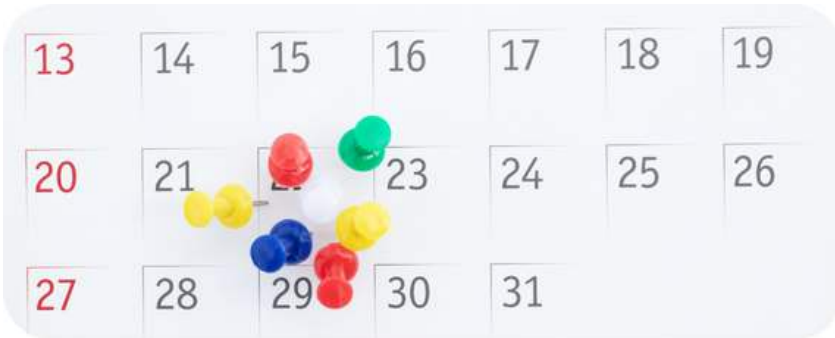
The Club applauds your actions, big and small. From the bottom of our heart, thank you!



See the video of Judith Barry, Co-Founder and Director, Government Relations at Breakfast Club of Canada.

Reminder: The Club invites you to share until June 16th photos of your event on your social networks by tagging **#BreakfastUnison** or by sending them at testimonials@breakfastclubcanada.org. This will also allow you to be entered into a surprise draw!

DEADLINES AND DATES TO REMEMBER



Important Club reminders

Before the end of school year - Do you receive funding or food from Breakfast Club of Canada? If so, you have two important things to do:

- 1. Sign your agreement for the coming school year:** A new agreement will have been sent to you via DocuSign. Please make sure you sign it and return it to us by this deadline to ensure there are no delays in processing for the next year. If you have questions, please contact with your program coordinator as soon as possible or info@breakfastclubcanada.org.
- 2. Complete your year-end report:** Please fill out the short survey aimed at all BCC-funded programs. The information you provide will help us measure the impacts of our support and guide us in making improvements.

Days to celebrate

June 21: Wednesday, June 21, is the first day of summer and **National Indigenous Peoples Day**. You are encouraged to incorporate elements of Indigenous heritage, language and cultural practices into your breakfast program on this day. These **games and activities** are a great place to start!

June 27 Canadian Multicultural Day: If your school is still open, a great day to host a final celebratory meal is on Tuesday, June 27 — Canadian Multiculturalism Day. Take the opportunity to recognize all the people, cultures and traditions in your school community by asking your students about morning foods that are important to them and their families. You can then consider incorporating some of these foods into your breakfast program next year.

NUTRITIOUS IDEAS



Tips for Working More Vegetables Into Your Breakfast Menu

Summer is just around the corner, which means it's the perfect time to take advantage of the abundance of fresh fruits and vegetables that are about to spring forth! In case you missed it, BCC's Nutrition Committee recently revised its **nutritional guidelines** to include a wider variety of vegetables. Vegetables should be a major part of every meal throughout the day, including breakfast.

They are rich in vitamins and minerals and are interesting options to explore to bring a touch of originality to your breakfast plate. Read on for a few tips on how to incorporate more vegetables into your morning routine.

[See the Recipe](#)

Salmon Soup

At Breakfast Club of Canada, we are always searching for innovative recipes to share with you — especially ones that highlight cultural diversity and allow students to try foods that are not typically served at breakfast time. So when we discovered these **Traditional Foods Fact Sheets**, created by the First Nations Health Authority, we knew we had to pass them along! They provide information on traditional food items such as salmon, game meats and plants, along with some tasty recipe ideas. On page 30, there is a wonderful recipe for salmon soup that has proven quite popular in a school breakfast program in BC.

[See the Recipe](#)

Spinach Tofu Smoothie

Add a touch of freshness to your breakfast with this delicious, protein-rich smoothie. It's a great way of incorporating tofu into the first meal of the day!

[See the Recipe](#)



INSPIRING IDEAS

Planning for Success

As this school year comes to an end, now is the perfect time to be thinking about setting yourself up for success in the fall. In preparation for 2023–2024, we have some tips and ideas to help you step into September with a smile.

[Learn More](#)

YOUR STORIES



Viviane Harbec: Key volunteer in the Antoine-Brossard program

How many young people do you know who have a key to their school? Secondary 5 student Viviane Harbec is one of a precious few. The administration of Antoine-Brossard High School (Brossard, Quebec) had no reservations about trusting her with this responsibility so she could go about her duties as a highly dedicated breakfast program volunteer.

[Learn More](#)

Thank You for Hosting Us and Supporting Children!

We would like to express our gratitude to all the schools that welcomed us, our partners and our ambassadors to their programs this year. Getting back into the normal swing of things made for a busy year, and a big part of that was conducting school visits again. School visits enable us to see first-hand the successes and unique challenges programs face. Information gathered during these visits fuels the creation of new resources for the upcoming school year and allows us to share best practices and solutions with other schools from coast to coast. We'll be working on some of those new resources this summer, so keep an eye out for the back-to-school edition of this newsletter!

We hope you all have a great summer, and we'll see you in September!

