

## **VitaminC** Breakfast Programs' Newsletter



## Welcome to our April newsletter, where we celebrate the vibrancy of

community engagement and the power of people! In this edition, we're

**SPRING INTO ACTION!** 

thrilled to highlight National Volunteer Week, a time to honour and appreciate the selfless contributions of those who make breakfast programs a reality for schools. Discover your Breakfast Champions!

## Federal Announcement for a National School Food Program

## On April 1<sup>st</sup>, in anticipation of the upcoming budget, the <u>federal government</u>

have access to nutritious food at school. Like many school nutrition advocates and organizations, BCC will continue to work with all levels of government and our partners to give students an equal chance of success. Our common goal is to strengthen existing school nutrition programs in every province and territory, ensuring that no child goes to school hungry while striving to learn and grow. At present, we don't know all the details of this new program, but we'll keep you posted on developments. We thank you for your continued support in nourishing our students' success – without your on-the-groundwork, this wouldn't have been possible. **Quebec budget** 

list for a breakfast program. Despite challenging economic circumstances, the Quebec government responded with a pledge of \$25 million over the next five years to support the Club's operations. This funding will make it possible to open some twenty new programs in schools in disadvantaged areas, and to support increased attendance in existing programs. This vote of confidence for our organization not only confirms the positive impact breakfast programs have on students' health and academic performance, but also acknowledges the tireless efforts of dedicated breakfast program volunteers and school teams. This is definitely a step forward, but our work is far from done. We won't rest until all children from low-income communities have access to the same opportunities as their peers.

## April marks the start of spring and the rebirth of nature. And smack-dab in

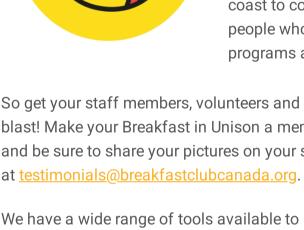
## occasion, we have invited schools and community organizations to pick a

recognition as an outstanding Breakfast Champion. More than 200 people across Canada have been nominated by their peers for this honour. We encourage you to have a closer look and join us in admiring their hard

Be sure to take advantage of this opportunity to thank everyone who rolls up their sleeves and helps your breakfast program run smoothly each and every

day.

### is through our nation-wide Breakfast in **BREAKFAST IN** Unison. Between now and the end of the **UNISON** school year, you and other schools and



people who make school breakfast programs as wonderful as they are. So get your staff members, volunteers and students together and have a blast! Make your Breakfast in Unison a memorable moment for everyone, and be sure to share your pictures on your socials and with us We have a wide range of tools available to help you plan your celebrations and show your Breakfast Champions how much they mean to you.

community organizations from coast to coast to coast are invited to celebrate

Another great way for you to thank everyone who helps out with your breakfast program

The L.E.S. Dream Team!

YOUR STORY

help with the breakfast program every single day of the week. They can basically run the program all by

Laurentian Elementary School is very fortunate to have them! Volunteer Spotlight: Theresa Hermann, Weldon School, SK Theresa Hermann is an integral part of our breakfast program at Weldon School in Bienfait, Saskatchewan. She

Maddyson is a Grade 3 student and Jordan is a Grade 5 student, and they

**Spotlight on Green Initiatives in Time for Earth Day!** At Sainte-Agathe Academy, a K-11 school in the Laurentians region of Quebec, they like to do things a little differently. The environment has been a top priority for the school's breakfast program since it was introduced in 2021.

breakfasts every morning. As we celebrate National Volunteer Week, we wanted to thank Theresa for all her precious support! **INSPIRING IDEAS** 

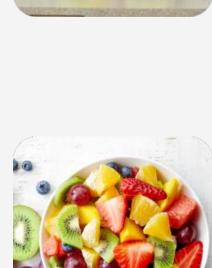
**NUTRITIOUS IDEAS** 

Read more

Find out why being green is so important to them, as we all celebrate **Earth** 

# **Cooking with Kids: Tips for Successful**

**Involvement** 



### rewarding experience for everyone concerned. Not only can it help develop students' culinary skills, but it can also foster resourcefulness and encourage healthy eating habits.

**Minty Fruit Salad Recipe** This is the perfect recipe to start cooking with youth. It is simple, colourful and delicious. See the recipe

Discover our tips

Involving children in cooking can be a

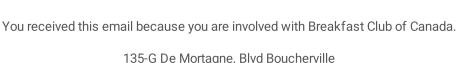
**Setting the Table for All Students** 

## coming up in June. It's an important time to celebrate the many contributions of Indigenous peoples across Canada. Give some thought to

what you can do to ensure your breakfast table honours and considers Indigenous cultures in your menus and practices. At the same time, you may want to check out a **few tips for creating a positive atmosphere here**. Let's all work to make our breakfast programs welcoming, inclusive and supportive spaces that reflect all the students in







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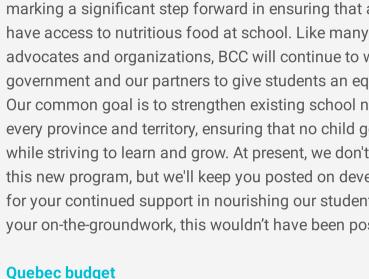
 Host a Breakfast in Unison event — help to create a wave of recognition for all the people who make your program special.

## made a historic financial investment in a National School Food Program,

## marking a significant step forward in ensuring that all Canadian children

In the fall, Breakfast Club of Canada spoke out about the ever-increasing level of need in Quebec and the spike in the number of children requiring our help, with more than 80 schools in vulnerable communities on the waiting

NATIONAL VOLUNTEER WEEK

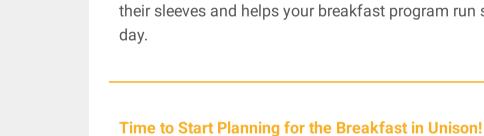


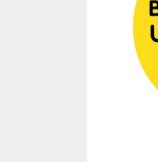
# Read on to learn more! **NEWS FROM THE CLUB**

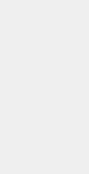
# **Celebrating Our Breakfast Champions** the middle of the month (April 14 to 20) is National Volunteer Week! For the

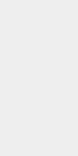
# person or a group from their breakfast program who deserves special

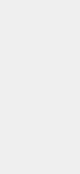
# work and dedication. We've mapped them all out here:

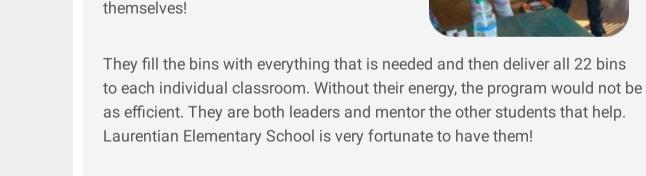


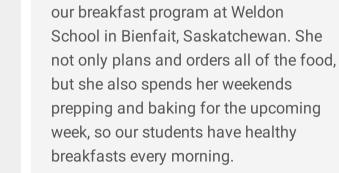


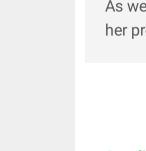














Day on April 22!



