VitaminC
Breakfast Programs' Newsletter



Inspiring Articles for Nutrition Month!

In this instalment of Vitamin C, we're thrilled to share Breakfast Club of Canada's revised guiding principles, which we hope will inspire you in propelling your breakfast program forward. You will also find several articles related to the upcoming Nutrition Month in March:

- Delicious recipes for Brazilian cheese bread and wholesome whole-wheat waffles
- School stories from across the country that demonstrate the positive impacts of breakfast
- Inspiring ideas from school breakfast program teams.

Enjoy reading, and be sure to make your extra day this month count!

News

Have a look at our new Guiding Principles

This year, the Club undertook to revise all its Guiding Practices, and the exercise gave birth to the brand new **Guiding Principles**! The objective for the Club's Guiding Principles is to offer a **shared vision** for breakfast programs to our team and to our partners, whether they be schools, community organizations, philanthropic or government partners. These principles act as a **compass** that indicate where to concentrate our efforts in order to progress, together, towards the **best possible school breakfast program**. It also embodies the **values** we want to apply in our work and that enable us to answer the **needs and realities of each and every school community** we support.

Hence, with our schools, community organizations, philanthropic or government partners, we work daily to implement the shared vision of a school breakfast program.

Click below to learn more about these guiding principles.

See the document

YOUR STORY

Jacques Bisson: Getting Every Morning Off to a Nutritious Start

For the past several years, Jacques Bisson has embodied the spirit of volunteer and community service through his involvement with the breakfast program at Lafèche School in Shawinigan, Quebec. In his role as head volunteer, he is passionate about making sure students get a healthy start to their day and is constantly coming up with new ideas for boosting the nutritional value of the meals he prepares. He is a role model for everyone around him — young and old alike.

See the article





Valuing Students' Input

The environment of the breakfast program at Dennis Franklin Cromarty High School in Thunder Bay, Ontario, is a warm and welcoming one, thanks to the dynamic duo of Tracy and Carol. The suggestion board they put up outside the cafeteria to encourage students to share their meal ideas helps foster a sense of community. The program's menu boasts a diverse array of hot and cold foods, with an emphasis on fresh fruits and vegetables. Tracy and Carol's commitment to nutrition not only supports access to nourishing meals but also promotes overall well-being.

NUTRITIOUS IDEAS

Your Next Favourite Waffle Recipe

Easy to prepare and full of flavour, these whole-wheat waffles are a true breakfast treat. Follow the simple steps below to whip up a batch, and have fun topping them however you like. Enjoy!

See the recipe



Photo credit: healthy seasonal recipes



Photo credit: amigo foods

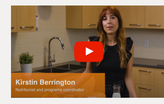
Pão de Queijo: Brazilian Cheese Bread

The Brazilian cheese bread known as pão de queijo makes for an excellent breakfast dish. Clarissa, a nutrition student who is currently interning at BCC, introduced us to this specialty from her native country. Cheesy and soft on the inside and crusty on the outside, pão de queijo is definitely something you'll want to try in your breakfast program!

See the recipe

Introducing New Foods

How can you make trying new foods a positive experience? This third and final instalment in our series of nutrition videos gives you some helpful tips on incorporating new foods into your breakfast menu and making it fun.



IMPORTANT DATES

Mark Your Calendars!

📅 **February: Black History Month**

Black History Month is a time to honour the rich contributions and legacy of Black individuals across Canada and beyond. Here are a few ways you can incorporate Black History Month into your school food programs: **Welcome recipes from students and include them in your program:** Invite staff and families to share their recipes, cultural traditions and personal stories related to Black history and food. Incorporate new ideas into your menu planning all year round to foster stronger connections, expand students' palates and broaden understanding within your school community. Strengthen and educate your school community through the lens of food this month!

📅 **March: Nutrition Month**

Celebrate the power of nutrition throughout March! Nutrition Month is our chance to collectively promote the benefits of starting the day right.

Visit the Dietitians of Canada website for updates on the 2024 advocacy campaign and ideas on how to highlight nutrition this month.

Share your breakfast success and nutrition stories here to inspire other programs across Canada.

Try out a new recipe from Breakfast Club of Canada's recipe book.

INFO CLUB

Awareness Campaign



From February to March, the Club will launch a major advertising campaign on television, online and social media. The main objective is to strengthen our national presence and raise public awareness of the essential mission we fulfill.

A special signature will be added to our logo during this period: "A better start for every child." This is intended to clearly articulate our commitment to nurturing children's potential.

Your voice is unique and important. Share this campaign with your network and help spread the word about our programs and the Club!

Watch the video

Nudge, Nudge… Start Planning!

As we conclude this issue of *Vitamin C*, we'd like to emphasize the importance of preparing for the months ahead.

Next month is Nutrition Month, a perfect time to celebrate the impact of wholesome foods on young minds and bodies. This will be followed by National Volunteer Week in April, when we can make the people who do so much for our students feel special and valued.

Consider this your friendly nudge to start planning and make both occasions meaningful rather than just dates on the calendar. May the coming weeks and months be filled with inspiration, growth and gratitude for you all!

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