

# Guiding Principles for a Breakfast Program



## Universal

The program is available to all students in the school in a stigma-free manner.

## Reliable

The program is available every school day.

## Nutritious

The program is consistent with nutrition and food safety guidelines. The program offers a variety of nutritious foods from all three food categories (fruits and vegetables, whole grains, proteins).

## Health-promoting

The program serves as a setting to teach about food and to develop food skills. The program promotes mental health and well-being by creating a safe and caring environment for students.

## Inclusive

The program offers food that accommodates the needs of students with special dietary requirements and that is culturally diverse, which can also be used as a means of creating cultural awareness and acceptance. The program recognizes the right to self-determination for Indigenous communities.

## Engaging

Active participation of students in all aspects of the program, including planning, preparation, serving and cleaning is encouraged, thus promoting the development of life skills, leadership and self-esteem.

## Mobilizing

The program mobilizes the broader community, including family members, local businesses and organizations, for complementary contributions in resources or expertise.

## Driver of sustainability

The program integrates practices that support local economic development, social equity and ecological integrity. The program sources, whenever possible, locally and sustainably produced food to foster positive economic and environmental impacts.

## Accountable

Strong accountability measures are put in place to facilitate program monitoring and assess overall program outcomes.