Web version

VitaminC Breakfast Program's Newsletter



December Bites: Recipes, Stories and Tips!

As winter settles in, we're excited to bring you a cozy December 2024 newsletter, filled with ideas and stories to inform and inspire your school food program! This issue features a look into the history of the potato latke — with a recipe perfect for your menu rotation — and a heartwarming story from Muir Lake, Alberta, showcasing the power of volunteers and community spirit.

Also, in this issue is a link to the powerful Words Matter webinar, which explores the positive impact of language on children's relationships with food, and a helpful resource for mindful eating.

We hope these and other articles add a little warmth and cheer to your season.

NEWS

Celebrating the Club's 30th Anniversary

On November 1, we celebrated 30 years of goals achieved, challenges overcome and communities coming together as one. This journey has been made possible by the generosity of donors and by the unwavering commitment of volunteers and school staff.

Over the past three decades, your support has positively impacted hundreds of thousands of young lives, helping us reaffirm our vision of universal access to nutrition for all Canadian children. Thank you for being there for our kids!



The Club's 30th anniversary recognized at the National Assembly of Quebec

On November 6, Breakfast Club of Canada had the opportunity to highlight its 30th anniversary at the National Assembly and remind parliamentarians of the importance of continuing our mission: providing a nutritious breakfast to children in Quebec. A unanimous motion underscored the work of the Club, volunteers, and schools, shining a spotlight on three decades of commitment to children's well-being.

YOUR STORY

Volunteers at Muir Lake School Make It Happen!

Nestled in Alberta's countryside, Muir Lake School, part of Parkland School Division, is steadfast in its commitment to student well-being. They've mastered the art of volunteer recruitment with a breakfast program largely run by a team of parent and student volunteers.

Read on to learn how these dedicated individuals have an impact on the lives of almost 100 young people every day by making breakfast accessible to any student who wants it.

NUTRITIOUS IDEAS

New Webinars and Tools on Food Waste and Food Neutrality Now Available!

We're excited to present two new Open House webinars now available on our website. The first, Reducing Food Waste in School Food Programs, highlights practical ways to cut down on waste and create more efficient, eco-friendly programs. The second, Words Matter, explores how food language can build a healthy food environment in schools by emphasizing the importance of using positive, neutral language about food with kids. Both sessions come with practical tools that are available through direct links. Visit our website to watch and download these informative videos.

Webinars

- Reducing Food Waste in School Food Programs webinar
- Words Matter webinar

Handy tools

- Food Neutrality in the Classroom
- Food Neutrality Poster
- Mindful Eating Activities
- Manage Your Food Inventory
- Food Storage

Gingerbread Muffin Recipe

Gingerbread muffins are a delightful way to bring holiday cheer to school breakfast programs all year round. With warm, spiced flavors of molasses, cinnamon and ginger, they capture the cozy essence of the season in a nutritious breakfast option.

Soft and just sweet enough, these muffins offer comfort and energy to start the day off right. Find the full recipe below to spread a bit of holiday spirit!



See the recipe

Did You Know? Potatoes for Breakfast!

The Spaniards discovered the potato in the middle of the 16th century, thanks to the Incas, and brought it back with them to Europe on board their ships. Today, potatoes are everywhere in the world, and cooking without this tuber — especially around the holiday season — is unthinkable!



Potatoes are a great option for school breakfast programs and can be used in many ways. Has your program added latkes to your menu rotation? If not, click here to learn more and download an easy recipe!

INFO CLUB

Special mention of BCC at the Legislative Assembly of Ontario

On December 10, the Legislative Assembly of Ontario recognized the collaborative efforts of organizations working to strengthen and expand school nutrition programs across the province. Breakfast Club of Canada and Student Nutrition Ontario were honoured to be among those highlighted — a testament to the vital work we accomplish together. Thanks to your engagement, we are creating brighter futures for children by ensuring they have access to the nutrition they need to thrive.

Watch the video

National School Food Program Updates

As the National School Food Program slowly unfolds across the country, the provinces of Newfoundland and Labrador, Manitoba, Ontario and Prince Edward Island have recently signed bilateral funding agreements with the federal government to build on and strengthen provincial initiatives on school meal programs.

The Club applauds these steps forward and remains committed to working with all levels of government to advocate for the well-being of children and support the program roll-out. Your ongoing work and engagement are making a real difference! Together, we're raising awareness about the importance of school nutrition and driving impactful change.

Let's keep this momentum going — because every child deserves a healthy start to their day and their future!

Winter Closures — Managing Food Inventory

As the year winds down, we hope you take some time to recharge, reflect on the incredible impact you've made and celebrate all the small victories along the way. Your efforts do more than provide breakfast — they create a sense of community that students carry with them all day.

As you prepare to close for the holidays, consider keeping an extra eye on your food inventory so that waste is minimized. Need a little support?

Check out the Manage Your Food Inventory fact sheet for a few tips.

Please note that Breakfast Club of Canada will be closed from December 23 to January 2.

We look forward to reconnecting in the New Year, refreshed and ready to support your breakfast programs

Wishing you a peaceful and invigorating holiday season!



Accredited IMAGINE CANADA

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

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

programs@breakfastclubcanada.org

Unsubscribe

Privacy Policy

Breakfast Club of Canada © All Rights Reserved, 2024.