VitaminC Breakfast Program's Newsletter



Celebrating Nutrition Month

As we welcome February, we're excited to shine a spotlight on the upcoming Nutrition Month! This is the perfect time to focus on the important role nutrition plays in supporting student health, learning and well-being. A healthy breakfast sets the tone for a productive day, and school breakfast programs are vital in fostering positive food habits.

In this edition, we're sharing an uplifting story about introducing new foods to a program, recipes to inspire a nourishing breakfast menu and more.

NEWS
A Visit from the Hon. Jean-Yves Duclos: Shining the Spotlight on Our Mission and Our Network

Earlier this winter, we were delighted to welcome a very special guest to our warehouse in Varennes, Quebec: the Honourable Jean-Yves Duclos, Minister of Public Services and Procurement, and Quebec Lieutenant. This was an excellent opportunity to show how far-reaching our operations are, how powerful a network we have developed and how urgent the need in Quebec is for federal monies from the National School Food Program. Your commitment helps fuel efforts like these as we connect with decision-makers at every level of government.



New Brunswick signs agreement with National School Food Program

Earlier this month, the federal government and the Government of New Brunswick reached an agreement under the National School Food Program. This agreement includes $11 million to extend breakfast programs to all public schools in the province. With 30 years of experience and a decade-long partnership with local organization Food Depot Alimentaire, the Club and its partners are ready to take action to nourish the province's children. Your commitment fuels our ambitions!

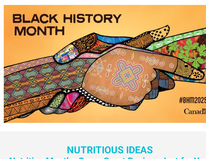
Read the announcement

IMPORTANT DATES
Black History Month

February is Black History Month, a time to honour and celebrate the rich contributions and heritage of Black Canadians. Schools have a unique opportunity to incorporate this important month into their daily breakfast, creating meaningful connections through food and culture.

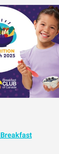
Consider featuring recipes or food inspired by African, Caribbean or other traditions, such as baked plantains or coconut rice pudding. Or why not add some papaya to your smoothies, or try a twist on classic oatmeal by including tropical fruit?

By embracing Black History Month in your breakfast program, you can nourish students while enriching their understanding of the diverse histories and cultures that shape their community and Canada as a whole.



NUTRITIOUS IDEAS
Nutrition Month : Some Great Recipes Just for You!

Nutrition Month is coming soon and it's an excellent time to give some kid-friendly recipes a whirl! We have a few new suggestions for you to explore in the Recipes section of the School Corner on our website. They include Banana Bread, Two-Way Zucchini Bread, Fun Toppings for Whole Wheat Crêpes, Customizable Muffins, Roasted Chickpeas and more.



And while you're there, be sure to :

► Peruse our cookbook Creative Recipes for a Nutritious Breakfast
► Consult out booklet Big Batch Recipe

DID YOU KNOW...
The Rich History of Cocoa



Did you know that the story of cocoa begins with ancient civilizations and sacred rituals? Cocoa, derived from the tropical cacao tree, has travelled through time, from the frothy, spiced drinks of the Mayans and Aztecs to many of the sweeter treats we love today. However, that doesn't mean it can't be incorporated into a nourishing breakfast.

► Dive into the full story and find a breakfast-worthy recipe that uses cocoa.

INSPIRING IDEAS
Tips on How to Introduce New Foods

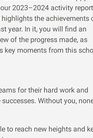
"Your apples taste weird, and they're not the right colour. I think there's something wrong with them."

This comment from a student was followed by his teacher's explanation that these weren't apples — they were plums! Once he figured out that he wasn't eating a piece of rotten fruit, he actually said he liked them. The new taste experience was a hit!

This story came to us from a high school teacher and is a reminder that breakfast programs are a great way to expose young palletes to unfamiliar flavours and textures. So why not take advantage of Nutrition Month to work some new foods into your menus for your students to discover. Need a little help? Be sure to read Tips on Introducing New Foods to Your Program or watch our video How to introduce new food into your Breakfast Program?

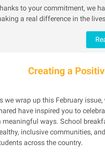
YOUR STORIES
The Breakfasts of Madame Bissonnette

Claudine Bissonnette is the lead volunteer for the breakfast program at Sacré-Coeur School in Mont-Saint-Michel, Quebec, and has been for the past eight years. Every morning since the program started up, she has been coming in and rolling up her sleeves, with the help of her husband, to ensure that the children she serves get a nutritious start to the school day.



► Read on to learn more about how she manages everything so thoughtfully!

INFO CLUB
BCC Annual Report : A better start for every child



For 30 years now, Breakfast Club of Canada has been supporting thousands of children through a network of school teams, breakfast champions and community partners, allowing students to start their day with a full stomach. We are happy to share our 2023–2024 activity report, which highlights the achievements of the past year. In it, you will find an overview of the progress made, as well as key moments from this school year.

We would like to warmly thank all the school teams for their hard work and dedication, which have been essential to these successes. Without you, none of this would have been possible.

Thanks to your commitment, we have been able to reach new heights and keep making a real difference in the lives of children!

Read the report

Creating a Positive Breakfast Atmosphere

As we wrap up this February issue, we hope the stories, tips and resources shared have inspired you to celebrate Nutrition Month and Black History Month in meaningful ways. School breakfast programs are at the heart of fostering healthy, inclusive communities, and your dedication makes all the difference for students across the country.

To support your ongoing program development, explore the School Corner on the Breakfast Club of Canada website. You'll find lots of tools to enhance your breakfast program on special days and months, and all year long. Be sure to check them out!

►5 Ways to Celebrate a Special Occasion in the Breakfast Program

► Setting a Positive Breakfast Atmosphere

Stay tuned for our next issue, packed with new ideas and stories focusing on volunteers!

You are receiving this email because you are involved with the Breakfast Club of Canada. If you have any questions or comments about this communication, please write to us at: programs@breakfastclubcanada.org

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

Privacy Policy

Breakfast Club of Canada © All Rights Reserved, 2025.