



## **PRELIMINARY PLAN & ASSESSMENT FOR THE MANITOBA MINISTRY OF EDUCATION**

BREAKFAST CLUB OF CANADA | JANUARY 10, 2024

## OVERVIEW

Canada is a privileged country, yet a significant percentage of children and youth are not able to access the healthy foods needed to thrive towards success. Nearly two million Canadian children and youth – including an estimated 66,000 students in Manitoba (over one in three children) are at risk of going to school on an empty stomach. Studies have revealed that – depending on age and gender – between 25 and 55 percent of students do not eat breakfast regularly. This figure is striking considering the evidence that children and youth who consume breakfast are more likely to have higher nutrient intakes, healthier and adequate diets, enhanced cognitive and academic performance and attendance, and improved psychosocial functioning.

As children and youth consume a significant proportion of their daily energy intake during school hours, this provides an optimal environment for ensuring that children have access to healthy foods, the promotion of good nutrition, and the support of growth and development.

The leadership of your government and actions taken by the Ministry of Education towards this critical issue would not only support vulnerable Manitoban children and youth, but also serve to act on other important areas of children's well-being, including social development, nutrition, mental health, and education. It goes without saying that it would also position your province as one of the key school nutrition leaders in Canada.

For almost 30 years, Breakfast Club of Canada (BCC) has been supporting the implementation and development of high-impact breakfast programs in schools from coast-to-coast-to-coast. Today, BCC and its school community partners support more than 3,100 school breakfast programs, reaching over 400,000 students every day in Canada, including an Indigenous population reach of 46,000 students. In Manitoba, BCC has been supporting school nutrition programs and facilitating nutritious food access to children and youth for 18 years. Today, BCC reaches a total school attendance beyond 17,000 students among 84 schools in Manitoba (60 Public Schools and 24 First Nations Schools). There are 120 Manitoba schools currently waiting for BCC's support (105 Public Schools and 15 First Nations Schools) and countless more are unaware that such programs are possible. The need is still great; the demand is relentless. Through our ongoing programs and waitlist schools, the government has the power to extend our reach to over 200 additional public schools in the province.



Breakfast Club of Canada has demonstrated, through its partnership with other Provincial Governments and with the Federal Ministry of Agriculture and Agri-Food Canada, that it is uniquely positioned to support the Manitoba government in providing immediate assistance to key school communities. BCC has the operational and strategic capabilities to support your government with the development of a comprehensive provincial model. Breakfast Club of Canada is proud to bring:

1. 29+ years of experience and expertise in school food programming and implementation.
2. Operational skills including food and equipment delivery, agent transfer, training and capacity building, youth engagement, evaluation, and reporting.
3. A collaborative and flexible approach to student nutrition, helping to position each program to achieve its full potential, based on local community needs.
4. Robust relationships with existing private, public, and community stakeholders to successfully raise awareness and education.
5. Proven financial accountability and strong capacity to monitor and report results.
6. Accreditation by Imagine Canada.



## ASSESSMENT 2024 – 2029

In seeking to move faster on the implementation of a universal school nutrition program in Manitoba, BCC recognizes the importance to meeting urgent needs expressed by the communities while building a long-term, cohesive, and sustainable approach to child and youth food security. We are dedicated to putting efforts, resources, and actions to strengthen connections between stakeholders and align shared goals to reaching more children. We have developed the below strategic pillars and preliminary estimates to support this objective.

### **Pillar 1 – Alleviate need in Breakfast Club of Canada's current network in Manitoba with an investment of \$15.4 million over five years to provide 11,400 students with access to nutritious foods.**

- ▶ Help BCC increase the support provided to the 60 public schools currently supported and expand the daily support to cover the total program costs across a full 185-day school year.
- ▶ Strengthen BCC's capacity to offer a comprehensive school nutrition experience allowing schools and communities to access support for infrastructure upgrades, a dedicated Club coordinator to support the growth and development of school nutrition programs, a regional community of practice supported by open houses and in-person seminars, and support for inclusive programming including support for cultural food practices.

### **Pillar 2 – Support to new public schools with an investment of \$24.2 million over five years to ultimately reach 25,300 new students with access to nutritious breakfasts.**

- ▶ Help BCC provide guidance and resources to support 150 additional public schools with the implementation of quality sustainable school food programs over 5 years.
- ▶ Facilitate the development of a community of practice across the entire province to support the development of common strategies and foster a stronger relationship between communities for improved knowledge sharing. Connecting community leaders, nutrition experts, and program stakeholders increases the sustainability of student nutrition programs and helps develop programs that better suit the specific needs of Manitoba communities.

## Financial projections 2024 – 2029

The below estimated investment of \$39,6 million over five years would provide school communities with the resources required to offer daily healthy food choices to an estimated 37,000 students targeted by the end of five school years. The Ministry contribution would be leveraging BCC allocations to its existing programs as well as to additional schools.

The program support provided by the BCC's team also includes – but is not limited to – collaborative work with the school communities; ongoing one-on-one interactions with the schools to provide nutrition resources; program start-up and development tools; and additional support to improve breakfast programs (this includes in-person or virtual school visits). Additionally, community development initiatives and regional open houses are facilitated on a regular basis to support schools with building connections to share best practices, benefitting from group purchasing projects, and incorporating cultural food practices.

<b>Projected operating costs (in thousands of dollars)</b>	<b>2024-25</b>	<b>2025-26</b>	<b>2026-27</b>	<b>2027-28</b>	<b>2028-29</b>	<b>Total 5 years</b>
Support costs – current programs	3,415	3,676	3,974	4,310	4,682	20,057
Contributions from BCC donors	(864)	(907)	(943)	(972)	(991)	(4,677)
	<b>2,551</b>	<b>2,769</b>	<b>3,031</b>	<b>3,338</b>	<b>3,691</b>	<b>15,380</b>
New openings – 30 programs	842	1,767	1,838	1,893	1,931	24,216
New openings – 30 programs	-	884	1,838	1,893	1,931	
New openings – 30 programs	-	-	919	1,893	1,931	
New openings – 30 programs	-	-	-	947	1,931	
New openings – 30 programs	-	-	-	-	965	
Equipment new openings	150	158	164	169	172	
<b>Net Manitoba Contribution</b>	<b>3,543</b>	<b>5,578</b>	<b>7,790</b>	<b>10,133</b>	<b>12,552</b>	<b>39,596</b>



### **Assumptions:**

- ▶ BCC current financial support amounts to public schools in Manitoba is approximately \$0.43 per student per day on average.
- ▶ As the average value of a breakfast for a student in Manitoba is not yet confirmed, for calculation purposes, a theoretical amount of nearly \$2 per day was estimated.
- ▶ Additional support costs were estimated at \$1.57 per student per day on average.
- ▶ 185 school days
- ▶ Average 3% growth in breakfast attendance (contingent of various socio-economic fluctuations).
- ▶ Average attendance of 159 students per new school with estimate attendance of 52% of school population
- ▶ Degressive inflation factor (from 5% to 2%)
- ▶ An amount of \$5,000 per new school onboarded for equipment purposes.
- ▶ Onboarding new schools at a pace of 30 schools per year.



### **Disclaimers:**

- ▶ BCC did not conduct a full review of specific needs and gaps in current supported schools. Some schools may already receive additional contributions from other sources. This may impact these preliminary projections.
- ▶ BCC list of schools to be onboarded is continuously under review and address only the schools who reached out to BCC. We would like to work on onboarding more schools across the province if funds are secured in that sense.
- ▶ The model assumed that the type of support provided to schools would be through "financial support". Should a "food procurement support" approach be used, program cost projections would be different and could be beneficial to schools and communities.
- ▶ A coordinated annual assessment is required to ensure that BCC's contribution remains accurate based on program needs and economic fluctuations. BCC's strong capacity to monitor and report results will help optimize the impact of each dollar invested by the Ministry. Any under-utilization of funds, if identified as permanent after annual reviews, could be used by the Ministry to meet any gaps identified by the communities and the stakeholders during the project.

### **Pillar 3 – Leverage BCC's expertise as a strategic partner to support the government with the expansion, coordination, and sustainability of a universal school nutrition program through the implementation of a Child Nutrition Task Force.**

A Provincial School Meal Program, coordinated by the Government of Manitoba – in collaboration with a strategic partner such as Breakfast Club of Canada and the many experienced student nutrition stakeholders in Manitoba – would contribute to reach more students, enhance provincial coverage, benefit local food infrastructure, and ensure programs' sustainability and monitoring based on provincially harmonized metrics.

A Universal School Nutrition Program is the best way to ensure that school-aged children have reliable and sustainable access to nutritious food in the long-term. Breakfast Club of Canada is committed to working with key Manitoba Ministries such as Education, Agriculture and Health, as well as partners across many sectors to establish a high-quality Program in your province, including nutrition education, food procurement, and culturally appropriate food offerings to meet the specific needs of communities. In collaboration with potential interested stakeholders such as Child Nutrition Council of Manitoba, Harvest Manitoba, the Northern Manitoba Food, Culture, and Community Collaborative, and Manitoba Metis Federation, BCC is ready to act as a provincial strategic partner to facilitate the implementation of the Child Nutrition Task Force while building community capacity in the province.

Based on our experience with the BC government with the Feeding Success Advisory Committee and in Quebec with the PASUQ Committee ("*Chantier pour un programme d'alimentation scolaire universel au Québec*"), BCC has developed the below Task Force timeframe to support this objective:

#### **Phase 1 – March 2024 to June 2025**

- ▶ Convene key stakeholders and develop a Task Force workplan and Terms of Reference.
- ▶ Conduct an environmental scan\* to assess current support allocated to all public and independent schools in the province and identify gaps (program types, level of support allocated per child daily, quality of programs, etc.).

#### **Phase 2 – July 2025 to June 2026**

- ▶ Develop concerted recommendations\* to support the implementation of a universal school nutrition program including long-term structure of governance, sustainable financing, logistic, food procurement and evaluation framework. KPIs, detailed strategies and proposed action plan will be submitted.

\* Identified actions might require contractual costs not included in this assessment.

**The costs to perform this work are estimated between \$300,000 and \$600,000 (excluding contractual costs).**

## CONCLUSION

There has never been a more critical time in Canadian history to invest in the health, well-being and learning of our children and youth. With the current affordability and food insecurity crisis, we must ensure that all children and youth, especially the most vulnerable, have access to the nutritious food they need to thrive.

Leveraging BCC's expertise in this realm as a trusted partner will allow the Ministry of Education to quickly and efficiently support priority needs while working on the development and implementation of a sustainable provincial school nutrition program.

We thank the Government of Manitoba for their consideration of our proposal and invite you to reach out to discuss our submission in greater detail.



## CONTACT

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