Web version



Nourishing Success – Celebrating the 2023–2024 School Year!

As we say goodbye to the 2023–2024 school year, we are inspired by the dedication to school food programming nationwide. Success in this regard looks different for everyone, but what we've seen in the past months is an ever-stronger will to make inclusive school food programming a reality.

In this final June newsletter, we've included a few stories that showcase the remarkable achievements and initiatives spearheaded by school communities across the country. They prove once again that breakfast is more than just the food on the table. This issue also provides information on:

- National Indigenous History Month
- An article about the concepts of food justice and food sovereignty
- A delicious Lassi recipe

Let's make this last stretch of the school year memorable and impactful together!

NEWS
A Facelift for Our School Corner!

If you're a regular visitor to the School Corner section of our website, you will soon notice some changes to the layout. We're currently working on a revamp of the interface to boost performance and improve the user experience. We will continue these efforts over the summer so that our new website is ready to launch for the new school year. Be sure to head over and have a closer look, but bear in mind that there's still much more to come!

IMPORTANT DATE
Mois national de l'histoire autochtone

A great way to end the school year is to honour and recognize the rich traditions of First Nations, Inuit and Métis peoples during National Indigenous History Month.

Here are some ideas for how you can incorporate some of these learnings into your breakfast program in June:

- Highlight traditional cooking methods, recipes and ingredients, which you can then work into your meal planning next year. Find some ideas here.
- Team up with your community, elders and organizations to host an educational event around food and storytelling.
- Display Indigenous artwork in the cafeteria or wherever students enjoy their meals.

We would be honoured to share your inspiring ideas with other schools across the country. Send us a message at testimonials@breakfastclubcanada.org and let us know how you have embraced Indigenous history and knowledge this month.

NUTRITIOUS IDEAS



Mango Lassi Recipe

Enjoy this delicious Indian beverage with our Mango Lassi recipe. Simply blend mango chunks, plain yogurt, and a pinch of cardamom for a creamy and fragrant drink, perfect for a hot summer day.

See the recipe

Introduction to the Concepts of Food Justice and Food Sovereignty

The school year is coming to an end. Your involvement in breakfast programs has enabled a considerable number of children to eat nutritious food in the morning at school. Unfortunately, we know that access to quality food remains unevenly distributed among individuals, communities, and countries. To better understand unequal access to balanced nutrition, here is an introductory article on the concepts of food justice and food sovereignty.

See the article

DID YOU KNOW
Sending Food, Far and Wide!



Did you know that the farthest place we deliver food to is 3,643 km away (as the crow flies) from our warehouse in Boucherville, Quebec? It's the breakfast program at Umimmak School in Grise Fiord, an Inuit hamlet at the southern tip of Ellesmere Island in Nunavut. We send them one food shipment a year, and it gets delivered by barge!

YOUR STORIES
BC School District Investing in the Future of Food Security



This school year, the Board of Education of School District No. 42 in Maple Ridge, British Columbia, is making some impactful changes to their food programming, thanks to the Government of BC's Feeding Futures Funding.

See the article

INFO CLUB
A Big Thank-You… in Unison!

For the fourth national edition of our Breakfast in Unison event, Breakfast Club of Canada would like to acknowledge the outstanding dedication of all those involved in breakfast programs across the country, including schools, community partners and volunteers. Your commitment to the well-being of students is essential to the advancement of our mission.

We applaud all your efforts, big and small, and thank you from the bottom of our hearts.

Watch the video message from Judith Barry, Co-Founder and Director, Government Relations.

Reminder: Between now and the end of the school year, you are encouraged to post photos of your event on your social media channels, using the hashtag #BreakfastUnison. You can also email them to us at testimonials@breakfastclubcanada.org.

You Inspire Us — Thank You!



A heartfelt thanks to the numerous school partners across the country who opened their doors to Breakfast Club of Canada during the 2023–2024 school year. Your warm welcome and hospitality allowed us to witness first-hand your commitment and efforts to student well-being. There are so many unique bustling breakfast programs and initiatives that inspire us year after year!

Let's continue to collaborate, share insights and support one another as we strive to create healthier and happier school communities, one breakfast at a time!

If we weren't able to visit your program this year and you want to share your story, write to us anytime at testimonials@breakfastclubcanada.org.

See you in September!

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

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