VitaminC
Breakfast Programs' Newsletter



Heartwarming Ideas for Breakfast Programs

As the weather cools down and winter approaches, it's time to infuse some warmth and energy into breakfast programs across the country! Breakfast Club of Canada is here to help you to create an inviting and uplifting experience for your students. This "almost winter" issue features:

- School spotlights: Learn about two inspiring breakfast programs — one in the heart of Saskatchewan and the other in "la belle province" of Quebec — and how they have had a positive impact on their students.
- Nutrition video: Watch our latest video to gain a better understanding of the three categories and how they impact breakfast menus.
- And more!

NEWS

Strike in Quebec's education network

Given the present strike in the Quebec school system, the Club understands and respects the right of workers to make their voices heard and express their concerns. The Club is keeping a close eye on the situation and will react as soon as things get back on track to enable schools to resume breakfast services. We encourage schools to redistribute unserved perishable goods to local organizations and food banks in order to reach families. To help you find community and local service agencies in your area, visit qc.211.ca. We hope to be back to normal soon.

Another Step Toward a National School Nutrition Program

Great news! As you may be aware, the federal government has just released its comprehensive What We Heard Report, marking the culmination of months of consultations with schools, parents, children, organizations and other stakeholders, including Breakfast Club of Canada and many of you. This report reflects a collective effort to gather valuable insights on a National School Food Policy, highlighting the diverse voices that contribute to shaping this crucial initiative. It includes various perspectives on what the Policy could and should cover, with a focus on the benefits of school food programs, the importance of flexibility and adaptability, the need to address stigma, and the significance of Indigenous involvement in and control over programming.

Breakfast Club of Canada is committed to staying engaged in these critical discussions, ensuring that your voices are heard in the development and implementation of a National School Food Policy. We look forward to accelerating this crucial process and making this a reality in 2024. Together, let's build a brighter future for education and nutrition in our country.

NUTRITIOUS IDEAS



My Darling Clementine!

Did you know that the clementine was created from a cross between an orange and a mandarin by a French missionary, Brother Clément, in Algeria in the early 1900s? These days, many of the sweet and juicy clementines we loooove are imported from the neighbouring country of Morocco. And they are packed with important nutrients, including vitamin A, vitamin C, folic acid and potassium.

New Nutrition Video

Our **second nutrition video** explores what the three main food categories are, based on the recommendations in Canada's Food Guide.

Want to find out more about each of these categories or about how they contribute to a healthy diet? This two-minute video is a great place to start!





8 Tips on how to share messages about food during the Holidays

The holiday season provides a valuable opportunity to promote positive values and cultivate healthy attitudes regarding food and body image for the children in our lives.

Read the article

Crustless Breakfast Quiche

If you love the classic taste of quiche but don't want the fuss of cooking with pastry, this crustless recipe is for you! Nutritious, effortless, high in protein and chock-full of veggies, it is the perfect breakfast for the hungry kids in your life!

See the recipe



CHECK THIS OUT

Climbing Everest to Open Up a World of Opportunities

Intrepid adventurer Mathieu McCaie decided to scale the highest peak in the world as a fundraiser for Breakfast Club of Canada. In October, he made it to one of the two Everest Base Camps, at an altitude of 17,500 feet, in only seven days!

Mathieu has no intention of resting on his laurels. He and his travel companions plan to see the world, raising even more money for BCC and helping to boost our international visibility. His is an inspiring journey and one that reminds us that there are many different ways to support the work we do.



YOUR STORY

Breaking Bread, Building Bonds: How Wadena Composite School's Breakfast Program Nourishes Students and Community Spirit



Step into the heart of Wadena, Saskatchewan, and see how the school's breakfast program has not only nourished 150 young minds and bodies but also forged powerful connections between staff, students and the community.

Read the article

Breakfast and Beyond

December 5 was International Volunteer Day and we want to thank all the breakfast champions who make a difference every morning in school nutrition programs.

We recently met up with teacher Natasha Lo Basso, who is in charge of running the breakfast program at Pierrefonds Community High School in Montreal.

Natasha's students plan and prepare breakfast every morning and distribute it to over 100 teens in the school community to ensure they have the energy they need to learn. The program is a safe, inclusive space where student volunteers can develop new skills, become more confident in the kitchen and do something positive for their peers.



IMPORTANT DATES

Celebrating the Winter Holidays!



As we approach the end of the year and the festivities that come with it, let's remember that there some other important dates in December that are worth commemorating.

December 10: Human Rights Day (75th anniversary). This is a day to reflect on the importance of human rights and the progress we've made toward a fairer future for all. One crucial aspect of this is the right to food. Article 25 of the Universal Declaration of Human Rights drives home the significance of ensuring everyone has access to food. Together, let's work toward a world where no one goes hungry!

December 18: International Migrants Day. From building vibrant communities to enriching cultures, migrants play a vital role in our interconnected world. Let's take a moment to reflect on their journeys, learn from their stories and recognize how our school communities are shaped by so many different people.

December is also a time when we come together with our friends and families to celebrate various winter customs and traditions, and a big part of this involves food. Read on to find out more and get some mouthwatering recipes you can try out in your breakfast program or at home.

Read the article

INFO CLUB

Breakfast Club of Canada's Holiday Fundraising Is On!



HOLIDAY FUNDRAISING CAMPAIGN

The festive season may be upon us, but soaring food prices continue to be a major concern for many families across the country, and requests for support for school breakfast programs continue to grow. As the year draws to a close, we are still facing the sobering statistic that **1 in 3 Canadian children start their school day on an empty stomach**.

From now until December 31, we are asking our donors and partners to give generously to our holiday fundraising campaign so, together, we can fuel children's future with a nutritious breakfast.

Hope is what drives our vision, and we sincerely believe that access to nutritious food at school can change a life, a path and society as a whole. Join us in giving children the gift of a bright future and be sure to spread the word!

Learn More About Our Holiday Campaign

Go WinterGreen!

Don't let the colder weather dampen your eco-friendly spirit — there are plenty of sustainable ideas to explore, and there's no better time to think about green options for your program!

Getting your students involved is a great first step. Team up with your student environment club or create one if it doesn't already exist. Engaging students in decision-making processes will empower them to make a difference. Here are some thoughts to get you started.

Share your green tips! Be sure to pass along some of your own tips to inspire other schools across the country. You can send your ideas in written or video form to testimonials@breakfastclubcanada.org. We'd love to share them in an upcoming issue of this newsletter. Show us your enthusiasm for sustainability!

Remember: it takes a whole community to build a greener breakfast program. Join us in making it happen this winter!

You received this email because you are involved with Breakfast Club of Canada.

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