

Why a breakfast program?

There are **many reasons** a child might not have breakfast before coming to school, such as limited access to nutritious foods at home, lack of appetite early in the day, a hectic morning routine or a long bus ride.

Breakfast programs not only provide students with the energy they need to learn and stay focused all day long, but also **ensure they have access to the nutrition that is essential to their cognitive and physical development**. Plus, they instil a positive attitude toward healthy eating that will last a lifetime.



Testimonial

“As a new school principal, I’ve seen for myself how Breakfast Club of Canada is making a difference in our students’ lives. They are made to feel at home by the volunteers, who welcome them with a warm smile and treat them with such kindness. The kids know that they can start each day with a full belly. They enjoy selecting from a variety of good foods and spending time with their friends. Our program is a little family, a community that encourages healthy lifestyle choices, gives students hope and encourages them to succeed.”




Pascale Delorme

Principal, Saint-Joseph School (Lacolle, Quebec)

Why a breakfast program?

1. To improve eating habits

Having a balanced and varied breakfast on school days promotes the adoption of **healthy eating habits**.

- Only **half of young Canadians** say they **eat fruit and vegetables** daily. 
- The World Health Organization recommends limiting consumption of free sugars* to **5% of daily energy intake**. 
Most young people go over this limit.
*Free sugars refer to added sugars as well as sugars naturally present in honey, maple syrup and fruit juices.
- While it is recommended that breakfast account for 15%–25% of daily energy intake, **almost 2 million children and youth** in Canada — **more than a third** — are at risk of starting their school day on an empty stomach at least once per week. 

 Create a caring, inclusive school community	 Improve learning capacities	 Alleviate hunger-related stress
 Provide greater access to healthy, varied food choice	 Boost attendance and punctuality	 Reduce occurrence of behavioural incidents
 Foster student's sense of engagement and belonging	 Promote greater nutritional awareness	 Mobilize the community at large

2. To improve student well-being and the learning environment

BCC-supported breakfast programs report* **results consistent** with those in scientific literature.

*Through surveys and reports in which school staff highlight the tangible impacts of breakfast programs on their students, schools and communities.

3. To create a social safety net

In 2022, **1 out of every 4 children** in the ten Canadian provinces was living in a household experiencing food insecurity. This represents **1.8 million children, an increase of almost 30% since 2021**. 