Breakfast CLUB of Canada

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Breakfast Programs' Newsletter



SPRING INTO ACTION!

Welcome to our April newsletter, where we celebrate the vibrancy of community engagement and the power of people! In this edition, we're 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!
- Host a Breakfast in Unison event — help to create a wave of recognition for all the people who make your program special.

Read on to learn more!

NEWS FROM THE CLUB

Federal Announcement for a National School Food Program

On April 1st, in anticipation of the upcoming budget, the federal government made a historic financial investment in a National School Food Program, marking a significant step forward in ensuring that all Canadian children 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

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 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.

NATIONAL VOLUNTEER WEEK

Celebrating Our Breakfast Champions

April marks the start of spring and the rebirth of nature. And smack-dab in the middle of the month (April 14 to 20) is National Volunteer Week! For the occasion, we have invited schools and community organizations to pick a person or a group from their breakfast program who deserves special 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 work and dedication. We've mapped them all out here:

See the nominations

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.

Time to Start Planning for the Breakfast in Unison!

BREAKFAST IN UNISON

Another great way for you to thank everyone who helps out with your breakfast program is through our nation-wide Breakfast in Unison. Between now and the end of the school year, you and other schools and community organizations from coast to coast to coast are invited to celebrate 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 at testimonials@breakfastclubcanada.org.

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.

See our resources

YOUR STORY

The L.E.S. Dream Team!



Maddyson is a Grade 3 student and Jordan is a Grade 5 student, and they help with the breakfast program every single day of the week. They can basically run the program all by themselves!

They fill the bins with everything that is needed and then deliver all 22 bins to each individual classroom. Without their energy, the program would not be as efficient. They are both leaders and mentor the other students that help. 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 not only plans and orders all of the food, but she also spends her weekends prepping and baking for the upcoming week, so our students have healthy breakfasts every morning.

As we celebrate National Volunteer Week, we wanted to thank Theresa for all her precious support!

INSPIRING IDEAS

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.

Find out why being green is so important to them, as we all celebrate **Earth Day on April 22**!

Read more

NUTRITIOUS IDEAS



Cooking with Kids: Tips for Successful Involvement

Involving children in cooking can be a 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.

Discover our tips



Minty Fruit Salad Recipe

This is the perfect recipe to start cooking with youth. It is simple, colourful and delicious.

See the recipe

Setting the Table for All Students

As we wrap up this edition of our newsletter, we want to leave you with a reminder to mark your calendars for National Indigenous History Month 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 our school communities.

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