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VitaminC Breakfast Program's Newsletter



Summer's Just Around the Corner!

We are incredibly grateful to the entire school community — staff, volunteers, students and parents — for your invaluable contributions to breakfast programs across the country throughout the school year. Your hard work and dedication have made it possible for thousands of young Canadians to get their day off to a healthy start. Judith Barry has recorded a special video message for all our Breakfast Champions in 2025!

Before everyone leaves for a well-deserved summer break, be sure to have a look at our last newsletter of the year for articles like these:

- A visit to the RDC Commissary in the Louis Riel School Division in Manitoba
- Pictou Landing First Nation School Portrait
- A new eggs-cellent breakfast recipe
- Some tips on how to use up as much food as possible before the end of the year.

Enjoy!

NEWS
Our National Gathering: A Great Way to Finish Off a Great Year!

To celebrate the Club's 30th anniversary, we had the privilege of bringing our team together from across the country. It was a powerful opportunity to strengthen our relationships, share best practices, and renew our collective commitment to the mission that brings us together.

An inspiring way to close the year — united and energized for what's ahead!



INSPIRING IDEAS
Inside a Centralized Kitchen — A Game-Changing Solution for Winnipeg Schools

In Winnipeg's Louis Riel School Division, a local centralized kitchen is making a big impact on school breakfast programming. BCC coordinator Alicia recently visited the René Deleurme Centre (RDC) Commissary and came away inspired by the innovative model that supports 40 local schools with fresh, culturally diverse meals. From bulk-prepped sandwiches and bannock to hands-on training for youth and community members, the RDC Commissary is doing more than feeding kids — it's building skills and transforming school food programs.

Curious how it all works and what makes this approach so successful? Read the full story on our blog to see how collaboration and creativity are impacting change in Winnipeg:

Read the article

NUTRITIOUS IDEAS
A Delicious Recipe for Huevos Rancheros

As the school year winds down and we head into summer, we're sharing one last recipe to inspire your breakfast table.

Huevos rancheros is a vibrant, protein-packed dish that's quick to prepare and easy to adapt with whatever ingredients you have on hand. Made with eggs, salsa and warm tortillas, it's a fun and flavourful option that is sure to be a hit with students.



Click here to read the recipe

8 Tips to Use What You Have Left Before Summer

It's hard to believe that summer is quickly approaching, and breakfast programs will be winding down!



In preparation for this hiatus, consider the following tips to use up any ingredients you have left or to store food properly over the summer months.

Read the article

DID YOU KNOW?
Open House Events: A Treasure Trove of Ideas!

The Programs team at Breakfast Club of Canada hosts virtual open house events throughout the year. These sessions are great for anyone involved in school food programs to connect, exchange ideas and gain inspiration from others across the country.

In April, we hosted four events in both English and French focused on student engagement — a key area schools want to strengthen.

What we heard

Participants valued hearing real examples of how schools involve students, from leadership roles to taste testing. They appreciated learning about practical, age-specific strategies and seeing how student voices are shaping more inclusive, culturally diverse programs.

One participant shared this: *"Hearing how other schools engage students in their programs was so inspiring — it gave me lots of ideas to take back to our team!"*

If you're looking for ways to get students engaged, check out our student volunteer guide and stay tuned for upcoming open house in 2025–2026!

Consult the Student Volunteers guide

YOUR STORY
How Pictou Landing First Nation School Fuels Success

June is National Indigenous History Month, a chance for us all to learn more about the unique cultures, traditions and experiences of First Nations, Inuit and Métis across Canada.

At Pictou Landing First Nation School, breakfast is more than just the first meal of the day — it's a foundation for education, well-being and cultural pride. Find out how this vibrant school community combines nutrition, learning and Mi'kmaq culture to empower a brighter future for every student.



Read the blog article

IMPORTANT DATES
Celebrating Culture Through Food: Honouring National Indigenous History Month

It's National Indigenous History Month — a time to recognize, honour and learn about the diverse cultures and contributions of First Nations, Inuit and Métis peoples. Across Canada, schools include traditional foods and practices that help students connect with their identities and learn from Indigenous communities.

Looking to get started? Incorporate a recipe like Salmon Soup into your program or ask your students to help you fill a weekly or monthly menu that reflects their culture.

To explore National Indigenous History Month, visit the Government of Canada's National Indigenous History Month page.

Gratitude, Connection and Celebration!

As the 2024–2025 school year winds down, we invite schools to end the year celebrating Canadian Multiculturalism Day with an end-of-year breakfast event.

This is a perfect opportunity to highlight the diversity in your school community, share culturally inspired foods and make the most of remaining program ingredients. It's also a chance to reflect on the incredible impact you've made this year with the help of so many people in your school community — a commitment that ensures that every child has a chance to succeed.

Let's finish the year with gratitude, connection and celebration!

We wish you a wonderful summer, filled with rest, happiness and shared moments.

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

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