Guiding Principles for a Breakfast Program

Breakfast CLUB of Canada™

Universal	The program is available to all students in the school in a stigma-free manner.
Reliable	The program is available every school day.
Nutritious	The program is consistent with nutrition and food safety guidelines. The program offers a variety of nutritious foods from all three food categories of Canada's Food Guide (fruits and vegetables, whole grain foods, protein foods).
Health-promoting	The program serves as an environment for exposing students to a variety of nutritious foods and is an opportunity to develop food literacy. The program promotes mental health and well-being by creating a safe and caring environment for students.
Inclusive	The program offers food that accommodates the needs of students with special dietary requirements and that is culturally diverse, which can also be used as a means of creating cultural awareness and acceptance. The program recognizes the right to self-determination for Indigenous communities.
Engaging	Active participation of students in all aspects of the program, including planning, preparation, serving and cleaning is encouraged, thus promoting the development of life skills, leadership and self-esteem.
Mobilizing	The program mobilizes the broader community, including family members, local businesses and organizations, for complementary contributions in resources or expertise.
Driver of sustainability	The program integrates practices that support local economic development, social equity and ecological integrity. The program sources, whenever possible, locally and sustainably produced food to foster positive economic and environmental impacts.
Accountable	Strong accountability measures are put in place to facilitate program monitoring and assess overall program outcomes.