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## Warm Ideas for Cooler Mornings

Embrace the warmth of autumn with this October edition, where cozy recipes and inspiring stories come together to brighten your school mornings!

This month, we're thrilled to showcase:

- Weldon School's Baking Club in Bienfait, SK, where students are developing kitchen skills and whipping up tasty foods for their breakfast program.
- Spinach Morning Muffins recipe — a playful way to incorporate some extra veggies into your menu while boosting nutritional benefits.
- Ways to celebrate the people who make your program shine — all year long and, specifically, during Women's History Month.

Dive in to discover how these ideas can help make your program even more vibrant and engaging!

**Enjoy the read!**

### NEWS
### Meet BCC's Program Class of 2024–2025!

Our National Programs team just wrapped up an inspiring few days of collaboration and learning at our head office in Boucherville, QC.

We came together to share insights, brainstorm new ways to enhance our support and gear up for an exciting new school year. Meet your **Program Class of 2024–2025** — ready and energized to make a difference!




### YOUR STORIE
### Rising Young Bakers at Weldon School

A handful of students from Grades 4 to 8 make up the Baking Club at Weldon School in Bienfait, SK. This energetic crew is dedicated to whipping up delectable dishes for their peers and contributing to the school's breakfast program. Led by their devoted teacher, Melanie Brandow, these young chefs are not only mastering the art of baking but also learning essential life skills.



Their infectious enthusiasm and nutritious creations make their school a little brighter each morning.

Read the article

### NUTRITIOUS IDEAS
### Spinach Morning Muffins

Start your day off right with these spinach muffins, perfect for a nutritious and tasty breakfast.

You'll be pleasantly surprised by their subtle sweetness and vibrant colour.

See the recipe



### INSPIRING IDEAS
### Making Vegetables Fun! Guess What's in the Muffin?

A nutritious breakfast is crucial for the overall well-being of students, and breakfast programs are a great opportunity to encourage vegetable consumption. One innovative breakfast coordinator took that idea to the next level, with a game that engages the senses. An approach like this not only encourages students to try new vegetables, but it also makes the process an enjoyable one.

Read the aritcle

### Celebrating the Women Who Nourish Our Communities

October is **Women's History Month** — the perfect time to honour the remarkable women who make your breakfast program shine. Here are a couple of engaging ways to integrate this celebration into your program:

1. **Acknowledge the women behind your breakfast program's success**. Visit our **website here** for tools and resources to recognize their contributions.
2. **Host a Women's History breakfast event**. Organize a special breakfast showcasing stories and achievements of women in your community and beyond — and perhaps even share a recipe or two!

Join us in paying tribute to the women who make a difference in our lives by nourishing our bodies, minds and spirits.

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135-G De Mortagne, Blvd Boucherville
QC, J4B 6G4

programs@breakfastclubcanada.org

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