Breakfast CLUB of Canada

Web version

VitaminC Breakfast Program's Newsletter



Making Mornings Brighter: Recognizing Program Champions and Volunteers

April is all about honouring the incredible Breakfast Champions and volunteers who dedicate their time, energy and passion to supporting school breakfast programs and student well-being throughout the year.

In this issue, we're celebrating these outstanding individuals with a special feature highlighting Breakfast Champion nominees across the country. You'll also find valuable resources for recruiting and managing volunteers, ideas for recognizing and appreciating their contributions and, of course, some nutrition tips to keep your program fresh and exciting.

Let's shine a spotlight on the people who make a difference every morning!

Celebrating our Breakfast Champions

Breakfast Club of Canada invited schools and community organizations across the country to nominate individuals or groups whose involvement has had a decisive impact on their breakfast program. We will be celebrating these nominees, along with all of our volunteers, on National Volunteer Week, from April 27 to May 3.

This year, **more than 150 people from coast to coast to coast were selected by their peers as their designated Breakfast Champions**. Find out more about each of them through our interactive map, which has been designed to highlight their stories!



See the interactive map

Be sure to take advantage of National Volunteer Week to thank all the people who roll up their sleeves and keep your breakfast programs running smoothly, day in and day out.

Between now and the end of the school year, why not celebrate their commitment by **holding a Breakfast in Unison of your own**? All the tools to help you organize and promote your event are available here.

And don't forget to send your pictures to **testimonials@breakfastclub.org**!

YOUR STORY
Breakfast at Waabgon Gamig First Nation School: A Lesson in Learning and Community

At Waabgon Gamig First Nation School on Georgina Island, Ontario, the breakfast program is more than just a meal — it's a collaborative undertaking that relies on school staff and brings students together to learn, grow and connect.

Each morning, staff dedicate extra time to help prepare and serve breakfast, creating a hands-on, educational experience that benefits the entire school community.

Discover their story



NUTRITIOUS IDEAS
New Tool — Create Your Breakfast

We have a new tool that we think you'll enjoy: the **Create Your Breakfast poster**. It's bright, colourful and easy to read, so students can use it to build a breakfast that contains one item from each of the three food categories in Canada's Food Guide (i.e., a whole grain food, a protein food and a fruit or vegetable).

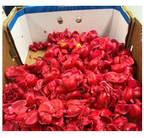
You can print it out and put it up wherever food is served in the morning to help students start their day with the well-rounded nutrition they need.

Discover this new tool

INSPIRING IDEAS
Recycling, Reusing… and Babybel Cheese: Some Great Earth Day Ideas!

Earth Day, an annual celebration on April 22, is an opportunity to think about what we can do to reduce our carbon footprint. Recycling and reusing are two ways we can all make a difference.

Did you know that there's a program in place to recycle the packaging used for the Babybel cheese minis that your breakfast program may be receiving? And Pierrefonds Community High School in Pierrefonds, QC, has also found a very clever way of turning the protective wax into something useful!



Read on to learn more

Breakfast Program Support: Roles and Responsibilities

So many individuals are the heart of every successful school breakfast program. Each role — from food preparation, purchasing and menu planning to serving and engaging with students — plays a vital part in creating a welcoming and efficient experience.

This printable tool can help your school keep your program's roles and responsibilities organized, and help you match skills and interests with program needs.

Organize your roles with this tool

Stay Connected and Get Involved!

As we wrap up this edition celebrating the incredible individuals behind breakfast programs, we want to leave you with two resources to help grow your program's support network!

Whether you're looking to **recruit community volunteers** or **increase student engagement**, these tools offer practical guidance to create a community-focused program:

- Community Volunteer Toolkit
- Student Volunteer Recruitment Toolkit

If you want to share a story with us that highlights the impacts of the individuals who support your program, write to us at testimonials@breakfastclubcanada.org.

A big thank-you to all the dedicated staff, Breakfast Champions and volunteers who make school breakfasts possible from coast to coast to coast!

Your efforts create brighter mornings and stronger communities. Check out the resources below and keep the momentum going!

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