

Falling Into the Swing of Things

Now that fall is here and breakfast programs across Canada have settled in for another school year, we certainly have a lot to be thankful for. There are so many people working behind the scenes to keep these programs running smoothly, and their impact on student well-being is tremendous. In this October issue, you will find stories about some of these programs, along with a spotlight on the work done by our programs coordinator and a few recipes to nourish body and mind. Enjoy your reading!

NEWS

National School Food Program

The Government Relations team has implemented a series of strategies throughout the year to draw attention to the continuous needs and to the fundamental right of all children to have access to nutritious food at school. Recently, BCC ally, MP Julie Dabrusin has launched an online petition to emphasize the importance of school meals and the pressing need for a National School Food Program. The petition asks the federal government to immediately invest in feeding Canadian school children.

Learn More

Spotlight on Our Programs Coordinators

BCC breakfast programs are known for being adaptable to the school communities they serve — and that's because they can count on our programs coordinators, who are there to work closely with each school team and ensure everything runs smoothly.

Whether it's for support in boosting the nutritional value of the meals they serve, reaching out to local partners or getting information on how to manage their food inventory, the programs coordinator is an essential resource who can help schools turn challenges into opportunities.
We've prepared a short video to provide a better idea of how our coordinators across the country make a difference each and every day. Be sure to have a look!



NUTRITIOUS IDEAS



Nutrition Videos to Savour

We are very excited to be rolling out our brand-new nutrition videos! The first one, How to Make Breakfast Fun for Everyone, will guide you in creating a pleasant atmosphere for breakfast at your school! Other nutrition capsules will follow in upcoming newsletters.

Apple Pumpkin Baked Oats

Step into the cozy embrace of autumn with our Apple Pumpkin Baked Oats. As the weather turns crisp and leaves fall, there's no better way to start your day than with a warm and delicious breakfast. This recipe combines oats, apples and pumpkin for a hearty, flavourful dish that celebrates the season. Whether you're an oatmeal fan or just looking for a tasty, fall-inspired breakfast, these baked oats are the perfect choice.

See the Recipe





Creating a Positive Breakfast Environment

As part of a healthy lifestyle, it is as important to make mealtime a pleasant experience as it is to adopt a balanced diet. Here are a few tips and tricks to create a caring environment and promote the development of good eating habits.

Learn More

DATES TO REMEMBER!

October 16: World Food Day



Last Monday was World Food Day! Let's take a scrumptious journey around the world to explore breakfast traditions that are as diverse as they are delicious! Breakfast across the globe differs from region to region and even from one community to another. Whether you try them for World Food Day or simply to expand your culinary horizons, these breakfasts will have your taste buds singing.

Learn More

November 12: Diwali — Festival of Lights and Delectable Bites



Diwali, also known as the Festival of Lights, is a Hindu celebration during which people light lamps, set off fireworks and prepare an array of mouthwatering dishes. Check out the blog article here where you'll find a few recipes you can incorporate into your program at this special time of year.

Learn More

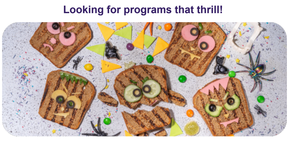
YOUR STORIES

An Innovative Way to Promote Nutrition

If your school is looking for ideas to add daily nutrition education to your breakfast program in a way that reaches all students, read on to learn how Kikino Elementary School in Kikino Metis Settlement, Alberta, is making it happen. The school includes a daily nutrition tip in their morning announcements, and the staff are seeing some compelling results! Head over to our blog here **here** to learn more about this approach.



Looking for programs that thrill!



Every breakfast program has its own unique atmosphere and experience. Send us photos of the Halloween decor of the place where students enjoy their morning meal. Your program might find its way onto the Club's social media! Please send them at: **testimonials@breakfastclubcanada.org**
Happy trick-or-treating!

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

135-G De Mortagne, Blvd Boucherville,
QC, J4B 6G4
info@breakfastclubcanada.org

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