Web version



A New School Year Begins

As the new school year kicks off, the Club is excited to support your school breakfast programs with fresh resources and inspiring ideas.

In this Back to School edition, you'll find:

- Fresh updates to the School's Corner section of our website, packed with innovative ideas and inspiration to keep your program thriving all year long.
- Access to the 2024-25 Toolkits, tailored to support and elevate your breakfast program goals.
- A dynamic video showcasing successful partnerships and how they can supercharge your program.

Let's make this year the most nourishing and impactful one yet! Here's to a fantastic start!

NEWS

Our New Online School Corner Is Ready to Explore

We've given the School's Corner section of our website a makeover, just in time for the back-to-school season.

The content and layout have been revamped for an even better user experience. And to make surfing easier, we have divided everything up into five major categories and included a handy search tool that will help you find what you're looking for.



Be sure to have a closer look at the new-and-improved School's Corner, and watch our tutorial for a quick tour, then give it a whirl to find out what we've put together just for you!

INSPIRING IDEAS

A Toolkit to make back-to-school easier

Each year, Breakfast Club of Canada offers a complete TOOLKIT specially designed to support you in getting your breakfast program back up and running, and that will accompany you throughout the year.

This toolkit includes useful reminders, information on how to use the program templates and links to documents that will guide you in managing your program. Feel free to check it out now and share it with the people involved in your breakfast program.

- TOOLKIT for programs across the country
- TOOLKIT for schools in Quebec (FR)
- TOOLKIT for schools in Quebec (EN)

NUTRITIOUS IDEAS

New Nutrition Tools for a Smooth Back-to-School Season



As we gear up for the new school year, we are excited to introduce a few new resources specifically designed to simplify meal prep and ensure that all students receive nutritious, appealing and culturally diverse breakfasts throughout the year.

These new tools include a comprehensive Big Batch Recipe Booklet, filled with delicious recipes perfect for larger groups of students.

Additionally, we are thrilled to introduce our Seasonal Menu Planner designed to help schools create well-balanced meal plans based on the time of year.

We hope these new tools will help you get a head start on back-to-school preparations, setting the stage for a successful and well-nourished year ahead. Discover all our other nutrition tools in the School's Corner.

YOUR STORY

A Visit to Nunavut

Breakfast Club of Canada proudly supports over 50,000 children through more than 300 breakfast programs in Indigenous communities or in schools where at least 50% of the student population is Indigenous. One such school is John Arnaluk̇juak High School, in Arviat, Nunavut.

What began as a small initiative has blossomed, thanks to the generous support of Agnico Eagle, a BCC corporate donor.



Their contributions and the hard work of the school team and volunteers have enabled the program to expand, ensuring that more students can access a nutritious breakfast. Get to know the school and the people behind their breakfast program in the video below.

▶ Watch the video

IMPORTANT DATE

National Day for Truth and Reconciliation

Let's all embrace the National Day for Truth and Reconciliation on September 30 by taking meaningful action.

Leading up to the date, schools have an opportunity to integrate the themes of Truth and Reconciliation into their breakfast programs. Here are a few actions you may want to consider in order to foster awareness and honour this important day:

1. If you can, review your weekly menus and include foods that reflect Indigenous cultures. Consider asking your students to research Indigenous foods and cooking techniques. And while you're at it, why not incorporate some of these ideas into your program all year long?
2. Plan educational activities and discussions about the day and what it stands for during breakfast.

There are so many ways to support Truth and Reconciliation, educate students and use this information to create a welcoming, inclusive environment. Be sure to explore them and make your breakfast program a platform for positive change and understanding.

INFO CLUB

On August 20th, the Club officially launched its 2024 Back-to-School campaign. Since then, several initiatives have been underway to raise donations to meet the growing needs across the country.

Among the initiatives you'll see, we will be working with our partners to collect donations at checkouts:

- Walmart: September 12–October 14
- Costco: September 9–15
- Couche-Tard/Circle K: September 17–October 14

Get the word out!

YOU Can Inspire Schools Across Canada

Every year, our schools tell us that they love to learn from the successes, challenges, tips and tricks of those who dedicate their time and energy to breakfast programs across the country. We are always looking for people who are willing to share their experiences, which is why we would love to hear from YOU!

If your school has a story for us, write to us here and we'll do our best to include it in an upcoming issue of Vitamin C. And why not get your students involved? Ask them what their breakfast program means to them. We'd love to know, and so would lots of other people. And you never know who your words and ideas might inspire!

We look forward to reading what you have to share.

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

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