



# BUILD THEM UP! GUIDE



**A GUIDE TO STARTING AND SUSTAINING  
A SUCCESSFUL SCHOOL BREAKFAST CLUB**



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WELCOME TO THE  
CLUB!



# BUILDING BRIGHTER FUTURES



“ When a child’s stomach is empty, everything else is secondary. Before developing a thirst for knowledge and a hunger for learning, one must first satisfy the body’s thirst and hunger. ”

Romeo LeBlanc, Former Governor General of Canada.

**Breakfast Club of Canada is built on a dream; a dream that all children and youth will have an equal chance to succeed in school and in life by starting their day with a nutritious breakfast in a safe and supportive environment.**

At the Club, we believe that every child and youth deserves every opportunity to thrive, learn, dream and grow to reach their full potential. Where there is a breakfast club, there are students who flourish because they are well nourished, cared for and supported. They learn the value of healthy food while experiencing warmth and kindness from the volunteers who help make breakfast every day.

Breakfast Club of Canada is delighted you have joined the growing family of individuals across Canada and beyond who are supporting student success through breakfast clubs. Reaching our mission wouldn’t be possible without you! We are committed to partnering with schools, community organizations, and other important stakeholders because we know that a coordinated and collaborative response to addressing the needs of children and youth leads to greater improvements in student learning, health and wellbeing. By working together, we will make a real and lasting difference in the lives of our children and youth.

Thank you for helping us change the world, one breakfast at a time!

Sincerely,

Judith Barry  
Director, National Programs,  
Breakfast Club of Canada

“ I see students who are more engaged in learning, getting better test scores, and showing more positive behaviour – all because they can focus better from having their nutritional needs met. ”

Teacher, Peavine, Alberta

“ I never had kiwis before joining the breakfast program. Now I try all kinds of stuff. ”

Student, Leaf Rapids, Manitoba

“ Sometimes it’s not just about the food, it’s about building their spirit and also building community spirit. It is actually quite amazing what can develop from a breakfast program. ”

Program Coordinator

# ABOUT BREAKFAST CLUB OF CANADA

## OUR MISSION

WHAT WE DO:

WE NURTURE POTENTIAL AND GROW HEALTHY STUDENTS, GIVING AN EQUAL CHANCE OF SUCCESS TO ALL KIDS, ONE BREAKFAST AT A TIME.

## OUR VISION

WHY WE DO IT:

TO CREATE POSITIVE, LONG-LASTING, SOCIO-ECONOMIC CHANGE BY IMPACTING EDUCATION AND CHILD HEALTH.

HOW WE DO IT:

BY RESPONSIBLY JOINING FORCES WITH PARTNERS, COMMUNITIES AND LOCAL AGENCIES TO PROVIDE HEALTHY OPPORTUNITIES AND NUTRITIOUS BREAKFASTS FOR ALL CHILDREN AND YOUTH IN SCHOOLS ACROSS CANADA.

## OUR VALUES

WE VALUE A CHILD FOCUSED APPROACH, LED BY PASSIONATE, EMPOWERED AND GENUINE EMPLOYEES, VOLUNTEERS, PARTNERS AND CHILDREN

**CHILD FOCUSED:** We put children and youth first, always working in their best interests. This drives our efforts and defines our objectives.

**PASSION:** We are driven by our conviction, and determined to contribute to a higher cause.

**LEADERSHIP:** We take responsibility for our actions, and always strive to demonstrate the courage required to shape a better future for Canada's young people

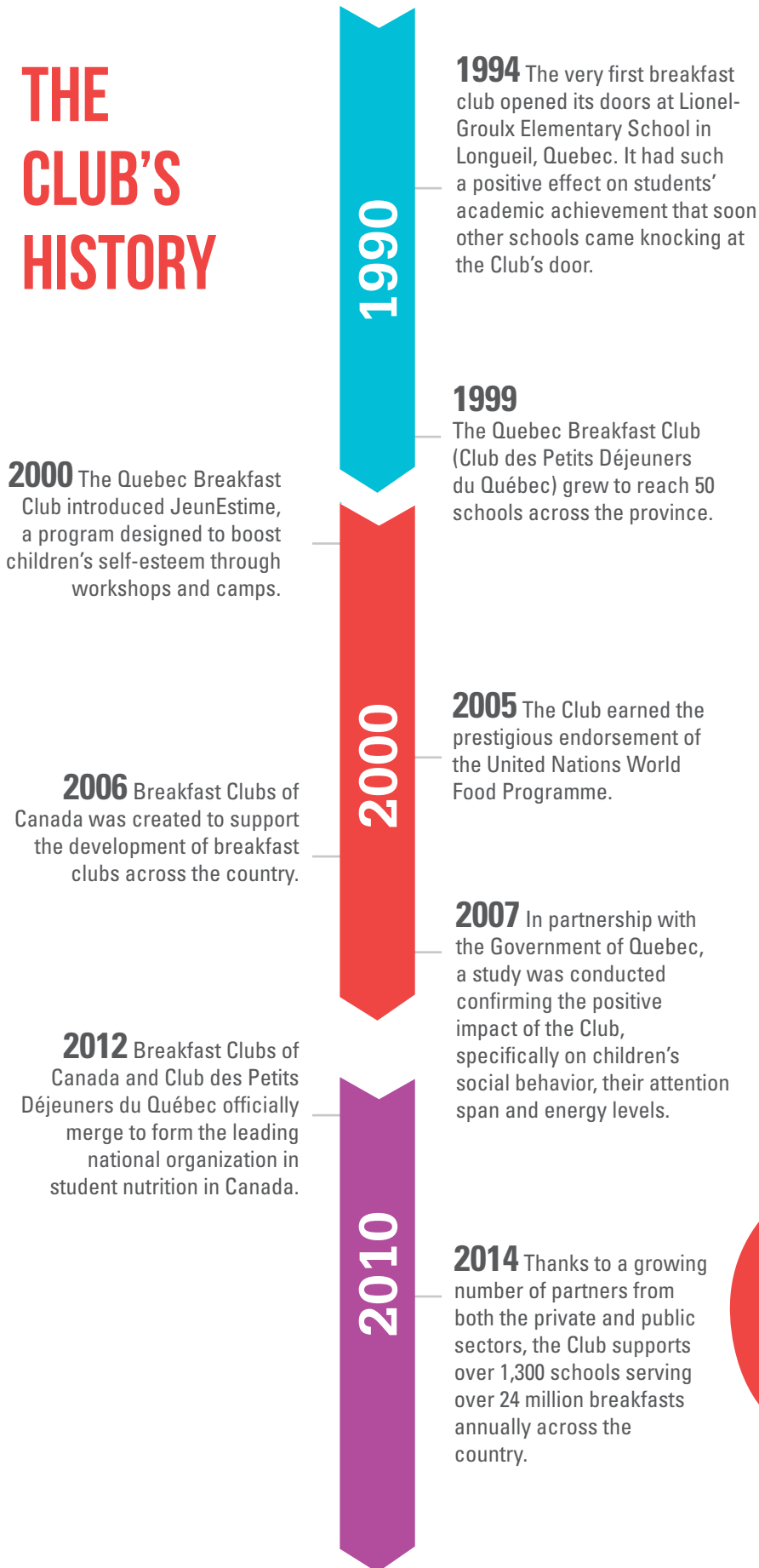
**EMPOWERMENT:** We strive to reach sustainability by encouraging and inspiring autonomy, collaborative work and innovative ideas

**INTEGRITY:** Respect our values in all circumstances, without any compromise



## ABOUT BREAKFAST CLUB OF CANADA

# THE CLUB'S HISTORY



SINCE SERVING THAT VERY FIRST BREAKFAST, THE CLUB HAS PASSIONATELY PURSUED ITS DREAM. WE CONTINUE TO WRITE OUR STORY, ALONG WITH YOU, EACH AND EVERY MORNING

Our commitment to positively impacting the lives of children and youth remains at the very heart of our organization





DID YOU KNOW?

1 IN 4

Canadian children and youth are attending school on an empty stomach.\*



This means that

1.5 MILLION CANADIAN STUDENTS

are at risk.



THAT'S ENOUGH TO FILL 31,250 SCHOOL BUSES



AND THAT DOESN'T EVEN COUNT THOSE WHO **MAY NOT HAVE BREAKFAST** FOR A NUMBER OF DIFFERENT REASONS:



Long bus rides



Lack of time



Lack of healthy food



They don't feel hungry



Early extra-curricular activities



Family emergencies

A HUNGRY STUDENT IS NOT EQUIPPED TO LEARN

\*Public Health Agency of Canada, 2016; BMC Public Health, 2014; Toronto Public Health 2012; Unicef, 2013





Introducing a universal school breakfast club helps ensure that all students have an equal chance to learn, dream, and grow to reach their full potential

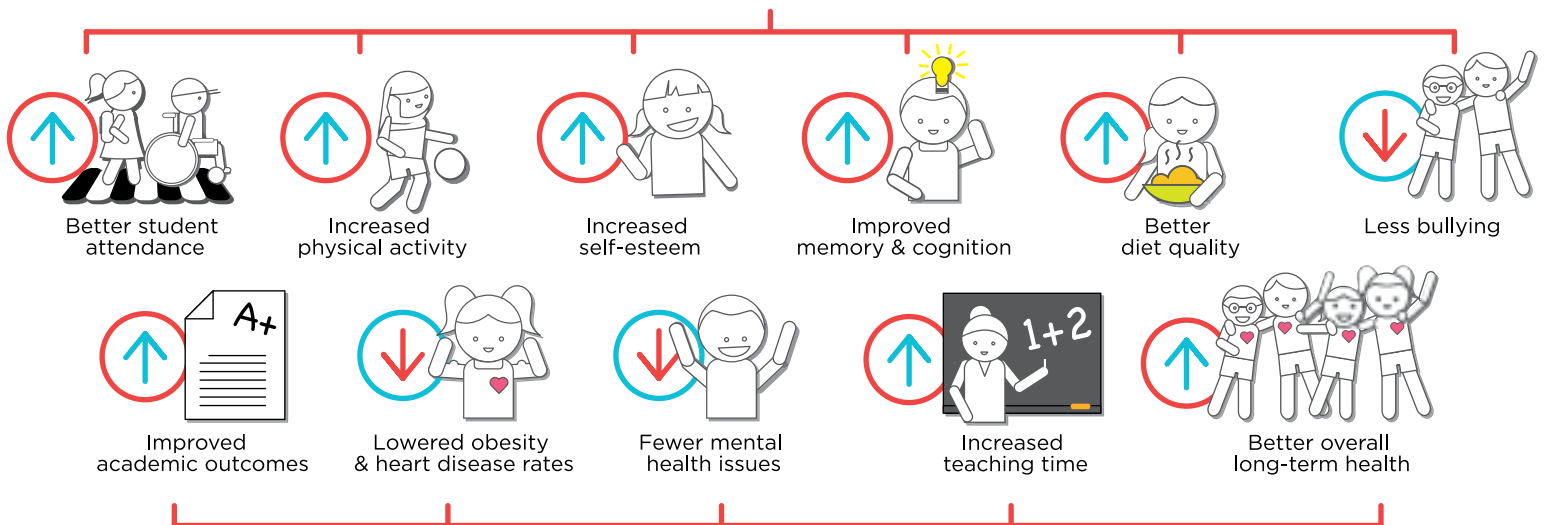


## WHAT IS A BREAKFAST CLUB?



- **Universal access to a healthy breakfast** in a friendly and supportive environment every morning
- **Available for all students** in elementary, middle, and high schools
- **Offers a variety** of nutritious, culturally appropriate foods
- **Fruits and/or vegetables** are provided at every meal
- **A fun and safe place for children and youth** to socialize while sharing a meal
- **Engages student volunteers**, encouraging the development of life skills, leadership, and confidence
- **Builds positive relationships** between the school and the local community and between students and adult mentors and role models
- **Provides opportunities** for food and nutrition education, fostering the development of lifelong healthy eating habits
- **Contributes** to the development of a healthy school community

## EATING BREAKFAST HAS LASTING PHYSICAL, MENTAL, AND EDUCATIONAL BENEFITS:



HEALTHY STUDENTS = HEALTHY FUTURES

# GUIDING PRACTICES

Highly successful breakfast clubs strive towards meeting the following guiding practices:



## BUILD A SUSTAINABLE FOUNDATION

- Offer breakfast every school day\*
- Ensure the breakfast club is universal by encouraging the participation of all students\*
- Involve leadership from a committed and informed program coordinator and breakfast club committee
- Encourage collaboration with school administration and school staff
- Ensure a system is in place to provide financial accountability and sustainability\*
- Include ongoing program evaluation



## NOURISH HEALTHY EATING HABITS

- Offer a nutritious menu that includes food choices consistent with Eating Well with Canada's Food Guide and provincial or territorial school food and nutrition policies\*
- Ensure the breakfast menu includes a minimum of three food groups per day including a serving of fruit or vegetables and a serving of milk or milk alternatives\*
- Prepare meals using healthy preparation methods (e.g., baking, roasting, poaching) with little or no added salt, sugar/ sweeteners, and/or fat
- Allow adequate time for students to eat and encourage them to be attentive to their fullness cues\*
- Promote healthy eating through positive role modeling and food and nutrition education\*
- Ensure health and nutrition messages are consistent throughout the whole school environment



## CREATE A SAFE PHYSICAL AND SOCIAL ENVIRONMENT

- Operate in a location that is safe, universally accessible, and welcoming\*
- Prepare, store, and serve food and beverages using safe food handling practices in accordance with provincial/ territorial regulations and local public health agencies\*
- Respect and comply with existing school board health, safety, and anaphylaxis policies\*
- Establish a fun place for children and youth to socialize while sharing a meal



## PROVIDE A CHILD AND YOUTH FOCUSED BREAKFAST CLUB

- Welcome and respect every student\*
- Offer a menu that is culturally appropriate and that accommodates the individual needs of students with food sensitivities\*
- Ensure students have a voice in their breakfast club
- Include active participation from students, encouraging the development of life skills, leadership, and confidence
- Encourage positive social interactions and nourish self-esteem



## ENGAGE THE WHOLE SCHOOL COMMUNITY

- Foster a whole school approach by supporting partnerships with the broader school community
- Promote the program within the entire community to ensure students and their families are aware of its existence\*
- Actively recruit and manage volunteers including, students, family members and community members
- Build positive relationships between the school and the local community and between students and adult mentors and role models



## BE ENVIRONMENTALLY CONSCIOUS

- Use reusable dishes and utensils
- Minimize food waste and pre-packaged foods
- Recycle and compost food waste using available programs in the community
- Consider starting a food-growing garden on the school site
- Choose locally sourced food when possible

\*Refers to Breakfast Club of Canada's program criteria which all programs must follow in order to be eligible for support from the Club.



# LAYING THE FOUNDATION FOR A BREAKFAST CLUB





# BREAKFAST CLUBS ARE LIKE THE CHILDREN AND YOUTH THEY SERVE AND THE COMMUNITIES IN WHICH THEY OPERATE — THEY ARE ALL UNIQUE!

**Breakfast clubs** are like the children and youth they serve and the communities in which they operate – they are all unique! In fact, there are as many different and successful ways to run a breakfast club as there are schools in Canada.

Breakfast clubs operate in different ways and under many different names, including student nutrition programs, school food programs, or healthy meal and snack programs. But whatever the model, the underlying principle remains the same: ensuring that all students have reliable access to nutritious food in a safe and supportive environment in order to positively impact health and learning.

The tools, resources, and best practices collected in this guide are meant to support interested groups and individuals in starting and sustaining a school breakfast club or to build on an existing program. It is important that every club is tailored to meet the unique needs and realities of the school community in which it operates. Not everything in this guide will need to be implemented at once; different tools and resources may become useful over time as the club continues to grow. As more knowledge and confidence is acquired, it is encouraged to continue building on the breakfast club's successes by exploring the additional resources available on the Breakfast Club of Canada website, connecting with a regional Breakfast Club of Canada coordinator, or signing up for one or more of the Club's skill training workshops.





# GETTING STARTED



Congratulations on making the decision to start a school breakfast club! This decision may have been prompted by a number of different reasons including to:

- Promote healthy eating habits for students;
- Strengthen school community;
- Support comprehensive school health;
- Meet a need within the school community to provide students with access to a nutritious meal in the morning.

Whatever the reason, it is important to first assess the interest and need within the school community in order to ensure that the breakfast club will be able to meet the need effectively.

**WILL THE CLUB BE SUPPORTED BY SCHOOL STAFF, PARENTS, AND THE COMMUNITY?**

**WHAT IS THE BEST TIME AND PLACE TO OFFER THE PROGRAM SO THAT THE MOST STUDENTS WILL BENEFIT?**

**HOW MANY STUDENTS WILL PARTICIPATE?**

Start by determining key people at the school whose support will be necessary for the breakfast club's success and arrange to meet with them. A good place to start is by meeting with the school principal. The principal will also be able to provide guidance and support on important school and school board policies. Once administrative support has been attained, reach out to other key people including: school staff, parents/guardians, student leaders, the school council and other school committees. This can be done by:

- Conducting a survey to gain insight, ideas and feedback;
- Getting the topic on the agenda at the next staff and parent council meeting;
- Posting information in the staff room or in a newsletter;
- Being available to talk to interested individuals during teaching breaks before and after school.

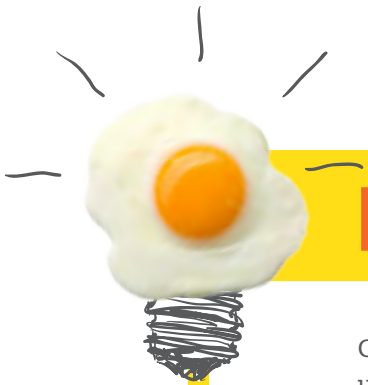
Next, it's important to connect with the students themselves. Breakfast Club of Canada recommends that schools conduct a short survey to assess how many children and youth may attend each morning. This also helps students feel a sense of pride and ownership to the breakfast club right from the start.

See the "Additional Resources" section for a sample staff and student survey



Once adequate support from all the key people has been attained, develop a strategy for communicating news and information about the breakfast club to the rest of the school community and to continue building support for the program throughout the year. This can be accomplished by:

- Discussing the breakfast club during morning announcements and at school assemblies;
- Posting information on a bulletin board near the school entrance;
- Including program highlights, testimonials, and menus regularly in school newsletters;
- Setting up an information booth or a breakfast club tour featuring examples of a typical school breakfast at parent-teacher night;
- Hosting a community breakfast.



## BRIGHT IDEAS

Collecting baseline data before starting a breakfast club helps everyone to understand the needs of the program and guides program evaluation, which can be recorded throughout the year. This can be done by:

- Observing and recording student behaviour;
- Gathering feedback from teachers and the school principal;
- Engaging with the students to understand their breakfast habits;
- Collecting attendance rates and late arrivals.

# BUILDING SUPPORT

It is important to recognize that not everyone may be supportive of starting or participating in a school breakfast club at the onset. Unfortunately, some people still believe that breakfast clubs are only for students living in low-income households. However, there will also be many champions who see the need and want to help. Those are the champions that will be the key players in collaboration when starting a new program.

Support for the breakfast program can be built over time by continually advocating and educating parents, students, and staff about the positive impact that a universal breakfast program can have on student health and academic success. The reality is that students may not eat breakfast before coming to school for a variety of reasons, including: lack of time, lack of food, early morning extracurricular activities, family emergencies or long bus rides to school. More than ever, children from all backgrounds and income brackets are vulnerable to the negative effects of undernourishment and poor lifestyle choices. By encouraging healthy eating habits and teaching students the skills and knowledge they need to make healthy choices throughout their lives, the breakfast club helps lower the chance of poor health outcomes and supports the success and wellbeing of all students.



## BRIGHT IDEAS

- Start an 'I love breakfast' contest at school. Invite students to create posters displaying why they love their school's breakfast club or why they attend in the morning;
- Communicate the benefits of school breakfast to parents through the school newsletter, highlighting the many reasons why students may want to attend;
- Ask parents or teachers who are passionate about the program to talk about their experiences with others whenever possible;
- Ensure that parents feel invested in the breakfast club by offering them opportunities to volunteer and give back to the program. Invite them to a special community breakfast once a year.

# WHAT IS A UNIVERSAL BREAKFAST CLUB?

**A UNIVERSAL BREAKFAST CLUB WELCOMES AND ENCOURAGES THE PARTICIPATION OF ALL STUDENTS. A UNIVERSAL PROGRAM IS INCLUSIVE, EASILY ACCESSIBLE, AND ENSURES THAT NO STUDENTS ARE SINGLED OUT OR TURNED AWAY. THE BREAKFAST CLUB IS ALSO PROMOTED TO THE WHOLE SCHOOL COMMUNITY TO ENSURE EVERYONE IS AWARE OF THE PROGRAM. THE CHOICE TO PARTICIPATE IS THEN LEFT TO THE STUDENTS, WHO MAY CHOOSE TO ATTEND ON ANY MORNING. BREAKFAST CLUB OF CANADA REQUIRES THAT ALL BREAKFAST CLUBS ARE UNIVERSALLY ACCESSIBLE TO EVERY STUDENT IN ORDER TO BE ELIGIBLE FOR FUNDING.**

# FORMING A BREAKFAST CLUB COMMITTEE



Forming a breakfast club committee to provide ongoing support will ensure the development of a high quality and sustainable program. If a staff member or volunteer leaves, there's always another person who can maintain the continuity of the program. The committee will act as an advisory group that meets as needed to monitor program effectiveness and discuss important topics including volunteer roles and recruitment, finances and fundraising, menu planning, program needs, and more. The committee may be a newly-formed group within the school or it could be a sub-committee of an already existing group such as the parent council or student wellness committee.

## OBJECTIVES OF THE COMMITTEE

- 1) Choose 4 to 8 diversely skilled and passionate people to form the committee
- 2) Designate a program coordinator
- 3) Delegate the various responsibilities amongst the committee members
- 4) Choose a suitable location and delivery model for the breakfast club
- 5) Assess equipment needs
- 6) Identify priorities and create a long term action plan
- 7) Create a breakfast club binder

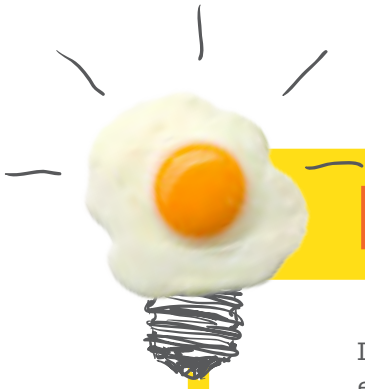
## CHOOSING COMMITTED AND PASSIONATE PEOPLE

The most successful breakfast clubs are those that involve the whole school community. The committee should seek committed and passionate individuals from a wide range of backgrounds including:

- The school principal;
- Teachers and school staff;
- School board and/or band council representatives;
- Parents/guardians and grandparents;
- Community members;
- Local service or community groups;
- Faith groups;
- Local businesses with an interest in youth or nutrition;
- Public health nurses and/or dietitians;
- Student teachers, or teachers-in-training.







## BRIGHT IDEAS

Include students! The committee provides a perfect opportunity to encourage leadership opportunities for interested and engaged students while also ensuring that the student voice is represented throughout the decision making process.

Be flexible! In order to accommodate the busy schedules of parents and other community members try holding meetings outside of regular working hours. If possible, provide child care or fun activities to keep children busy during meetings.



# DESIGNATING A PROGRAM COORDINATOR

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While sharing the breakfast club's workload amongst the whole school community is encouraged, there is still a need for one or two main people to lead the club. This person is typically referred to as the program coordinator, but may also be known as the site coordinator, health champion, head volunteer or program lead. The program coordinator is responsible for organizing and overseeing the daily operation of the breakfast club and is the main point of contact for other members, funders, volunteers, and the broader school community. The main tasks that are typically the responsibility of the program coordinator may include:

- Lead initial program planning, including forming the committee;
- Ensure the successful day-to-day operation of the school breakfast club including food purchasing, preparation and delivery;
- Provide training and guidance to volunteers;
- Ensure volunteers are screened in accordance with school policies;
- Organize the volunteer schedule to ensure proper staffing and supervision each day;
- Ensure that resources and equipment are clean and securely stored;
- Ensure all food safety standards are properly understood, communicated, and implemented;
- Foster a welcoming, supportive environment in accordance with the Club's mission and the school's code of conduct;
- Consult and liaise with the school principal in all matters connected to the breakfast club (e.g. program needs, new school volunteers, conflicts between students);
- Maintain proper records and ensure reports are submitted to funders at appropriate times, including program data and receipts;
- Ensure compliance with all relevant policies, codes and provincial legislation (e.g. student nutrition or school food policies, fire codes, volunteer policies, safe food handling);
- Contribute to the promotion and continued success of the breakfast club.



# DELEGATING THE VARIOUS RESPONSIBILITIES

There are several important roles and responsibilities in running a breakfast club. In order to avoid putting too much pressure on any one person, it's important to delegate the various responsibilities amongst all the committee members and volunteers. Choose roles according to the strengths and interests of each individual as this will ensure they stay motivated and engaged. Use the table below as a guideline for assigning individual responsibilities:

RESPONSIBILITIES	PERSON RESPONSIBLE
Program Coordinator	
Daily Volunteer (Food Preparation/Clean up)	
Menu Planner/ Health and Nutrition Advocate	
Grocery Shopping/ Food Orders	
Treasurer	
Fundraiser	
Report Writer	
Volunteer Management	
Community Outreach	
Communications	
Food Safety Ambassador	
Activities and Special Events	
Student Volunteer Mentor	

\* For a description of the roles listed above, please see "Volunteer Roles" in the section: "Engaging Volunteers and the School Community"



AFTER THE TABLE HAS BEEN FILLED IN, CONSIDER:

- Are there any gaps in roles and responsibilities?  
How can those be filled?
- Is the same person listed many times in multiple roles?  
How can they be supported?

# CHOOSING A SUITABLE LOCATION AND DELIVERY MODEL

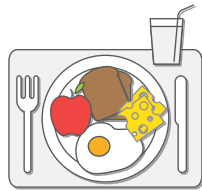


The committee, with the principal's guidance and approval, should choose a suitable location and delivery model to ensure that the greatest number of children have access to the breakfast club each morning. There are a number of factors to take into consideration when choosing the right location and delivery model including:

- Availability of space in the school;
- Access to proper equipment and facilities;
- Staff or volunteers available for supervision;
- Level of support from school staff and administration;
- Number of students expected to participate;
- Bus arrival times;
- Class start time.

An ideal location is an area of the school that is well lit, easily accessible and inviting. It should also meet all health and safety requirements as set by the school board and local health unit. The location of the program will also be greatly influenced by the type of delivery model that is utilized by the school.

## THE THREE MOST COMMON DELIVERY MODELS FOR BREAKFAST CLUBS ARE:



SIT DOWN BREAKFAST



CLASSROOM BINS



GRAB AND GO

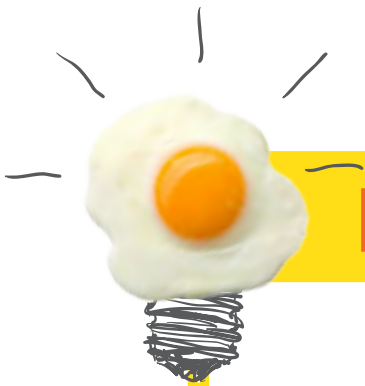




# DELIVERY MODEL COMPARISON

	<b>SIT DOWN BREAKFAST</b>	<b>CLASSROOM BINS</b>	<b>GRAB AND GO BREAKFAST</b>
<b>HOW IT WORKS</b>	Students sit down to eat together at tables in a central location before classes start. They line up to receive a plated breakfast or choose their own foods from a buffet style breakfast.	Breakfast foods are packed in bins, baskets, coolers, or on a cart and delivered to each classroom. Teachers supervise and monitor the distribution of food in their classroom.	Students pick up breakfast foods from a pre-determined central location and take it with them to eat in hallways, on benches, at tables, or in their classroom. It may be served out of bins, on a cart, or pre-assembled in bags.
<b>POSSIBLE VENUES</b>	<ul style="list-style-type: none"> <li>• Cafeteria</li> <li>• Gym/ gym stage</li> <li>• Empty classroom</li> <li>• Foods room</li> <li>• Library</li> </ul>	<ul style="list-style-type: none"> <li>• Classrooms</li> <li>• Homerooms</li> </ul>	<ul style="list-style-type: none"> <li>• Canteen/ Tuck shop</li> <li>• Cafeteria</li> <li>• Hallway</li> <li>• Library</li> <li>• Office</li> <li>• Front entrance</li> </ul>
<b>TIMING</b>	<ul style="list-style-type: none"> <li>• Starts when the first students arrive in the morning and typically runs until classes begin</li> </ul>	<ul style="list-style-type: none"> <li>• Flexible based on teacher's discretion</li> <li>• May be served during announcements and morning routine or as a mid-morning meal before/during recess</li> </ul>	<ul style="list-style-type: none"> <li>• Flexible</li> <li>• May be served before classes start in the morning or as a mid-morning meal before/ during recess</li> </ul>
<b>ADVANTAGES</b>	<ul style="list-style-type: none"> <li>• Large variety of menu options</li> <li>• Greater opportunities for socialization and community building</li> <li>• Staff and other students can act as role models</li> <li>• Central location</li> <li>• Opportunities for educational food and nutrition activities and displays</li> </ul>	<ul style="list-style-type: none"> <li>• Higher participation rates</li> <li>• Does not require designated space or supervision</li> <li>• Serving time is flexible if there is not enough time for students to eat before classes begin</li> <li>• Food and nutrition education can easily be incorporated into teaching and learning</li> </ul>	<ul style="list-style-type: none"> <li>• Fast way to serve a large number of students</li> <li>• Works well in secondary schools</li> <li>• Minimal supervision needed</li> <li>• No large dedicated space is required</li> <li>• Students can eat whenever they choose</li> <li>• Can be done with minimal staff support</li> </ul>
<b>CHALLENGES</b>	<ul style="list-style-type: none"> <li>• Requires dedicated space</li> <li>• Tends to have lower participation rates</li> <li>• Requires supervision</li> <li>• May not be enough time for students to finish their meal before class starts</li> <li>• May not reach students if buses/students arrive late to school</li> </ul>	<ul style="list-style-type: none"> <li>• Clean up not confined to one space</li> <li>• Requires all staff support</li> <li>• May be viewed by some as interfering with class time</li> <li>• Menu options are more limited</li> <li>• More expensive</li> </ul>	<ul style="list-style-type: none"> <li>• Menu options are more limited</li> <li>• More packaged foods which means more waste and higher cost</li> <li>• Less opportunity for social interaction, and food and nutrition education</li> </ul>

In order to suit the specific needs and available resources at the school, the breakfast club can also be a blended program; a combination of two or three of the above delivery models. For example, the breakfast club can offer a full sit down breakfast in a central location before school starts along with grab and go bins in the front entrance for students who arrive later to school. There is no right or wrong model; choose the delivery model that works best for the school.



## BRIGHT IDEAS

It's a good idea to step back and re-evaluate the breakfast club's location and delivery model over time and make adjustments, as needed, in order to most effectively meet the club's goals. Consider the following:

- Is the breakfast club reaching all of the students who need the program?
- What barriers exist which may keep students from accessing the program each morning (e.g. their bus arrives late, the location is not easily accessible, the breakfast club is not well promoted, they feel stigmatized, a teacher does not allow enough time to eat, etc.)
- Could adapting the program delivery model or another aspect of the breakfast club reduce these barriers and allow for more students to participate?
- What changes need to be made and how can they be implemented?

# ASSESSING EQUIPMENT NEEDS

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In determining how the breakfast club will operate, it's important to think about what equipment and infrastructure will be needed in order for food to be safely stored, prepared, and served. Performing an equipment needs assessment early-on will help highlight what is currently available at the school and any areas of need. The equipment needs will depend largely on the planned menu as well as the delivery model. Don't forget to plan for future program growth and a few lost spoons and broken plates along the way.

THE FOLLOWING IS A LIST  
OF EQUIPMENT AND  
INFRASTRUCTURE  
THAT MAY BE NEEDED  
FOR THE BREAKFAST CLUB.  
THE USE OF REUSABLE  
DISHES IS ENCOURAGED WHENEVER  
POSSIBLE.

## LARGE APPLIANCES

FRIDGE • FREEZER • STOVE • DISHWASHER

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## SMALL APPLIANCES

CONVEYOR TOASTER • BLENDER • KETTLE • WARMING TRAYS • MICROWAVE • GRIDDLE

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## STORAGE AND DELIVERY

CUPBOARDS (OR PANTRY) • STORAGE CONTAINERS (FOR CUTLERY, CEREALS, LEFTOVERS) • CARTS, BINS, COOLERS, OR BASKETS FOR EACH CLASSROOM

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## DISHES AND CUTLERY

CUTTING BOARDS • JUICE JUGS • MILK JUGS • SPATULAS • WHISKS • KNIVES • CAN OPENER • POTS  
PANS • PLATES • BOWLS • FORKS • SPOONS • CUPS

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## CLEANING

DISH SOAP • SANITIZERS • TEA TOWELS • WASH CLOTHS • HAND WASHING SOAP  
THREE SINKS OR BINS TO USE AS THIRD SINK IF NONE AVAILABLE

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## OTHER

TABLES • CHAIRS

# DEVELOPING AN ACTION PLAN

Once the breakfast club committee has been formed and all members have a clear understanding of the committee's mission and objectives, begin developing an action plan. The action plan will act as a blueprint to help focus ideas and decide what next steps need to be taken to guide the development of the breakfast club. Remember, the action plan is a working document. As the club grows and evolves, so will the action plan. Display it prominently, review it often, and don't be afraid to make revisions to meet the changing needs of the breakfast club.

## 1 BRAINSTORM THE CURRENT STRENGTHS AND WEAKNESSES OF THE SCHOOL

Start by taking the time to think about where the breakfast club is now compared to where the committee wants it to be. Consider what the school's main strengths are and what components need improvement (e.g. community involvement, staff support, volunteers, fundraising, menu planning, creating a warm and welcoming environment, integrating food and nutrition education, etc.) Focus on building on the school's strengths and addressing manageable challenges.

## 2 EXPLORE THE EXTERNAL OPPORTUNITIES

What is the socio-economic context of the community? Are there other not-for-profit organizations involved? Are there any similar initiatives supported by the provincial government, health units, or the local school board? Which local businesses and/or community members may support the breakfast club's mandate? With all this information in mind, what are the opportunities for the school breakfast club? Sometimes additional support and resources are just a phone call away.

## 3 DEFINE 3 TO 5 PRIORITIES

The following are examples of possible breakfast club priorities:

Based on the first two analyses, what are the main priorities? Be sure to set priorities that are SMART (specific, measurable, achievable, realistic, and time-related) and break down any large, complex priorities into manageable steps.

- Increase breakfast club participation;
- Involve more community members;
- Increase support and awareness among school staff and parents;
- Acquire new equipment to support further menu development;
- Involve students as volunteers;
- Improve the eating habits, food skills, and nutrition knowledge of students;
- Increase fruit and vegetable choices by students.

## 4 CREATE THE ACTION PLAN

Refer to the chart below to identify the specific strategies and actions required to meet the goals. Describe the concrete steps, timelines, and resources (funding, staff, or equipment) attached to each goal and list them in order of priority.

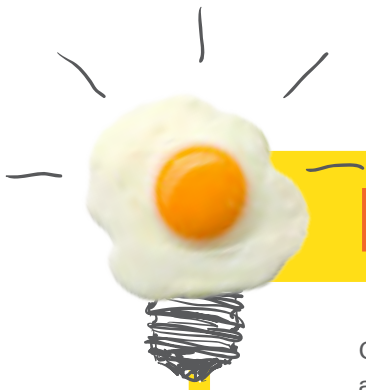


# BREAKFAST CLUB ACTION PLAN

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GOAL	ACTION STEPS	RESOURCES NEEDED	PERSON RESPONSIBLE	TIMELINE	COMMENTS



## BRIGHT IDEAS

Celebrate milestones! Implementing lasting change in a school takes time and patience. Celebrate small successes and remember that every small step is important for reaching the breakfast club's goals.



# COMMUNICATION IS KEY

Ongoing communication and collaboration between school staff, administration, volunteers, students, and the committee is essential for continued success. The following ideas will help to keep information flowing at the breakfast club:

## CREATE A BREAKFAST CLUB BINDER

Using the Build Them Up! Guide as a starting point, create a breakfast club binder to store all the important information about the club. Be sure to continue adding new documentation to the binder as the breakfast club evolves. The binder will ensure continuity in program operation, should the program coordinator or another key person leave unexpectedly.

### HERE ARE A FEW EXAMPLES OF WHAT SHOULD BE INCLUDED IN THE BREAKFAST CLUB BINDER

- Action plan, mission statement, and history of the program;
- Contact information, application, and agreement from Breakfast Club of Canada and any other program funders;
- Any letters that have been distributed, such as newsletters, staff and student surveys, parent letters, grant proposal template, etc.;
- Student allergies tracking sheet;
- Sample menus and recipes;
- Food procurement documentation including the preferred local places to shop, places the school has an account set up, where/ how to order food, stores that offer special deals/discounts etc.;
- Food donor information including contact information on where to access food donations (e.g. Minute Maid coupons) and the best stores to redeem coupons;
- Breakdown of budget;
- All monthly reports and expenditure sheets;
- Volunteer information sheets and schedule;
- Food safety certificate and inspection reports;
- Successful fundraising ideas.



## COMMUNICATION STATION

Set up a communication station in the breakfast club's kitchen or preparation area to help facilitate communication between volunteers.

Information can be posted on the fridge, on a bulletin board, or in a volunteer binder.

Post information including: the weekly menu, shopping lists, volunteer schedules and contact information in case someone calls in sick. Also include a cleaning checklist and an FYI section where volunteers can write miscellaneous information like when they will be away or need a replacement, equipment that needs to be repaired or replaced, food that is close to expiry and should be used ASAP, or positive affirmations and stories to inspire other volunteers.



Continue to communicate with parents, students, and the school community by including entries in the school newsletter, attending school staff and council meetings, putting up posters, hosting breakfast events, and updating bulletin boards on an ongoing basis throughout the school year.



## BRIGHT IDEAS

Kick off the start of a new school year and the opening of the breakfast club with a launch party!

- Hold a school assembly. Invite guest speakers to talk about the importance of eating a healthy breakfast every morning;
- Invite each class to sign up for a breakfast club tour utilizing student volunteers as the tour guides. Students can learn how the breakfast club works (e.g. what foods are served, what time it starts, emphasizing that everyone is welcome). This will help reduce the intimidation that some students might feel about going to the breakfast club for the first time;
- Challenge students with a contest to design a new logo for the breakfast club;
- Create a Healthy Eating bulletin board or display in the school;
- Plan a special breakfast with the students' favorite healthy foods and recruit teachers, the principal or the school mascot to serve students;
- Introduce a school-wide breakfast challenge to encourage more students to eat breakfast every morning, either at school or at home.



# SUCCESSFUL BREAKFAST CLUBS CHECKLIST



## Successful breakfast clubs:

- ✓ Offer breakfast every school day\*
- ✓ Ensure the breakfast club is universal by encouraging the participation of all students\*
- ✓ Involve leadership from a committed and informed program coordinator and breakfast club committee
- ✓ Encourage collaboration with school administration and school staff
- ✓ Ensure a system is in place to provide financial accountability and sustainability\*
- ✓ Include ongoing program evaluation
- ✓ Offer a nutritious menu that includes food choices consistent with Eating Well with Canada's Food Guide and provincial or territorial school food and nutrition policies\*
- ✓ Ensure the breakfast menu includes a minimum of three food groups per day including a serving of fruit or vegetables and a serving of milk or milk alternatives\*
- ✓ Prepare meals using healthy preparation methods (e.g., baking, roasting, poaching) with little or no added salt, sugar/sweeteners, and/or fat
- ✓ Allow adequate time for students to eat and encourage them to be attentive to their fullness cues\*
- ✓ Promote healthy eating through positive role modeling and food and nutrition education\*
- ✓ Ensure health and nutrition messages are consistent throughout the whole school environment
- ✓ Operate in a location that is safe, universally accessible, and welcoming\*
- ✓ Prepare, store, and serve food and beverages using safe food handling practices in accordance with provincial/territorial regulations and local public health agencies\*
- ✓ Respect and comply with existing school board health, safety, and anaphylaxis policies\*
- ✓ Establish a fun place for children and youth to socialize while sharing a meal
- ✓ Welcome and respect every student\*
- ✓ Offer a menu that is culturally appropriate and that accommodates the individual needs of students with food sensitivities\*
- ✓ Ensure students have a voice in their breakfast club
- ✓ Include active participation from students, encouraging the development of life skills, leadership, and confidence
- ✓ Encourage positive social interactions and nourish self-esteem
- ✓ Foster a whole school approach by supporting partnerships with the broader school community
- ✓ Promote the program within the entire community to ensure students and their families are aware of its existence\*
- ✓ Actively recruit and manage volunteers including, students, family members and community members
- ✓ Build positive relationships between the school and the local community and between students and adult mentors and role models
- ✓ Use reusable dishes and utensils
- ✓ Minimize food waste and pre-packaged foods
- ✓ Recycle and compost food waste using available programs in the community
- ✓ Consider starting a food-growing garden on the school site
- ✓ Choose locally sourced food when possible

\*Refers to Breakfast Club of Canada's program criteria which all programs must follow in order to be eligible for funding.



**ENGAGING  
VOLUNTEERS  
AND THE SCHOOL  
COMMUNITY**



Breakfast  
**CLUB**  
of Canada

# VOLUNTEERS AND THE SCHOOL COMMUNITY

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Volunteers are an integral part of the breakfast club's operation and the heart and soul of our Club. Volunteers with Breakfast Club of Canada know they are doing much more than serving breakfast each morning - they are part of a dynamic national organization fostering social change and improving the quality of life for children across Canada.

People volunteer for many reasons: to give back to the community, to enhance job skills, to meet new people, to build relationships and ultimately, to have fun. The number of parent, staff, community and/or student volunteers a breakfast club requires varies from school to school.



**VOLUNTEERS  
ARE THE  
HEART  
AND SOUL  
OF OUR CLUB**



# RECRUITING VOLUNTEERS



A wide variety of people from all walks of life are currently volunteering because they care about the children and youth in their community and want to make a difference in their lives. Thankfully, there are always more people willing to give their time, effort and skills in order to support the breakfast club. Here are some ideas that have proven successful for recruiting new volunteers:

- Set up an information booth with a volunteer sign-up sheet at a variety of community locations and events. For example, farmers' markets, fairs, shopping centres or libraries might be good places to start;
- Post Help Wanted signs at local universities and community colleges. Teachers in training will appreciate the opportunity to build relationships and network at a school;
- Advertise the breakfast club in your community newspaper. Invite a local reporter to do an article on the breakfast club;\*
- Approach local businesses to support the breakfast club as a team building activity;
- Ask service clubs to support the breakfast club;
- Connect with seniors' organizations by advertising in retirement communities and on church bulletins;
- Advertise with local radio and television stations in the community events announcements;
- Contact local employment centers to promote volunteering as a great resume-builder;
- Use social media to get in touch with potential volunteers. Spread the word through a personalized Facebook page, or use Twitter to inform followers of the menu for the day or the number of breakfasts that were served;
- Create a YouTube video infomercial promoting the breakfast club;\*
- Encourage community leaders, local politicians and celebrities to volunteer. Often they are seeking opportunities to connect with their communities on a grassroots level;\*
- Recruit students as volunteers. Promote the breakfast club through a student activity fair or homeroom presentations at the start of the school year;
- Connect with local high schools where students require volunteer hours for graduation. The younger students will benefit from interactions with youth role models;
- Involve different classes (i.e. food and nutrition, health, hospitality, etc.) that could incorporate breakfast club activities such as menu planning or cooking as part of their curriculum. Connect with an art or design class to create volunteer recruitment materials;
- Collect testimonials from current volunteers that can be used when approaching potential new volunteers.

\* if your club is supported by an organization, make sure you consult with them for all media communications.

A lightbulb with a white egg-shaped top and a brown spiral base. The egg part is a fried egg with a bright orange yolk and white edges. Several short lines radiate from the top of the egg, suggesting light or ideas.

## BRIGHT IDEAS

Gear the recruitment strategy to the intended audience. If retirees are the targeted audience, the recruitment strategy would look very different than if students were the intended audience. For example, social media would be useful to attract student volunteers but that might not be the best strategy for a retired community member. An announcement in the community bulletin may work better to attract retired community members.



# VOLUNTEER ROLES



There are many different roles available for volunteers at a breakfast club. Find out what each volunteer would like to do so you can utilize them in a way that suits them best. Many people will assume that volunteering with the breakfast club means early mornings serving food and cleaning. It is important to help people understand that there are a variety of volunteer positions available during flexible times, in order to make the breakfast program accessible to all potential volunteers. Here is a list of possible volunteer roles for the breakfast club:

## PROGRAM COORDINATOR

Manages and provides leadership for the overall organization of the breakfast club.

## DAILY VOLUNTEER

Prepares and serves breakfast, helps with clean-up and interacts with children each day.

## MENU DEVELOPER/HEALTH AND NUTRITION ADVOCATE

Creates a weekly or monthly menu that includes foods that are in-season and on sale, and develops recipes that suit participants' tastes while avoiding allergens. Provides nutrition guidance and advice.

## GROCERY SHOPPER/FOOD ORDERS

Reviews flyers for sales, places orders or purchases food and delivers it to the school.

## TREASURER

Keeps tabs on the financial records and receipts, food and equipment purchases, and donations. Develops a budget and updates as needed.

## FUNDRAISER

Initiates and organizes a fundraising event, or leads a fundraising committee.

## REPORT WRITER

Seeks new funding opportunities and completes grant applications. Compiles and submits the information needed to report back to funders (e.g. monthly reports, progress summaries, and year-end reports)

## VOLUNTEER MANAGEMENT

Recruits volunteers, develops the volunteer schedule, communicates with volunteers about school events, menu changes, etc.

## COMMUNITY OUTREACH

Builds support from the broader school community. Seeks to increase community involvement through volunteering as well as monetary and food donations.

## COMMUNICATIONS

Designs promotional media such as posters or brochures intended to recruit volunteers or increase student attendance. Creates breakfast program articles for the school newsletter or website, and posts messages about the program on social media sites.

## FOOD SAFETY AMBASSADOR

Routinely inspects the program to ensure compliance with all food safety regulations and provides recommendations to ensure a safe food environment is maintained at all times.

## ACTIVITIES AND SPECIAL EVENTS

Plans and facilitates fun and educational events and activities in conjunction with the breakfast club.

## STUDENT VOLUNTEER MENTOR

Recruits student volunteers and provides ongoing guidance and support.

## PREP CHEF

Takes care of prep work such as baking muffins or chopping fruit and vegetables during the afternoon or after school so that the food is ready for the morning.

# VOLUNTEER ORIENTATION



All volunteers should receive a proper orientation when they start volunteering with the breakfast club and at the start of each new school year. This could be as simple as meeting with the principal and program coordinator, or another key volunteer, prior to their first day.

Volunteer orientation is essential to help new volunteers feel welcome while learning more about the club and the important policies and procedures in place at the school. Volunteers who are welcomed with an orientation are more comfortable and confident in their role, are better prepared to take on new challenges as they arise, and are motivated to make a difference. During volunteer orientation it's important to discuss:



- An overview of the school and the breakfast club, including the school's code of conduct, the breakfast club's mission, and guiding principles;
- An introduction to important individuals who are available to support volunteers, including: the school principal, breakfast club coordinator, and other engaged staff members;
- Information about the school including opening times, parking, staff washrooms, where keys to the program can be obtained and all safety procedures in place (volunteer sign in, fire drill and lock down procedures, etc.);
- A tour of the breakfast club facilities including where all supplies are stored, the location of the first aid kit and fire extinguisher, etc.;
- An overview of the program delivery model;
- Program operational details including what time breakfast is served and any morning routines in place (e.g. students line up or sit down to be served, students must wash hands before eating, student volunteer roles, attendance procedures, etc.);
- Safe food handling practices and procedures for responding to emergency situations (e.g. for choking or allergic reactions);
- Guidelines for interactions with students including behavioural management, breakfast club rules and routines, role modeling and encouraging healthy eating practices and other positive interactions with youth to promote self-esteem.

**It is essential that all volunteers submit a completed police background check prior to their first day volunteering at the breakfast club. This can be obtained at the local police station. Check with the school principal and local school board in advance for more details on the policies and procedures in place for school volunteers.**



## BRIGHT IDEAS

During orientation you should collect important personal information from all new volunteers. Keep these documents handy by adding them to the breakfast club binder.

See the "Additional Resources" section for a volunteer information template.



# RETAINING VOLUNTEERS



Once a dedicated and reliable team of volunteers has been established, what can be done to keep them motivated to return each morning? The key to managing breakfast club volunteers is following the 4 C's: coordinating, communicating, connecting and celebrating. A well-organized program in which the lines of communication are open and everyone feels respected will result in long-term volunteers that can truly identify with the breakfast club and its mission. Consider the following:

- Ensure volunteers know who they can talk to if they have any questions or concerns;
- Be flexible in letting volunteers choose roles based on their interest, experience, and availability;
- Ensure volunteers feel like part of the school community by inviting them to participate in special school events;
- Offer opportunities for personal growth and professional development, including, safe food handling certification or Breakfast Club of Canada training;
- They do not receive enough support from other volunteers;
- Ensure volunteers are well supported and appreciated;
- Encourage a friendly, supportive atmosphere. Make it fun for everyone!

The following are the most common reasons why volunteers may choose to end their commitment:

- There are differences between the volunteer responsibilities described to them and the reality of the breakfast club;
- The duties assigned to them are too routine or lacking variety;
- There is no one easily available to offer leadership or guidance in tricky situations;
- They receive no appreciation for their efforts;
- They do not receive enough support from other volunteers;
- They do not feel that their effort is making a difference;
- There are few opportunities to express creativity or demonstrate initiative;
- There is tension or conflict among volunteers;
- They are no longer able to make the time commitment.

# RECOGNIZING VOLUNTEERS



# THE GIFT OF TIME IS PRICELESS

The best way to keep volunteers excited, motivated and engaged is to recognize their efforts on a regular basis. Above all, volunteers want to know that their efforts are appreciated and that they are making a real difference in students' lives.

Volunteer recognition should be ongoing, personalized and part of the regular routine at the breakfast club.

## INFORMAL WAYS TO RECOGNIZE VOLUNTEERS

- Always remember to say thank you! Say it often and in many different ways. For example: leave notes from students and staff in special places, write it in the school newsletters, include it as part of the school P.A. announcements, post it on the fridge or a school bulletin board and say it at school assemblies. Be as specific as possible; volunteers will be happy to know that someone notices the little things they do that makes the club so special!
- Take the time to stop and talk with each volunteer every morning and encourage students to do the same. Ask them about their day and get to know them personally;
- Provide opportunities for volunteers to try new roles and learn new skills or share their talents with students;
- Invite volunteers to special school events, meetings, and professional development opportunities;
- Celebrate special occasions, holidays, and volunteers' birthdays.

## FORMAL WAYS TO RECOGNIZE VOLUNTEERS

- Present volunteers with a certificate of appreciation at a school assembly;
- Have students make special thank you cards for each volunteer;
- Hold a volunteer breakfast where volunteers are served by students and staff;
- Provide volunteers with special school privileges; this could also be based on hours or years of experience volunteering. For example, give the volunteer a special parking space or a free hot lunch for their child;
- Make a dedication to top volunteers. For example, name a favorite breakfast recipe after them, dedicate a new book to the school library in their honor, or dedicate a row in your school garden;
- Submit volunteers for a municipal, provincial or federal volunteer recognition program.

Always remember to say thank you!

Celebrate special occasions, holidays, and volunteers' birthdays

Take the time to stop and talk with each volunteer daily



# INVOLVING STUDENT VOLUNTEERS



Breakfast clubs present unique opportunities to engage and empower students by providing volunteer opportunities that promote life skills development, food and nutrition education, and leadership. They also provide opportunities for students to build positive relationships and self-esteem.

Involving student volunteers does not take a lot of extra effort. While there may be a few extra spills and the odd piece of burnt toast along the way, there are so many benefits to student involvement for both the student and the school.

- Breakfast clubs that include students are more sustainable and non-stigmatizing since they contribute to a sense of community ownership to the program in the school;
- Students have a chance to build meaningful relationships with parents and teachers outside of the classroom, ensuring they have access to a valuable role model that can help them be successful;
- Students that are actively involved in preparing healthy meals learn important life skills and healthy eating habits that will stick with them for the rest of their lives. They won't have to rely on convenience foods for nourishment as they will be armed with the tools and information they need to make responsible eating choices ;
- Students can learn a lot through their involvement in the kitchen. Cooking involves reading, writing, and mathematical skills and allows children to problem solve, think critically, and apply their knowledge while working in a team.

Whether you have 5 minutes or 50 to offer each morning, students will love the chance to help out! There are so many ways to get students involved at the breakfast club including:

## COOKING/FOOD PREPARATION

Students as young as kindergarten are capable of helping to prepare foods for the breakfast club with the right guidance and task in place. Whether it is making toast, pouring milk and cereal, or flipping pancakes, be sure students are assigned a job that they are excited about and can be successful at.

## SERVING

Students are excellent helpers for filling bins, delivering food to classrooms, helping younger students get their breakfast, or serving food to students in the breakfast room. They will learn great leadership skills along the way.

## MENU PLANNING

Students are more likely to eat healthy foods when they have a say in what is being served each morning. Involve students in menu planning by asking for their feedback on foods they want to see at the program. Be sure to give them all of the information they need to be successful when selecting foods including any nutritional guidelines and budget considerations.

## SET UP/CLEAN UP

Students can help with setting up and wiping down tables, sorting foods, clearing dishes, monitoring waste and hand washing stations, and pushing in chairs.

## DECORATING

Make the breakfast room welcoming and student-friendly by displaying art work and promoting healthy eating on bulletin boards. Students love to help with making posters, designing place mats, decorating bulletin boards, and making the food display beautiful.

## ACTIVITIES AND EVENTS

Utilize all the students' unique strengths and talents by encouraging them to share with the rest of the school. Students can play music during breakfast, start up a reading buddies or a homework help program, or plan fun activities for other students during breakfast.

# FOOD SKILL LEVELS

Vary the tasks assigned to student volunteers based on their current food skill level. Keep in mind that these levels will constantly be evolving as students gain more experience and confidence in the kitchen. Consult with the school administration to ensure that all tasks assigned to students comply with the safety regulations at the school.

SKILL LEVEL	SAMPLE KITCHEN TASKS
BEGINNING	Wash fruits and vegetables; pack grab bags with food; pack and deliver breakfast bins; remove eggshells from hard boiled eggs; mash, mix, peel and knead; press buttons on appliances; shake closed containers to mix; use scissors to cut; add ingredients, measure, stir, and pour with some assistance; help with setting tables and tidy up; use prepped foods to assemble breakfast item (e.g. breakfast burrito, trail mix, yogurt parfait); mix frozen juice.
EVOLVING	All of the above plus: use small appliances such as toasters, blenders, can openers, graters, microwaves, etc.; stir foods on the stovetop with supervision; butter toast; slice soft food items; plan a basic weekly menu by following a budget and going through store flyers; write on the grocery list when a food item is low; gather the proper equipment and ingredients needed for a recipe; plan and collect new recipes; follow simple recipes from start to finish; serve younger students; lead breakfast stations (e.g. juice table, hand washing station, cereal); take attendance.
EXPERIENCED	All of the above plus: using appropriate knives to slice and chop food items; follow more complex recipes from start to finish; use most kitchen appliances including stove and oven after instruction; plan full menus; budget; take a full leadership role in the running of the entire program.

# CURRICULUM CONNECTIONS

SUBJECT	KITCHEN CONNECTIONS
HEALTH AND PHYSICAL EDUCATION	Reading food labels; investigating and sorting food groups following <i>Canada's Food Guide</i> ; analyzing nutritional information found on common food items; practicing safety in the kitchen; menu planning; making healthy food choices
MATHEMATICS	Budgeting; counting; conducting surveys and opinion polls; graphing (student attendance polls or student opinions); working with fractions in recipes; measurement and problem solving in a real world context (e.g. if 50 students eat an apple and there are 8 apples in every bag, how many bags of apples do you need? If each bag of apples costs \$ how much money will we need to budget, factoring in taxes of 13%?)
LANGUAGE ARTS	Writing newsletter articles; persuasive writing (why it's important to eat breakfast with support from the school's breakfast program); procedural writing (how to complete a certain task or recipe); asking critical questions; reading food labels, disclaimers and instructions from cook books, etc.; examine media and marketing on food packaging and discuss how that affects our food choices.
ART	Making posters to advertise the breakfast program or need for volunteers; decorating the breakfast room and bulletin boards; creating food art.
GEOGRAPHY/ SOCIAL STUDIES	Researching and creating foods inspired by different cultures around the world; learning about global food systems; investigating our Canadian food heritage and traditional food sources; mapping where the food for the breakfast program came from on its journey from farm to table.
SCIENCE	Studying food systems and how certain foods affect our body and health; starting a school garden; investigating plants; examining food chains; conducting an experiment to test the validity of the "5-second rule"; observing and classifying chemical changes in food



# BUDGETING & FUNDRAISING





# BUDGETING AND FUNDRAISING



Breakfast Club of Canada supports community-based breakfast clubs by providing funding, kitchen equipment, food donations, resources, and support to schools across Canada. This funding is intended to be a sustainable source of partial funding for the breakfast club and actual program costs may exceed funding received from the Club. Schools are encouraged to diversify their sources of revenue by appealing to parents and the community to contribute to the success of the breakfast club whenever possible. Funding for the breakfast club should come from a variety of different sources, including: school fundraising, parental contributions, local and provincial not-for-profit organizations, service clubs, foundations, corporate sponsorship, and provincial or municipal governments, where available.

## EXPECTED PROGRAM COSTS

When estimating how much funding is needed to operate a school breakfast club, several things need to be considered:

- The number of students expected to attend the program on average each day.
- The number of days the program will run per school year. If the breakfast club is operating for 5 days/week, the national average is 165 days.
- The estimated cost to serve breakfast to one student per day. The national average is \$1.00

The average daily cost of breakfast per student may be more or less than the national average depending on the cost of food in a region and the type of menu offered each morning. If a breakfast club has already been established, determine the program's current cost per student per day by using the chart below:

	AMOUNT (EXAMPLE)	SCHOOL NUMBERS
A. TOTAL EXPENSES YEAR-TO-DATE	\$3800	
B. AVERAGE NUMBER OF STUDENTS PER DAY	50	
C. TOTAL NUMBER OF DAYS BREAKFAST HAS BEEN SERVED YEAR-TO-DATE	86	
<b>CURRENT FOOD COST PER STUDENT PER DAY (DIVIDE A/B/C)</b>	<b>\$0.88</b>	

Once all of the above information has been collected, determine the breakfast club's expected annual program costs by using the chart below:

	AMOUNT (EXAMPLE)	SCHOOL NUMBERS
A. AVERAGE NUMBER OF STUDENTS PER DAY	50	
B. AVERAGE DAILY COST PER STUDENT	\$1.00	
C. NUMBER OF DAYS SERVED PER YEAR	165	
<b>D. TOTAL FOOD COST PER YEAR</b> (MULTIPLY A x B x C)	\$8250	
E. MISCELLANEOUS COSTS (E.G. SUPPLIES, EQUIPMENT)	\$1000	
<b>TOTAL ESTIMATED COSTS</b> (ADD D+E)	\$9250	

Based on the estimated costs above, fill in the chart below to determine how much additional funding is needed to sustain the breakfast club for the entire school year.

	AMOUNT (EXAMPLE)	SCHOOL NUMBERS
<b>A. TOTAL ESTIMATED COSTS</b>	\$9250	
B. AMOUNT RECEIVED FROM BREAKFAST CLUB OF CANADA , IF APPLICABLE	\$5000	
C. AMOUNT RECEIVED FROM OTHER ORGANIZATIONS/ SCHOOL BOARD/FOUNDATIONS, ETC.	\$1000	
D. AMOUNT RECEIVED FROM LOCAL DONATIONS (E.G. LOCAL BUSINESS, PARENTS, FUNDRAISERS)	\$1000	
<b>AMOUNT NEEDED TO FUNDRAISE</b> (SUBTRACT A-B-C-D)	<b>\$2250</b>	

**REFLECTION:**

Does the fundraising amount seem achievable? If not, consider how to better budget program spending or fundraise more effectively.

# PARENTAL CONTRIBUTIONS

It is essential that all parents/guardians are aware of the breakfast club and are provided with opportunities to give back to the program. Parental contributions can be more than financial; parents/guardians can also provide value to the program by volunteering their time or providing in-kind donations of breakfast foods and equipment. That being said, it is important to note that the breakfast club welcomes all students regardless of their parents' ability or willingness to contribute.

Consider reaching out to parents/guardians by asking for support through the school newsletter, sending a letter home explaining the breakfast club at the beginning of the year, or by placing a coin box for donations at the main office.

**THE  
BREAKFAST  
CLUB  
WELCOMES  
ALL STUDENTS  
REGARDLESS  
OF THEIR  
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ABILITY OR  
WILLINGNESS  
TO  
CONTRIBUTE.**



See the "Additional Resources" section for a sample letter to parents/guardians

# FUNDRAISING THE HEALTHY WAY

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When planning a fundraiser for the breakfast club, schools are encouraged to choose only healthy fundraising initiatives. This allows the school to send a strong, consistent health message to students and reinforces the values taught every morning at the breakfast club.

The following are 10 fantastic fundraiser ideas collected from schools across Canada:

## 1 SCHOOL COMMUNITY BREAKFAST

Invite members of the school community to have breakfast with the students in exchange for a small fee or a donation.

## 2 PANCAKE PARTY

Make homemade whole wheat pancake mix from bulk ingredients. Portion and package the ingredients into nice containers, attach recipe directions and add a personalized message or school logo. Sell to staff, parents and community members.

## 3 GARB-A-THON

Sell garbage bags to parents, teachers and community members for \$1-5 each. Once sold, students and volunteers from the breakfast club (and anyone else who's willing) will commit to filling that bag with garbage by cleaning up areas around the school and/or community. Healthy Schools = Healthy Communities.

## 4 BREAKFAST DAY

Hold a breakfast food drive at the school and ask students to donate their favorite breakfast item. Make sure to send a detailed list of items that meet nutritional guidelines home with students to ensure the food being donated meets the breakfast club's nutritional standards. Invite parents to get their workplace involved. You can also designate one breakfast food to each grade, for example:

**Grade 1** – Oats

**Grade 2** – Fruit

**Grade 3** – Yogurt

**etc.**

## 5 CREATIVE COOKBOOKS

Create and print a cookbook with the school's favorite healthy recipes and ideas from the breakfast club. Approach local businesses to purchase advertising space in the cookbook.



## 6 BREAKFAST-BOX AUCTION

Each class makes a creative themed breakfast to be sold to parents or auctioned off during special events at the school or during parent-teacher interviews. Be sure to select foods that can be served safely at room temperature.

## 7 WAKE UP AND WALK FOR BREAKFAST

Host a walk-a-thon or a dance-a-thon that includes school and community members. Have each participant raise funds for their participation with all proceeds going back into the breakfast program. Include friendly competitions between students and teachers to up the ante.

## 8 FRUIT-GRAMS

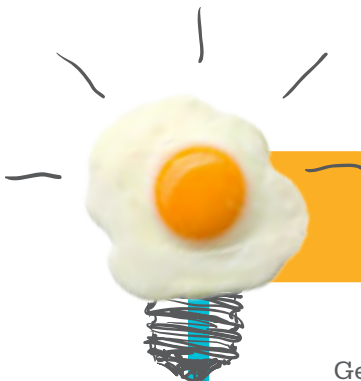
Sell fruit-grams or fruit smoothies for special holidays at school. Students purchase a fruit-gram and write a special note to be sent with the fruit as a gift for their friends. On the chosen delivery day or holiday, the fruit and special note is delivered to the students in their classroom.

## 9 GRANDPARENTS' DAY (FAMILY DAY)

Host a breakfast for parents, grandparents, and community members for a small cost on the weekend. The event could include other activities as well including a silent auction and a volunteer appreciation ceremony. This may also be a good opportunity to provide parents with information on the breakfast program and other healthy initiatives happening at the school.

## 10 KID'S NIGHT

Host a special night of fun and activities in the school for students after school hours for a small fee. Students get to spend time with their friends and socialize, and parents get a few hours to themselves. This is especially lucrative around busy times of the year (e.g. the Holiday Season)



## BRIGHT IDEAS

Get students excited about participating in the fundraiser by providing healthy prizes for the top fundraisers. Other categories can also be added including “best sales pitch” and “best effort”. Hold random draws for all students participating and give away extra ballots to students who are “caught being healthy” throughout the school day.

Choose prizes that promote healthy habits, for example: a free ticket to the school dance, first choice of equipment during recess, a special breakfast with the principal, choosing the menu for a special breakfast in their honour, a get out of homework free card, or extra free time to do an activity they love.

# SOLICITING SUPPORT FROM THE COMMUNITY

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Many people, businesses and groups in the community may be willing to support the breakfast club. All you have to do is ask!

- Write a letter to local businesses detailing the specific need at the breakfast club;
- Connect with local service groups, professional associations or faith groups. They may be willing to support the program or hold a fundraiser on your behalf;
- Develop strong relationships with managers at local grocery stores. They may be able to give special discounts, collect coupons, inform you of upcoming sale items, make special orders during great sales, or reach out to their suppliers for food donations;
- Search and apply for grants from community foundations and other not-for-profit organizations;
- Ask parents to reach out at their workplace or hold a fundraiser to support the breakfast club;
- Write an article about the breakfast club in the local newspaper and ask community members for their support.



See the "Additional Resources" section for a sample fundraising letter.

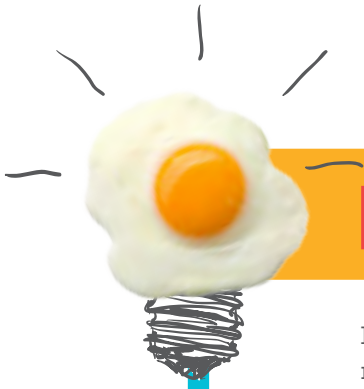
# MAXIMIZING FOOD DOLLARS



When shopping for breakfast foods to feed the whole school, it's easy for the grocery bills to quickly add up. In order to help stretch food funding, developing a comprehensive budget at the start of the school year is necessary. When thinking about ways to save at the cash register, it's important to consider not only the dollar value, but also the nutritional value of the food being purchased.

The following tips are meant to help volunteers shop more effectively and maximize their food funding in order to ensure all students have access to the most important meal of the day.

- Before going to the grocery store, plan the menu and shop with a list;
- Look out for sales in weekly flyers, plan what stores to shop at based on the best prices and be flexible with the menu. If bananas were planned for the week but apples are on sale, change the menu to substitute the sale item;
- Order through a food distribution company, school cafeteria, or school milk program when possible. Look for food distributors that offer free delivery;
- Partner with other schools and organizations to combine food orders;
- Buy in bulk or shop wholesale;
- Choose store brands. Often the store name or no name version are of equal nutritional value at a lower price;
- Use coupons when possible;
- Buy produce in season. Produce that is in season is fresher, tastier and cheaper. Seasonal availability guides can be accessed through the provincial or territorial Department of Agriculture;
- Buy local. Link with a local farm or farmer's market;
- Establish a school or community garden to grow your own vegetables;
- Serve canned or frozen products when the particular fruit or vegetable is not in season. Choose low-sodium or salt-free vegetables, and fruit packed in water or 100% fruit juice;
- Mix higher fiber cereals, which tend to be more expensive, with those that are more likely to go on sale;
- Serve hot cereals more often. Serve plain oats, not the artificially flavored and sweetened packages, and add flavor for a low cost by incorporating raisins, cinnamon and applesauce;
- Only buy whole grain bread for the best nutritional value;
- Connect with a local bakery to get discounts on day-old bread;
- Serve alternatives to meat including eggs, hummus, or soy nut butter;
- Stock up on items when they are on sale and freeze them. Milk can be frozen for up to six weeks, yogurt can be frozen to make frozen yogurt pops or smoothies, and cheese can also be frozen (we recommend grating it first);
- Convenience foods are always more expensive; prepare the portions from whole food whenever possible (e.g. chop fruit and veggies, slice or grate cheese, portion yogurt in cups or bowls, portion cereal, etc.)

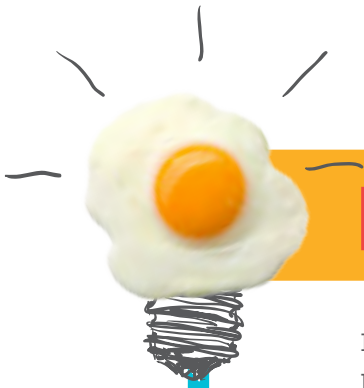


## BRIGHT IDEAS

If some of these tips aren't realistic due to limited preparation time in the morning, consider seeking a volunteer to fill the role of Prep Chef.

Prep chef is a flexible position that can be done anytime during the day or after school by a parent, teacher, or student volunteer, including food skills classes. The prep chef is responsible for prepping food to be served the next day or week. For example: washing and chopping fruits and vegetables, portioning crackers or dry cereals in baggies, boiling eggs, baking muffins or granola bars, making pancakes and freezing them, grating or slicing cheese into individual portions, and much more.

Note that for food safety purposes it is required that all food is prepared at school or in a certified kitchen and not at a volunteer's home.



## BRIGHT IDEAS

Look for the unit price when shopping. The unit price breaks the ticket price down to the cost per liter, kilogram, etc. and is usually found on the product price tag attached to the shelf. This information makes it easy to quickly compare different items to find which one has the best value.

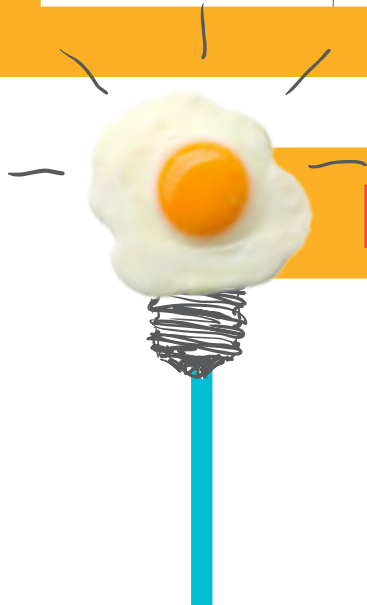




# PURCHASING GUIDE



ITEM	QUANTITY	SERVING SIZE	50 CHILDREN	200 CHILDREN
<b>GRAINS</b>				
Whole Wheat Bread	15 slices per bag	1 slice	4 bags	14 bags
Whole Wheat Bagel	6 bagels per bag	½ bagel	5 bags	17 bags
Whole Wheat Crackers	30 per sleeve	10 crackers	5 boxes	17 boxes
<b>DAIRY</b>				
Milk (white)	4L jugs or bags	250 ml	4 jugs or bags	13 jugs or bags
Yogurt	12 per package (100ml)	175 ml	8 packages	30 packages
Block Cheese	525 g	50 g	5 blocks	20 blocks
<b>FRUITS &amp; VEGETABLES</b>				
Cucumbers	12 wedges per cucumber	3 wedges	13 cucumbers	50 cucumbers
Carrots	88 pieces per 2lb bag	8 pieces	5 bags	19 bags
Apples	50 per bag	1 whole	1 bag	4 bags
Banana	100 per case	1 whole	½ case	2 case
Grapes	10 servings per bag	10 grapes	5 bags	20 bags



## BRIGHT IDEAS

You can determine the food cost per serving when menu planning with this simple calculation:

- Package Size/Serving Size = Number of Servings
- Price of Item/Number of Servings = Food Cost Per Serving



# NUTRITION



Breakfast  
**CLUB**  
of Canada

# NUTRITION

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Schools play a vital role in creating healthy environments that promote and support healthy eating habits for all students. Most children and youth spend a majority of their time at school, and therefore the foods consumed at school contribute significantly to the overall quality of their diet. Eating a balanced breakfast every morning is one of the simplest things that can be done to ensure students' bodies and brains are receiving the vital nutrients they need. Nutrition impacts cognitive performance and much of the research in this area has shown links to the benefits of breakfast consumption .

Well-nourished children and youth are better prepared to learn, be active, and maintain their overall health and wellness. Schools can positively impact students' long term physical and mental health by teaching and modeling healthy eating habits and behaviors as well as engaging students in food and nutrition education.

This section contains nutrition information, menu planning ideas, and tips to support breakfast program coordinators in planning a healthy and nutritious breakfast that will satisfy the pickiest of food critics - the students.



**HEALTHY  
STUDENTS  
=  
HEALTHY  
FUTURES**

# SCHOOL NUTRITION POLICIES AND GUIDELINES

All Canadian provinces and territories have a nutrition policy and/or guidelines in place related to the foods served to children and youth in a school setting. The goal of a school nutrition policy is to equip schools with the tools and support they need to create a healthy school environment which provides and promotes healthy food choices and healthy attitudes about food. Policies and guidelines also allow schools to increase the availability and appeal of healthier food choices, and to teach and model healthy eating behaviours.

It is important that all breakfast clubs respect the school nutrition policy and/or guidelines in place for the province or territory in which the school resides.

PROVINCE/TERRITORY	SCHOOL NUTRITION POLICY AND/OR GUIDELINES
ALBERTA	Alberta Nutrition Guidelines for Children and Youth
BRITISH COLUMBIA	Guidelines for Food and Beverage Sales in BC Schools
MANITOBA	Manitoba School Nutrition Handbook
NEW BRUNSWICK	New Brunswick Policy 711: Healthier Eating and Nutrition in School
NEWFOUNDLAND AND LABRADOR	Newfoundland and Labrador School Food Guidelines
NORTHWEST TERRITORIES	Northwest Territories Healthy Foods in Facilities
NOVA SCOTIA	Food and Nutrition Policy for Nova Scotia Public Schools
NUNAVUT	Nutrition in Nunavut: A Framework for Action
ONTARIO	Ontario Student Nutrition Program Nutrition Guidelines; PPM 150: School Food and Beverage Policy
PRINCE EDWARD ISLAND	Prince Edward Island School Nutrition Policy
QUEBEC	Going the Healthy Route at School; Quebec Healthy School Menus
SASKATCHEWAN	Nourishing Minds: Eat Well, Learn Well, Live Well
YUKON	Yukon School Nutrition Policy



# EATING WELL WITH CANADA'S FOOD GUIDE

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As a national standard for all Canadians, Health Canada has developed a comprehensive guide to help consumers make good food choices. *Canada's Food Guide* includes:

- Vegetables and Fruit;
- Whole Grain Products;
- Protein Foods;
- Water as a drink of choice.

Electronic or hard copies of *Eating Well with Canada's Food Guide* are easily obtained free of charge by visiting the Health Canada website ([www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)).

# THE CLUB'S NUTRITION CRITERIA

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In order to ensure all breakfast clubs are as healthy and inclusive as possible, Breakfast Club of Canada has established a set of nutrition criteria for our schools and partners. These are the most important factors to consider when planning a nutritious breakfast menu:

- Offer a nutritious menu that includes a variety of healthy foods (from *Eating Well with Canada's Food Guide*) on a daily basis;
- Accommodate individual needs of students in regards to food sensitivities and allergies;
- Offer food and beverages that are culturally-appropriate for all students;
- Allow adequate time for children and youth to eat;
- Prepare, store, and serve food and beverages using safe food handling practices in accordance with provincial/territorial regulations;
- Promote healthy eating through positive role modeling and food and nutrition education.

# PLANNING A BREAKFAST MENU

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The breakfast club menu is unique to each school and its students. When developing a menu plan, it's important to consider the following:

- Number of breakfast program volunteers;
- Volunteers' food skills;
- Time available for food preparation;
- Kitchen space and equipment;
- Budget;
- Nutrition, based on your provincial/territorial school nutrition policy and the Club's nutrition criteria;
- Number of students that need to be served each day;
- Breakfast program delivery model (i.e. sit down breakfast, grab and go, classroom bins);
- Location where breakfast will be eaten;
- Students' cultural and religious practices that impact food intake;
- Students' food sensitivities and allergies;
- Foods that are available for purchase;
- Fresh ingredients that are available locally and in-season.

Creating a breakfast club menu can be as simple as serving foods from 3 of the 4 food groups each day. For example, whole grain toast with yogurt and a piece of fruit. In order to increase variety, it is recommended that schools develop a 1 or 2 week menu plan.

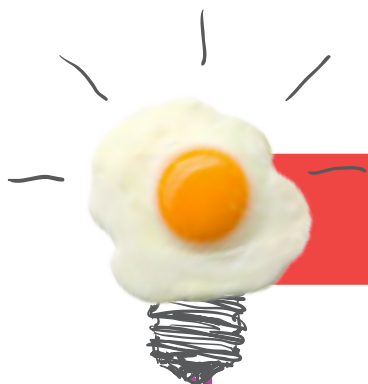


**CREATING A  
BREAKFAST  
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# INCLUSIVE DIETARY PRACTICES

Students come from a variety of backgrounds, cultures, and religious affiliations; therefore, it is crucial that the breakfast club honours this reality for all students. Being aware of the school's cultural demographics will help you create an inclusive menu which respects each student's dietary needs.

Creating an inclusive breakfast space requires consideration of the unique nature of food preferences, sensitivities and religious dietary practices. Support can be found in this area through Breakfast Club of Canada, your local public health unit, cultural organizations in the community, and the school administration, who may be better able to provide guidance as to the particular demographics of each school.



## BRIGHT IDEAS

Post the weekly menu on a Breakfast Club of Canada menu planner and hang it in a visible location for students to see what food is being offered. Advertise the menu in the school newsletter so parents are aware. Consider serving some food items on the same day each week/month to establish a routine that students will look forward to. For example: Smoothie Fridays, Egg Muffin Mondays, etc.

For more great breakfast menu ideas and recipes, or to request a copy of the Breakfast Club of Canada menu planner, please connect with a Club coordinator or visit our website at: [www.breakfastclubcanada.org](http://www.breakfastclubcanada.org)

# SAMPLE BREAKFAST MENUS

BELOW ARE FOUR SAMPLE BREAKFAST MENUS, DEVELOPED BY BREAKFAST CLUB OF CANADA'S NUTRITION PROFESSIONALS. THEY INCLUDE A VARIETY OF FOODS THAT CHILDREN ENJOY AND ACCOMMODATE VARIOUS BREAKFAST DELIVERY MODELS. THE MENU PLANS ARE CONSISTENT WITH *EATING WELL WITH CANADA'S FOOD GUIDE*.

# BIN AND SIT DOWN BREAKFAST MENU EXAMPLE 1

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHER
<b>MONDAY</b>	Tomato & cucumber slices	1/2 whole wheat (ww) bagel	1 cup of milk		Cream cheese
<b>INSTRUCTIONS</b>	Spread cream cheese on bagel. Add cucumber and tomato slices. Sprinkle with dried basil.				
<b>TUESDAY</b>	1/2 banana, sliced	1/4 cup quick oats	1/2 cup of milk	Sliced almonds	Cinnamon, honey
<b>INSTRUCTIONS</b>	Cook oatmeal in a large batch, or portion out individual servings and pour hot water over. Top with sliced bananas, milk, cinnamon and honey.				
<b>OTHER TOPPINGS</b>	Fresh or frozen fruit of your choice, a variety of dried fruits, seeds (sunflower, pumpkin, hemp), nuts, ground flax, apple sauce, canned crushed pineapple.				
<b>SWEETENER OPTIONS</b>	Use sugar sparingly. Portion out 1 tsp for each student. Consider using honey, maple syrup, fruit sugars, instead of white or brown sugar.				
<b>WEDNESDAY</b>	Small apple	1 slice ww bread, toasted		Hard boiled egg	Juice
<b>THURSDAY</b>	1/2 cup frozen berries	1/4 cup old fashioned oats (uncooked)	1/2 cup of yogurt		Cinnamon, honey
<b>INSTRUCTIONS</b>	Create your own breakfast parfaits. Layer yogurt, fruit and oats in a cup or a bowl. Top with cinnamon. If using plain yogurt, drizzle with honey for sweetness.				
<b>SUBSTITUTIONS</b>	Substitute frozen berries with any fresh/frozen fruit. Substitute oats with bran flakes, corn flakes or oat o's cereal				
<b>FRIDAY</b>	Orange	Bran muffin	2 cheese slices		
<b>TIP</b>	Buy a block of real cheese and slice. Look for muffins with less than 3 g of fat, less than 6 g of sugar, and fiber content of 2 g or more.				

# BIN AND SIT DOWN BREAKFAST MENU EXAMPLE 2

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHER
MONDAY	1 banana	Large whole wheat (ww) tortilla	1 cup of milk	Almond butter/ soy butter	
<b>INSTRUCTIONS</b>	Spread nut butter/soy butter on tortilla, slice up banana and roll up. Cut in half and serve. Makes 2 servings.				
TUESDAY	Cut up veggies	Whole grain crackers/pita		Homemade hummus	
WEDNESDAY	Strawberries	ww english muffin	Slice of real cheese	Fried egg	
<b>INSTRUCTIONS</b>	Toast english muffin, fry up the egg, slice the cheese, stack and serve!				
THURSDAY	Frozen berries and banana	Oatmeal	Greek yogurt		Juice
<b>INSTRUCTIONS</b>	Mix fruit, yogurt and juice together in a blender and serve with a bowl of oatmeal.				
<b>TIP</b>	Substitute milk or water for juice. Use your favorite combination of fruits. Don't be afraid to use spinach and other greens!				
FRIDAY	Peppers and mushrooms	Large ww tortilla	Shredded cheese		Salsa
<b>INSTRUCTIONS</b>	Saute veggies until soft, lay tortilla on baking sheet, spread salsa, veggies and grated cheese. Top with another tortilla and bake until cheese melts. Cut into 4 wedges and serve. Serves 4.				



# BIN AND SIT-DOWN BREAKFAST MENU

## WEEK 1

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHER
<b>Open Faced Hard-boiled Egg and Tomato Sandwich</b>					
<b>MONDAY</b>	Tomato slice	½ whole wheat English muffin	Shredded mozzarella cheese	Hard-boiled egg	100% fruit juice
<b>INSTRUCTIONS</b>	Toast English muffin, layer on tomato slice, sliced hard-boiled egg, grated cheese & oregano.				
<b>Blueberry Yogurt with Granola</b>					
<b>TUESDAY</b>	Blueberries	Granola pieces	½ cup plain Greek yogurt		Cinnamon
<b>INSTRUCTIONS</b>	Combine blueberries and cinnamon in yogurt, then top with granola pieces.				
<b>OTHER TOPPINGS</b>	Seeds such as chia, flax, pumpkin or sunflower.				
<b>SWEETENER OPTIONS</b>	Mix a spoonful of unsweetened applesauce or crushed pineapple with plain Greek yogurt.				
<b>Ham and Cheese Scrambled Eggs</b>					
<b>WEDNESDAY</b>	Apple		Milk	Eggs, ham	Chives
<b>INSTRUCTIONS</b>	Scramble eggs, add ham and chives.				
<b>Cheese and Apple Quesadilla</b>					
<b>THURSDAY</b>	Granny Smith apple slices	Whole wheat tortillas	Sharp cheddar cheese		100% fruit juice
<b>INSTRUCTIONS</b>	Fold tortillas in half and fill with grated cheese and apple slices, heat until cheese melts and cut into wedges.				
<b>Greek Pita Pocket</b>					
<b>FRIDAY</b>	Cucumber, bell pepper and grated carrot	Whole wheat pita (cut in half)	Crumbled feta cheese	Hummus	Water to drink
<b>INSTRUCTIONS</b>	Combine hummus spread, veggies and cheese in half of a whole wheat pita pocket.				

# BIN AND SIT-DOWN BREAKFAST MENU

## WEEK 2

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHER
<b>Homemade Muffin and Fruit</b>					
<b>MONDAY</b>	Apple	Homemade blueberry bran muffin	Milk		
<b>INSTRUCTIONS</b>	Visit Breakfast Club of Canada's Nutrition Blog for homemade muffin recipes.				
<b>Berry Smoothie</b>					
<b>TUESDAY</b>	Frozen berries or banana	Homemade granola bar	Plain Greek yogurt		100% fruit juice
<b>INSTRUCTIONS</b>	Make a smoothie by blending berries, plain yogurt and juice, add water for desired consistency.				
<b>OTHER TOPPINGS</b>	Add leafy greens, chia or flax seeds for extra fibre and nutrients.				
<b>SWEETENER OPTIONS</b>	If your students like sweeter smoothie, add more fruit.				
<b>Fried Egg Sandwich</b>					
<b>WEDNESDAY</b>	Orange	2 slices whole grain toast	Milk	Fried egg	
<b>INSTRUCTIONS</b>	Make a breakfast sandwich with eggs and toast (use hummus instead of butter).				
<b>Oatmeal Smoothie Bowl</b>					
<b>THURSDAY</b>	Banana	Oatmeal	Milk	Nut or seed butter	Cinnamon
<b>INSTRUCTIONS</b>	In a blender, blend banana, milk, nut butter, cocoa and cinnamon. Mix with cooked oatmeal.				
<b>Ricotta Toast with Strawberries and Honey</b>					
<b>FRIDAY</b>	Strawberries (diced)	½ whole grain bagel	Ricotta cheese or plain cream cheese		Honey
<b>INSTRUCTIONS</b>	Spread cheese on bagel, spread strawberries evenly on bagel and drizzle with honey.				

# SIT-DOWN BREAKFAST MENU

## WEEK 3

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHER
<b>Berry Yogurt Delight</b>					
<b>MONDAY</b>	½ cup frozen mixed berries	½ cup granola	½ cup plain or vanilla yogurt		1 tbsp honey (optional)
<b>INSTRUCTIONS</b>	Place frozen berries in bowl and cover with yogurt. Add granola and drizzle honey.				
<b>Breakfast Burrito</b>					
<b>TUESDAY</b>	½ cup spinach	½ whole wheat tortilla	handful cheddar cheese (optional)	1 scrambled egg	ketchup
<b>INSTRUCTIONS</b>	Melt cheese on scrambled egg, add spinach on top, wrap into a burrito and serve.				
<b>Banana Open Faced Sandwich</b>					
<b>WEDNESDAY</b>	½ banana	1 slice whole wheat bread		1 tbsp Wowbutter or alternative	
<b>INSTRUCTIONS</b>	Spread Wowbutter on toasted bread, add banana slices, top with honey and cinnamon.				
<b>Eggcellent English Muffin Sandwich</b>					
<b>THURSDAY</b>	slice of tomato handful spinach	1 whole wheat English muffin	slice of cheese (optional)	1 egg	salt and pepper
<b>INSTRUCTIONS</b>	Add spinach, tomato, and cheese on toasted English muffin. Add fried or scrambled egg on top.				
<b>Strawberry Banana Smoothie</b>					
<b>FRIDAY</b>	3 bananas 3 cups berries 3 cups spinach		1 ¼ cup yogurt 5 cups milk or water		
<b>INSTRUCTIONS</b>	Mix all ingredients in blender and blend. Serves 10.				

# SIT-DOWN BREAKFAST MENU

## WEEK 4

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHER
<b>Banana French Toast</b>					
<b>MONDAY</b>	1 sliced banana	1 slice whole wheat bread	¼ cup milk	1 egg	dash cinnamon (optional)
<b>INSTRUCTIONS</b>	Whisk eggs, milk, and cinnamon in bowl. Dip bread in mixture and fry till bread is lightly brown on each side. Serve topped with banana slices.				
<b>Apple Pie Oatmeal</b>					
<b>TUESDAY</b>	5 large apples 5 cups unsweet apple sauce	3 ½ cups rolled oats	10 cups milk		½ cup bran 3 tbsp cinnamon drizzle of honey
<b>INSTRUCTIONS</b>	Dice apple. In pot over low heat, whisk together all ingredients, except honey. Cook over med. heat for 9-15 minutes, stirring till oats soften. Pour into dish and top with honey. Serves 10				
<b>Happy Cream Cheese Bagels</b>					
<b>WEDNESDAY</b>	1 cucumber 2 tomatoes	5 whole wheat bagels	1 cup plain cream cheese		
<b>INSTRUCTIONS</b>	Halve the bagels and toast. Spread cream cheese and add sliced cucumber and tomatoes. Serve open-faced.				
<b>Mini Egg and Veggie Frittatas</b>					
<b>THURSDAY</b>	2 cups chopped veggies	10 slices whole wheat bread	10 cups shredded cheese	10 eggs	salt & pepper muffin liners
<b>INSTRUCTIONS</b>	Preheat oven to 375, add muffin liners to muffin tin and fill 1/2 with veggie mix. Whisk eggs with salt & pepper, add egg mix to muffin liner till 3/4 full, top with cheese and bake 18-20 minutes.				
<b>Nutty Banana Smoothie</b>					
<b>FRIDAY</b>	7 bananas 2 avocados (optional)		2 cups plain yogurt 3 cups milk (2%)	7 tbsp Wowbutter or alternative	7 cups ice 7 tbsp cocoa (optional)
<b>INSTRUCTIONS</b>	Mix all ingredients in blender and blend. Serves 10.				

# SIT-DOWN BREAKFAST MENU

## WEEK 5

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHER
<b>Cobs Almond Butter Crunch</b>					
<b>MONDAY</b>	1 tbsp shredded carrot, 1 tsp currants	1 slice whole grain toast		1 tbsp almond butter 1 tsp sunflower seeds	honey
<b>INSTRUCTIONS</b>	On toast, spread almond butter (or Wowbutter), shredded carrot, currants (or raisins), sunflower seeds, drizzle of honey.				
<b>Berry Smoothie</b>					
<b>TUESDAY</b>	2 cups berries 3 bananas 2 avocados	7 tbsp wheat germ / bran	5 cups milk 1 cup plain yogurt		
<b>INSTRUCTIONS</b>	Blend all ingredients and serve in cups. Serves 10.				
<b>Avacado Egg Toast</b>					
<b>WEDNESDAY</b>	5 avocados 4 cucumbers	10 slices whole wheat bread	1 cup plain yogurt	10 eggs hard-boiled	salt & pepper
<b>INSTRUCTIONS</b>	In a bowl, mash together peeled and chopped eggs, avocado, yogurt, salt & pepper. Add mixture and cucumber slices to toasted bread. Serves 10.				
<b>Oatmeal Yogurt Cups</b>					
<b>THURSDAY</b>	2 bananas	1 ½ cups oats 1 cup wheat bran / germ	plain yogurt		1/3 cup honey 1 tsp cinnamon
<b>INSTRUCTIONS</b>	In a bowl, mash bananas and honey. Add oats and cinnamon and combine. Spoon mixture into muffin tins, pressing down centre to make cups. Bake 10-15 mins at 175. Top with yogurt and fruit.				
<b>Wowbutter Cereal Bars</b>					
<b>FRIDAY</b>	2 tbsp raisins or cranberries	4 cups rice crispies		1 cup Wowbutter or alternative	½ cup honey
<b>INSTRUCTIONS</b>	Heat Wowbutter and honey in microwave. Mix dried fruit and cereal in bowl and add Wowbutter mixture. Pour everything into lined baking pan and freeze for 1-2 hours. Cut and serve.				



# SIT-DOWN BREAKFAST MENU

## WEEK 6

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHER
<b>Pizza Bagel</b>					
<b>MONDAY</b>	2 cups tomato paste 2 cups spinach	5 whole wheat bagels	2 cups shredded cheese		
<b>INSTRUCTIONS</b>	Slice bagels in half, spread tomato paste on one half and sprinkle spinach and cheese over. Place bagels in baking sheet and bake at 375 till cheese is melted. Serves 10.				
<b>Tortilla Roll Ups</b>					
<b>TUESDAY</b>	2 cups spinach	5 whole wheat tortillas	2 cups shredded cheese	5 slices deli meat (turkey)	1 ½ cup cream cheese
<b>INSTRUCTIONS</b>	Spread thin layer of cream cheese on tortilla. Add shredded meat, cheese and roll tortilla up, adding a bit of cream cheese at end to stick tortilla together. Cut in halves and serve.				
<b>Creamy Pumpkin Oatmeal</b>					
<b>WEDNESDAY</b>	2 ½ cups pumpkin puree	3.3 cups quick oats 1.5 cups wheat germ or bran	5 cups milk		10 tbsp honey or maple syrup
<b>INSTRUCTIONS</b>	Heat milk until steaming. Combine oats, pumpkin, and germ/bran in a bowl. Pour hot milk over oat mixture and stir well to combine. Let sit for 15 minutes. Serve as topped with honey.				
<b>Energy Booster Smoothie</b>					
<b>THURSDAY</b>	10 cups frozen fruit 2 ½ cups veggies	5 tbsp wheat germ or bran	5 cups milk		
<b>INSTRUCTIONS</b>	Blend all ingredients till smooth and serve. Works best with spinach, kale, avocado, or carrots. Serves 10.				
<b>Breakfast Quesadilla</b>					
<b>FRIDAY</b>	2 cups spinach	10 whole wheat tortillas	2 cups cheddar cheese, shredded		
<b>INSTRUCTIONS</b>	Sprinkle spinach and cheese on half the tortilla. Fold over and warm for 5 minutes at 400, or 45 seconds in a microwave. Serves 10.				

# GRAB AND GO BREAKFAST MENU EXAMPLE 1

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHER
MONDAY	Apple	Granola bar	Cheese string		
TIP	See Breakfast Club of Canada's list of approved Sweetened Grain Based Snacks for healthier granola bars options on the nutrition section of our website <a href="http://www.breakfastclubcanada.org">www.breakfastclubcanada.org</a>				
TUESDAY	Grapes	Whole grain/rice crackers	Single serving yogurt		
WEDNESDAY	Carrots	Whole grain muffin	Milk carton		
TIP	Look for muffins with less than 3 g of fat, less than 6 g of sugar, and fibre content of 2 g or more. Portion out carrots into individual bags for easy grab and go.				
THURSDAY	Pear	1/2 whole wheat (ww) bagel	Portion of skim milk cheese		Juice box
FRIDAY	Orange	Slice of bread	Milk carton (250 ml)	Nut/Pea/Soy butter	
TIP	Homemade muffins, bars, banana breads and breakfast cookies are great options for your breakfast program. Can be made ahead of time and frozen.				

# GRAB AND GO BREAKFAST MENU EXAMPLE 2

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHERS
<b>MONDAY</b>	Orange	Breakfast cookie	Yogurt tube		
<b>TIP</b>	Homemade breakfast cookies, muffins, bars, and banana breads are great options for your breakfast program. Can be made ahead of time and frozen.				
<b>TUESDAY</b>	Applesauce	Whole wheat (ww) english muffin		Hard boiled egg	
<b>TIP</b>	Choose unsweetened applesauce.				
<b>WEDNESDAY</b>	Snap peas	Whole grain/rice crackers	Individually packaged cheese		
<b>THURSDAY</b>	Apple	Granola bar	Milk carton		
<b>TIP</b>	See Breakfast Club of Canada's list of approved Sweetened Grain Based Snacks for healthier granola bars options on the nutrition section of our website <a href="http://www.breakfastclubcanada.org">www.breakfastclubcanada.org</a>				
<b>FRIDAY</b>	Banana	Whole wheat (ww) pita		Nut/Pea/ Soy butter	Juice
<b>TIP</b>	Spread nut/pea/soy butter in whole wheat (ww) pita. Add sliced bananas.				

# GRAB-AND-GO BREAKFAST MENU

## WEEK 1

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHER
Granola Bar with Yogurt and Fruit					
MONDAY	Apple	High fibre granola bar	Milk		
INSTRUCTIONS	Pre-slice apples for easier access and especially for young children.				
Bagel with Peanut Butter and Sliced Banana					
TUESDAY	Banana	½ whole wheat bagel	Milk	Nut or seed butter	
INSTRUCTIONS	Spread nut butter on bagel, slice banana and spread evenly on bagel.				
Raspberry Avocado Smoothie					
WEDNESDAY	Frozen raspberries and avocado	Oatmeal	Yogurt cup		100% fruit juice
INSTRUCTIONS	Blend frozen raspberries, oatmeal, avocado, ice cubes and orange juice for a filling smoothie. Serve with a yogurt cup.				
Chocolate Smoothie					
THURSDAY	Avocado and dates	Homemade energy balls	Unsweetened Vanilla non-dairy milk		Cocoa powder
INSTRUCTIONS	Blend milk, avocado, dates, cocoa powder and ice cubes for a unique smoothie.				
Yogurt Parfait					
FRIDAY	Berries and sliced banana	Granola pieces	Plain Greek yogurt	Sliced unsalted almonds	
INSTRUCTIONS	Add berries, banana, granola pieces and sliced almonds to yogurt.				

# GRAB-AND-GO BREAKFAST MENU

## WEEK 2

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHER
Cottage Cheese with Blueberries					
MONDAY	Frozen blueberries	High fibre granola bar	Cottage cheese		100% fruit juice
INSTRUCTIONS	Thaw blueberries and mix with cottage cheese. Portion in cups.				
Cheese and Crackers					
TUESDAY	Red grapes	Whole grain crackers	Mozzarella cheese		100% fruit juice
INSTRUCTIONS	Slice cheese and serve on crackers with grapes on the side.				
Homemade Muffins					
WEDNESDAY	Unsweetened apple sauce	Banana oatmeal muffin	Yogurt cup		
INSTRUCTIONS	Make high fibre muffins from scratch to save money and boost nutrition.				
Trail Mix					
THURSDAY	Dried apricots and raisins	Whole grain oats and shredded wheat cereal	Milk	Unsalted nuts or seeds	
INSTRUCTIONS	Combine dried fruit, cereal, nuts and seeds in a small baggie or cup for delicious trail mix.				
Hard-boiled Eggs					
FRIDAY	Watermelon wedges		Yogurt cup	Boiled egg	
INSTRUCTIONS	Keep your Grab and Go menu simple! Focus on fibre from fruits, vegetables and whole grains, as well as protein from dairy, meat and alternatives.				



# GRAB-AND-GO BREAKFAST MENU

## WEEK 3

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHER
Apple, Granola Bar and Milk					
MONDAY	½ apple	1 healthy granola bar	1 cup milk		
INSTRUCTIONS	Serve sliced apples with granola bar and milk.				
Apple & Cheese Toast					
TUESDAY	½ apple	1 slice whole wheat toast	1 slice cheddar cheese		
INSTRUCTIONS	Add sliced cheese to toast. Serve with halved apple.				
Granola Trail Mix & Milk					
WEDNESDAY	3 tbsp dried cranberries	½ cup granola	1 cup milk	2 tsp sunflower seeds	
INSTRUCTIONS	Mix sunflower seeds with granola and cranberries. Serve milk on side.				
Banana Wowbutter Roll Up					
THURSDAY	½ banana	1 whole wheat tortilla		1 tbsp Wowbutter or alternative	
INSTRUCTIONS	Spread 1 tbsp of Wowbutter or alternative over tortilla. Place sliced banana in tortilla and wrap.				
Carrots, Granola Bars and a Cup of Milk					
FRIDAY	1 carrot	1 healthy granola bar	1 cup milk		
INSTRUCTIONS	Serve sliced carrots with granola bar and milk on side.				

# GRAB-AND-GO BREAKFAST MENU

## WEEK 4

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHER
Banana Granola Yogurt Cup					
MONDAY	½ banana	¼ cup granola	½ cup vanilla or plain yogurt		
INSTRUCTIONS	Top sliced banana with granola, then yogurt. Mix and enjoy.				
Apple & Cheese with a Granola Bar					
TUESDAY	½ apple	1 healthy granola bar	1 slice cheddar cheese		
INSTRUCTIONS	Serve quartered apples with cheese and granola bar on the side.				
Wowbutter Banana Boats					
WEDNESDAY	½ banana	¼ cup granola		2 tbsp Wowbutter or alternative	
INSTRUCTIONS	Slice banana lengthwise, put spread on top. Sprinkle granola over.				
Frozen Berry Yogurt Cup					
THURSDAY	½ cup frozen berries	2 tbsp wheat bran / germ	½ cup vanilla or plain yogurt		
INSTRUCTIONS	Mix ingredients in a bowl and serve.				
Tortilla Cheese Roll Ups					
FRIDAY	½ apple	1 whole wheat tortilla	1 slice cheddar cheese		
INSTRUCTIONS	Slice apple into thin slices, cut cheese in half, roll cheese into tortilla and serve with apple.				

# GRAB-AND-GO BREAKFAST MENU

## WEEK 5

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHER
<b>Cereal Balls To-Go</b>					
<b>MONDAY</b>		5 cups crushed whole grain cereal flakes (ex. wheaties)	5 cups dry skim milk powder	5 cups Wowbutter or alternative	1 cup honey
<b>INSTRUCTIONS</b>	Serves 10. Microwave honey and Wowbutter in bowl, add remaining ingredients and form 2" sized balls. Refrigerate in snack bags and they're ready to go!				
<b>Apple Wowbutter Granola Stacks</b>					
<b>TUESDAY</b>	1 apple	1½ tbsp granola		½ cup Wowbutter or alternative	
<b>INSTRUCTIONS</b>	Slice apples into 1" slices, spread Wowbutter on each and sprinkle on granola. Stack apple / Wowbutter slices and serve.				
<b>Banana</b>					
<b>WEDNESDAY</b>	½ banana	½ cup granola	1 cup milk		
<b>INSTRUCTIONS</b>	Serve sliced bananas and granola in a bowl. Serve milk on side.				
<b>Cucumber Cream Cheese Bagel</b>					
<b>THURSDAY</b>	¼ cucumber	½ whole wheat bagel	1 tbsp plain cream cheese		
<b>INSTRUCTIONS</b>	Spread cream cheese on bagel, top with sliced cucumber.				
<b>Granola &amp; Fruit</b>					
<b>FRIDAY</b>	½ orange or banana	¼ cup granola	¼ cup vanilla or plain yogurt		Honey
<b>INSTRUCTIONS</b>	Add sliced fruit and granola to yogurt. Stir well and top with honey.				

# GRAB-AND-GO BREAKFAST MENU

## WEEK 6

	FRUIT/VEG	GRAIN	DAIRY	MEAT/ ALTERNATIVES	OTHER
<b>Chocolate Banana Granola Cups</b>					
<b>MONDAY</b>	½ banana	½ cup granola	½ cup milk		1 tbsp cocoa powder
<b>INSTRUCTIONS</b>	In bowl combine cocoa and granola. Add sliced bananas over top and add milk. Make a large batch of cocoa and granola ahead of time. Add bananas and milk when ready to serve.				
<b>Egg Cheese Breakfast Tortilla</b>					
<b>TUESDAY</b>		½ whole wheat tortilla	1 slice cheddar cheese	1 hard-boiled egg	ketchup
<b>INSTRUCTIONS</b>	Place cheese on tortilla and microwave for 30 seconds. Spread egg over tortilla, fold in half and serve.				
<b>Granola Bars and Oranges</b>					
<b>WEDNESDAY</b>	½ orange	1 healthy granola bar		1 hard-boiled egg	
<b>INSTRUCTIONS</b>	Cut orange into wedges, serve with egg and granola bar on side.				
<b>Apple Wowbutter Toast</b>					
<b>THURSDAY</b>	½ apple	1 slice whole wheat toast		½ cup Wowbutter or alternative	sunflower seeds or raisins
<b>INSTRUCTIONS</b>	Spread Wowbutter on toast, sprinkle raisins or seeds on top. Serve with sliced apple.				
<b>Tortilla Carrot Hummus Roll Up</b>					
<b>FRIDAY</b>	½ carrot	1 whole wheat tortilla	2 tbsp hummus		
<b>INSTRUCTIONS</b>	Spread hummus over tortilla. Cut carrot into thin slices, spread on tortilla, wrap and serve.				

# CHECKLIST FOR A HEALTHY BREAKFAST MENU

## Grain Products

- ❑ Whole grain bread, bagels, tortillas and pita bread; avoid cakes, croissants, doughnuts, pastries, cookies and commercially made muffins
- ❑ Whole grain cereal; choose one that is at least a "high source" of fiber and compare labels to choose ones that have less sugar
- ❑ Oatmeal; serve plain oats, not the artificially flavored and sweetened packages, and add flavor for a low cost by incorporating raisins, cinnamon and applesauce
- ❑ Whole grain ingredients for recipes, such as buckwheat for pancakes or quinoa for granola bars
- ❑ Whole wheat flour for baking; in most recipes, you can substitute half of the white flour with whole wheat flour

## checklist

## Vegetables and Fruit

- ❑ Vegetables and fruit every day
- ❑ Leafy green vegetables to add to smoothies or omelettes
- ❑ 100% fruit juice; serve only once per week and avoid juice labelled as "fruit drink" or "fruit punch"
- ❑ Unsweetened frozen fruit
- ❑ Canned fruit packed in fruit juice; avoid fruit products with "sugar" or "syrup" in the ingredient list
- ❑ Low sodium or sodium-free canned vegetables; rinse and drain canned vegetables to lower the sodium content



## BRIGHT IDEAS

- Consumers can find out if a product is made with whole grain by reading the ingredient list on the food label. Whole grain foods will have the words "whole" or "whole grain" followed by the name of the grain as one of the first ingredients. The beginning of the list could say whole grain wheat or whole grain oats.
- Look at the ingredient list rather than the colour of a food when choosing whole grain foods. Some brown bread, for example, is simply white bread coloured with molasses.



## Milk and Milk Alternatives

- ❑ Skim, 1% or 2% milk, or soy beverages with the word 'fortified' on the package
- ❑ Plain yogurt and plain Greek yogurt; sweeten with fruit or add herbs for a vegetable dip
- ❑ Real cheese: limit cream cheese and avoid processed cheese slices and cheese spread



## BRIGHT IDEAS

- Use milk when preparing scrambled eggs and hot cereal
- Create smoothies by blending milk or a fortified soy beverage with a combination of fresh or frozen fruit
- If chocolate milk is served occasionally, please mix with white milk for less sugar

## BRIGHT IDEAS

Bake from scratch! Why not make highly nutritious and tasty options for your breakfast program.

Increase fibre in pancakes, muffins and loaves by adding wheat germ, bran, flax or oats. Try shredding carrot, apple or zucchini for even more fibre and added nutrients.

Trying to cut down on the fat? Substitute half of the oil called for with unsweetened apple sauce, mashed banana or pumpkin. Tip – add ¼ cup more pureed fruit to ensure the recipe stays moist.

## Meat and Meat Alternatives

- ❑ Eggs
- ❑ Beans and lentils; add to omelettes or serve as a side dish
- ❑ Nuts and seeds; add to cereal, oatmeal, muffins, granola bars and trail mix
- ❑ Natural nut butter or soy nut butter
- ❑ Tuna; add tuna sandwiches on whole grain bread to your menu
- ❑ Lean meat prepared with little or no added fat or salt; avoid luncheon meats, processed meats, bacon, and sausages

## Toppings and Spreads

- ❑ Unsaturated fats or oils instead of shortening or stick (hard) margarine
- ❑ Herbs and spices instead of salt
- ❑ Reduced sugar jams
- ❑ 100% maple syrup, pure honey, unsweetened apple sauce and fresh fruit instead of table/pancake syrup
- ❑ Real cheese slices instead of processed cheese slices, cheese spread and cream cheese
- ❑ Natural nut butter or soy nut butter instead of nut butters with added sugar, fat and salt or chocolate spread

# EASY PEASY CARROT APPLE SAUCE MUFFINS

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Yield: 12 Muffins

## INGREDIENTS :

- 1 ¼ cup whole wheat flour
- 2-4 tbsp maple syrup (or honey)
- 1 tsp cinnamon
- ½ tsp baking powder
- ½ tsp baking soda
- ¼ tsp sea salt
- 1 cup grated carrots
- ½ cup unsweetened apple sauce
- 2 large eggs, lightly beaten
- ¼ cup milk
- ¼ cup canola oil
- 1 tsp vanilla

## DIRECTIONS :

Pre-heat oven to 350 degrees F.

In a large bowl, whisk together flour, cinnamon, baking powder, baking soda and salt.

In a separate bowl, combine carrots, applesauce, eggs, milk, oil, vanilla and maple syrup.

Add half the carrot mixture to the flour mixture. Stir until blended, then add the rest of the carrot mixture and stir until blended.

Spoon batter into lined muffin tins and bake for about 20 minutes or until a toothpick comes out clean. Serve warm.



# FOOD GUIDE SERVING SIZE

Offering appropriate serving sizes is just as important as serving healthy food and beverages. *Eating Well with Canada's Food Guide* defines food guide servings, which are reference amounts that explain how much food is recommended every day from each of the four food groups. Food guide serving sizes are the same for all ages; however the quantity of servings is different for people at different stages of life and is different for males and females.

	SERVINGS PER DAY			
	Children		Youth	
	4-8	9-13	14-18 years	
	Girls and Boys		Females	Males
VEGETABLES OR FRUIT	5	6	7	8
GRAIN PRODUCTS	4	6	6	7
MILK OR MILK ALTERNATIVES	2	3-4	3-4	3-4
MEAT OR MEAT ALTERNATIVES	1	1-2	2	3



The amount of food eaten at breakfast will vary depending on the child's appetite, activity level, and whether they are experiencing a growth spurt. Serve nutritious meals in age-appropriate quantities to help children meet their daily recommended food guide servings. Initially, one serving from three food groups could be offered and additional servings could be requested as needed.



Check out *Eating Well with Canada's Food Guide* to find out how much food is equal to one food guide serving.

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php>

# READING NUTRITION LABELS



Nutrition labeling is the nutrition information that is provided on all packaged foods in Canada. It allows consumers to compare products and make informed decisions about the foods they are purchasing by reviewing the nutritional content.

Understanding the nutrition label is the first step in ensuring that we are making healthy food choices for the children and youth at the breakfast club.

<b>Nutrition Facts Valeur nutritive</b>	
Per 1/6 (100g) / pour 1/6 (100g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 290	
<b>Fat / Lipides</b> 15 g	<b>23 %</b>
Saturated / saturés 7 g + Trans / trans 0.1 g	<b>34 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 190 mg	<b>8 %</b>
<b>Carbohydrate / Glucides</b> 37 g	<b>12 %</b>
Fibre / Fibres 1 g	<b>6 %</b>
Sugars / Sucres 16 g	
<b>Protein / Protéines</b> 4 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	6 %
Iron / Fer	8 %
<b>Ingredients:</b> Whole wheat, vegetable oil, shortening, salt.	
<b>LOW FAT, GOOD SOURCE OF FIBER</b>	

The nutrition label contains three key areas of information, which will be explained in more detail on the following pages:

## 1) NUTRITION FACTS TABLE (ORANGE)

- PROVIDES INFORMATION ON THE FOLLOWING:
  - Serving size
  - Calories
  - 13 core nutrients
  - % Daily Value: percentage of the Recommended Daily Intake (RDI) of that nutrient in the serving size indicated

## 2) LIST OF INGREDIENTS (BLUE)

- All ingredients in a food or beverage are listed in order by weight, from most to least.

## 3) NUTRITION CLAIMS (RED)

- NUTRIENT CONTENT CLAIMS
  - e.g. “no sugar added”, “low fat”, “good source of fiber”
- HEALTH CLAIMS
  - e.g. “a healthy diet low in sodium and high in potassium reduces the risk of high blood pressure”

**DID  
YOU  
KNOW?**

Not all foods require a nutrition label. Exemptions include:

- Fresh fruits and vegetables
- Raw fish and poultry (except when ground)
- Food prepared at the store (bakery items and salads)
- Foods that contain little nutrients (coffee, tea and spices)





# % DAILY VALUE

The % Daily Value is based on a 2000 calories/day diet. It is used to:

- Compare and evaluate the nutrient content of foods quickly.
- Inform the consumer if a specific amount of food has a little or a lot of a nutrient.
- Help consumers choose products that are higher in the nutrients they want more of and lower in nutrients they want less of.

<b>Nutrition Facts</b> <b>Valeur nutritive</b>	
Per 1/6 (100g) / pour 1/6 (100g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 280	
<b>Fat / Lipides</b> 15 g	<b>23 %</b>
Saturated / saturés 7 g + Trans / trans 0 g	<b>34 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 180 mg	<b>8 %</b>
<b>Carbohydrate / Glucides</b> 33 g	<b>11 %</b>
Fibre / Fibres 1 g	<b>5 %</b>
Sugars / Sucres 14 g	
<b>Protein / Protéines</b> 3 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	8 %

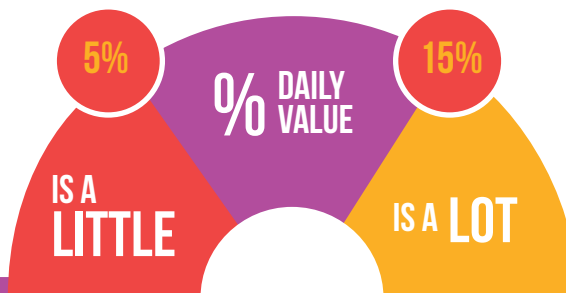
<b>Nutrition Facts</b> <b>Valeur nutritive</b>	
Per 1/6 (100g) / pour 1/6 (100g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 310	
<b>Fat / Lipides</b> 16 g	<b>25 %</b>
Saturated / saturés 8 g + Trans / trans 0.2 g	<b>40 %</b>
<b>Cholesterol / Cholestérol</b> 15 mg	
<b>Sodium / Sodium</b> 190 mg	<b>8 %</b>
<b>Carbohydrate / Glucides</b> 38 g	<b>13 %</b>
Fibre / Fibres 1 g	<b>4 %</b>
Sugars / Sucres 20 g	
<b>Protein / Protéines</b> 4 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	8 %



## BRIGHT IDEAS

As a rule of thumb, remember the following numbers:

**5% or less is a little and 15% or more is a lot.**



# 13 CORE NUTRIENTS ON LABEL

## TOTAL FAT

Fat is an essential nutrient that has many different roles in the health of the body. People need fat to provide calories for energy, transport vitamins, assist with growth and development, and cushion the skin, bone and internal organs. If too much fat is eaten, or too much of certain kinds of fat, such as saturated or trans fats, the risk of developing certain types of diseases increases. There are three types of fat that add up to the total fat amount listed on the nutrition facts table including:

## 1 SATURATED FAT

- Saturated fat is most often found in animal products such as meat, cheese, whole milk, eggs, butter and lard, and fats such as shortening, coconut oil and palm oil.
- It is recommended to consume saturated fat in moderation.
- If you are concerned with saturated fat consumption at your breakfast club, please avoid the following:
  - Bacon;
  - Sausage and other high fat meats;
  - Large quantities of high fat cheese;
  - Over-use of lard in cooking and baking;
  - Over-consumption of processed foods.

## 2 TRANS FAT

- Trans fats were created to offer consumers more convenience and shelf-stable food products.
- It is highly recommended to avoid hydrogenated products, as they have been linked to numerous diseases. Evidence shows that trans fat raises LDL cholesterol levels and lowers HDL cholesterol levels, which increases risk of heart disease.
- Trans fat is found in fried foods and bakery products made with hard block margarine and shortening, such as cakes, cookies, crackers, pastries, doughnuts, muffins, french fries, fried chicken, potato chips and other snack foods.

## 3 UNSATURATED FAT

- *Canada's Food Guide* recommends a small amount (2-3 tablespoons) of unsaturated fat a day.
- Replacing saturated and trans fat with unsaturated fats, like monounsaturated fat and polyunsaturated fat, will help lower cholesterol levels and reduce the risk of developing heart disease.
- Mono-unsaturated fat is found in olive oil, canola oil, avocado, nuts and seeds.
- Polyunsaturated fat is found in nuts, seeds, fatty fish like herring, mackerel, salmon and trout, and oils such as corn, flaxseed, soybean and sunflower.
- Omega-3 fatty acids are a popular type of polyunsaturated fat that aid in brain function and heart health, among many other things.

# 4 CHOLESTEROL

- Cholesterol is essential for many important functions in the human body.
- It is important to know that the main source of cholesterol is from our liver. It makes 800-1500 mg of cholesterol per day. The Daily Value for cholesterol from food is 300 mg/day. It is important to keep your cholesterol levels in a normal range.
- Animal-derived foods contain cholesterol, especially egg yolks, organ meat, and some seafood.

# 5 SODIUM

- Most sodium comes from sodium chloride, which is also known as table salt. Salt is a common ingredient found in packaged foods such as canned foods and processed meat.
- A healthy diet containing foods high in potassium and low in sodium may reduce the risk of high blood pressure, a risk factor for stroke and heart disease.
- To avoid too much sodium at your breakfast club, do not use salt when cooking, do not provide a salt shaker to students, and cook/bake from scratch as often as possible rather than serving packaged, processed foods.
- A great alternative to using table salt is adding herbs and spices.

# 6 CARBOHYDRATES

Carbohydrates are your body's main source of energy and calories. The 3 different types of carbohydrates are starches, sugars, and fiber. When consumed, both starches and sugars will break down into glucose in the blood. Glucose is the body's energy source for all activities and it impacts blood sugar levels. It is important to keep blood glucose levels stable.

# 7 SIMPLE CARBOHYDRATES (SUGARS)

- Sugars release glucose quickly into the blood for instant energy. They can be found naturally in foods and can be added to foods.
- Examples of naturally occurring sugars include fruit, vegetables and milk. They are always accompanied by other nutrients (e.g. vitamins, fiber) which help to regulate blood sugar and metabolize the sugar so it can be used for fuel by the body.
- The most common examples of added sugars are white table sugar and corn syrup. These sugars are empty calories, which means they do not contain any nutrients for proper blood sugar regulation or assimilation by the body. It is recommended you check the ingredient list to avoid these added sugars.
- Common breakfast foods that contain added sugars include:
  - Sweetened fruit juice;
  - Cereals;
  - Granola bars;
  - Baked goods.

# 8

## COMPLEX CARBOHYDRATES (STARCHES AND FIBER)

- Complex carbohydrates release sugars steadily into the blood stream for a constant source of energy. Consuming adequate amounts of complex carbohydrates promotes a long-lasting feeling of fullness and satisfaction.
- Starch is a complex carbohydrate that is not shown on the nutrition facts table. It is found naturally in plants; for example, from grains (wheat or rice), root crops (yams and potatoes), and in legumes (peas and beans). In contrast to the digestion of simple sugars, the body will gradually break down starch and the release of glucose in to the blood for energy is slower.
- Dietary fiber is a component of plant foods that human enzymes are unable to digest. Fiber stabilizes blood sugar, aids in regular bowel movements and promotes normal cholesterol levels.
- Common breakfast foods that contain fiber include:
  - Oatmeal;
  - Whole wheat bread, bagels, english muffins;
  - Fruit and vegetables;
  - Whole grain cereal .
- Starches and fiber are essential to breakfast. Starches provide a supply of physical and mental fuel to facilitate learning. Fiber slows absorption and helps you feel full for longer. Fiber also results in smaller spikes in blood sugar after eating a carbohydrate meal.

# 9

## PROTEIN

- Protein is found in many foods such as beans, legumes, nuts and seeds, milk products, eggs, fish, poultry and meat.
- Protein is a vital substance in all cells. It promotes optimal growth and development, and it is used to help build and repair tissues.

# 10

## VITAMIN A

- The role of vitamin A is to maintain healthy skin and eyes.
- Common food sources are yellow and orange fruits and vegetable (e.g. carrots, squash), and dark leafy greens.

# 11

## VITAMIN C

- Vitamin C helps to build and maintain connective tissues, heal wounds, and fight infections.
- Common food sources include citrus fruits, strawberries and bell peppers.

# 12

## CALCIUM

- Calcium helps to build healthy bones and teeth.
- Common food sources are milk, calcium fortified beverages, yogurt, cheese, almonds, sesame seeds, whole grain bread, some leafy greens and broccoli.



# 13<sup>IRON</sup>

- Iron helps to produce red blood cells that carry oxygen throughout the body; sufficient iron helps to prevent fatigue
- Common food sources are red meat, fish, poultry, whole grain bread, dark greens (e.g. broccoli) and raisins

## IMPORTANT

REFER TO YOUR PROVINCES OR TERRITORY'S SCHOOL NUTRITION POLICY OR GUIDELINES FOR POSSIBLE LIMITS AND RESTRICTIONS ON THE AMOUNT OF EACH OF THE 13 NUTRIENTS THAT SHOULD BE FOUND IN EACH SERVING. FOR EXAMPLE, SOME PROVINCES/TERRITORIES MAY LIMIT THE AMOUNT OF SODIUM AND RECOMMEND GRAMS OF FIBER PER SERVING.





# LIST OF INGREDIENTS

## Nutrition Facts Valeur nutritive

Per 1/6 (100g) / pour 1/6 (100g)

Amount Teneur	% Daily Value % valeur quotidienne
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<b>Calories / Calories</b> 290	
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<b>Fat / Lipides</b> 15 g	<b>23 %</b>
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Saturated / saturés 7 g	<b>34 %</b>
+ Trans / trans 0.1 g	

<b>Cholesterol / Cholestérol</b> 0 mg	
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<b>Sodium / Sodium</b> 190 mg	<b>8 %</b>
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<b>Carbohydrate / Glucides</b> 37 g	<b>12 %</b>
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Fibre / Fibres 1 g	<b>6 %</b>
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Sugars / Sucres 16 g	
----------------------	--

<b>Protein / Protéines</b> 4 g	
--------------------------------	--

Vitamin A / Vitamine A	0 %
------------------------	-----

Vitamin C / Vitamine C	0 %
------------------------	-----

Calcium / Calcium	6 %
-------------------	-----

Iron / Fer	8 %
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**Ingredients:** Whole wheat, vegetable oil, shortening, salt.

LOW FAT, GOOD SOURCE OF FIBER

- Read the ingredient list to determine the contents of a food or beverage in order to make informed decisions.
- The ingredient list helps consumers identify specific sources of nutrients and to avoid specific ingredients and known allergens.
- All of the ingredients are listed on the nutrition label in descending order by weight. This means that the food or beverage contains more of the ingredients at the beginning of the list and less of the ingredients at the end of the list.
- Avoid the food or beverage if an undesirable ingredient is listed in the first 3 ingredients such as enriched wheat flour, hydrogenated oil, salt, or sugar.

There may be some items on the ingredient list that are not familiar. Sometimes nutrients can appear on an ingredient list under many different names. For example:

### SATURATED FAT

- Hydrogenated fats and oils
- Lard

### TRANS FAT

- Hydrogenated fats and oils
- Partially hydrogenated fats and oils
- Shortening

### SODIUM

- Celery, garlic or onion salt
- Disodium phosphate
- Monosodium glutamate (MSG)

### SUGAR

- Dextrose
- Evaporated cane juice
- Glucose-fructose
- High fructose corn syrup
- Hint: Words ending in "ose" are likely sugars

# NUTRITION CLAIMS

Nutrition claims apply to all foods, both packaged and non packaged, and are used to highlight a feature of interest for consumers. There are 2 types of nutrition claims including:

## IMPORTANT

Other types of claims have also appeared on front-of-package labelling. They include broad "healthy for you" or "healthy choice" claims as well as symbols and logos. These claims are not developed by the government. Instead, they are developed by third parties or corporations. While it is required that the information be truthful and not misleading, consumers should not rely only on general health claims to make informed food choices.

## 1) NUTRIENT CONTENT CLAIMS

- A nutrient content claim describes the amount of a nutrient in a food
- They can help consumers choose foods that contain a nutrient they may want more of
  - E.g. Source - such as *source of fibre*
- They can also help consumers choose foods that contain a nutrient they may want less of
  - E.g. Free - such as *sodium free or trans fat free*
  - E.g. Low - such as *low fat*

### ADDITIONAL EXAMPLES OF NUTRITION CLAIMS INCLUDE:

- **Good Source of Fiber:** Contains at least 2 grams of dietary fiber in the amount of food specified in the Nutrition Facts Table
- **Low Fat:** "Low" is associated with a small amount. Low fat means the food contains no more than 3 grams of fat in the amount of food specified in the Nutrition Facts Table
- **Cholesterol-free:** Less than 2 mg of cholesterol in the amount of food specified in the Nutrition Facts Table and low in saturated and trans fat
- **Sodium-free:** Less than 5 mg of sodium in the amount of food specified in the Nutrition Facts Table
- **Light:** "Light" is allowed only on foods that are either "reduced in fat" or "reduced in energy" (calories)

## 2) HEALTH CLAIMS

- Health claims are statements about the helpful effects of a certain food consumed within a healthy diet on a person's health.
- For example, "a healthy diet low in sodium and high in potassium reduces the risk of high blood pressure."
- A health claim can help consumers choose foods that they may want to include as part of a healthy diet to reduce risk of chronic diseases.

# EARLY BIRD GRANOLA BARS



Yield: 16 bars

## INGREDIENTS :

- 2 ½ cups large flake oats
- 1 cup unsweetened shredded coconut
- ½ cup chopped dried apricots
- ½ cup raw sunflower seeds
- ½ cup raisins
- ⅓ cup whole wheat flour
- ¼ cup ground flaxseed (optional)
- 1 tsp ground cinnamon
- ¾ cup canned pure pumpkin
- ½ cup liquid honey
- ¼ cup extra virgin olive oil
- 1 tsp vanilla

## DIRECTIONS :

Preheat oven to 350°F. Line a 9 x 13 inch baking pan with parchment paper, letting the paper hang over on two opposite sides.

Combine the first 8 ingredients in a large bowl. Mix well. In a medium bowl, whisk together the pumpkin, honey, oil and vanilla. Pour wet ingredients over dry ingredients. Mix until dry ingredients are coated with pumpkin mixture.

Pour the wet granola mixture into the prepared pan and spread it evenly to the edges. Using your hand, press down firmly on the granola so that it is tightly packed in the pan.

Bake on the middle oven rack for 25 minutes. Remove pan from oven and cool completely on a wire rack. Lift cooled slab of granola from pan by holding on to parchment paper and transfer to a cutting board. Using a large knife, cut the granola into 16 bars, avoiding a sawing motion. Wrap bars tightly in plastic wrap and store in an airtight container in the fridge or freezer.

*Adapted from: The Looneyspoons Collection (2012). Janet and Greta Podleski*



## BRIGHT IDEAS

Granola bars are a convenient and popular food choice for students. However, it can be hard to find granola bars that are cost-effective, nut-free, and that meet all applicable nutritional criteria. Making your own granola bars is a great alternative to buying them. Cost-effective, easy to prepare, and packed with nutritionally-dense ingredients and flavor

- the students will thank you for it!

# INGREDIENTS TO AVOID SERVING AT BREAKFAST



Since the foods provided at school can impact the overall quality of students' diets, it is important to always provide nutritious food choices. Below are five examples of ingredients that may cause harm to consumers, and can easily be replaced by ingredients that have nutritional benefits.

## ADDED SUGAR AND SWEETENERS

Sugary breakfast cereals, chocolate milk, granola bars, flavoured yogurt and syrup might be requested by students at the breakfast club. Unfortunately, all of this added sugar in our diets can have negative effects on our health. Obesity, diabetes, and tooth decay may be the obvious effects, but there can be secondary effects as well. Eating too many sugary foods leaves less room for more healthful choices that can provide vitamins and minerals that the body needs.

Are artificial sweeteners better? Despite being calorie free, studies show a strong correlation with obesity and other related diseases. Artificial sweeteners such as aspartame and sucralose have been linked to behavioural problems, hyperactivity, and allergies. For some sensitive individuals, artificial sweeteners act as a nervous system irritant adversely affecting mood and energy.

### WHAT CAN BE DONE?

- Use natural sweeteners such as honey, maple syrup or molasses;
- Serve fresh, whole foods instead of packaged foods;
- Look for foods that have sugar as the third ingredient or lower;
- Stay away from foods that say "low calorie" or "diet".

## HYDROGENATED FATS (OR TRANS FATS)

Due to the many negative health effects associated with hydrogenated fats, foods containing them should not be served at the breakfast club. Hydrogenated fats are created when a liquid vegetable oil is turned into a solid through the hydrogenation process. During this process, a nasty by-product called trans fats is created. Foods contain trans fats in order to increase their shelf life and make foods more palatable. Unfortunately, there are a number of downsides to trans fats in food. Because the fats have been altered, the body metabolizes them much more slowly. This increases the low density lipoproteins (the bad ones) which keep excess cholesterol circulating in our blood. Trans fats can also negatively impact our bodies' immunity, increase inflammation, and they have been linked to an increased risk of heart disease.

### WHAT CAN BE DONE?

- Avoid foods that contain hydrogenated oil, partially hydrogenated oil, modified oil or shortening. Examples include: margarine, chips, deep fried foods, baked goods, crackers and cookies.
- Choose nut butters that only contain nuts. Mainstream nut butters and cocoa spreads that have more than one ingredient typically have modified oils and a lot of added sugar.

## ENRICHED WHEAT FLOUR

Although enriched wheat sounds like it would be nutritious, it is essentially white flour. When wheat is refined into white flour, the bran and germ are removed. By law, four of the vitamins and one mineral that have been depleted during processing must be added back in to “enrich” the flour: thiamin, riboflavin, niacin, folic acid and iron. Even though nutrients have been added back in, many others have been depleted during processing. Enriched wheat flour is not a whole grain. It lacks the fibre which is needed for a healthy digestive system, elimination, improving immunity, lowering cholesterol, and balancing blood sugar levels.

### WHAT CAN BE DONE?

- Beware of “grain” bread that still has enriched wheat flour as the first or most predominate ingredient;
- Look for whole wheat, whole grain or sprouted grain in the ingredients as the first ingredient;
- Ensure at least 2 grams of fibre per serving of grain product.

## ARTIFICIAL FLAVOURS

Artificial flavours represent the largest number of food additives – the majority of which humans don’t need. Most products that contain artificial flavours are highly processed, highly refined, and best limited to an occasional treat.

### WHAT CAN BE DONE?

- Beware of the words “natural” and “natural flavouring”. The term “natural” is misleading as it designates something derived from nature that may not necessarily be natural. The word natural may seem safe, but when it comes to flavourings, artificial or natural flavourings are all chemicals that can affect our health. Obtaining something from a natural source isn’t the same thing as using something in its natural state.

## ARTIFICIAL COLOURS

Artificial colours are chemicals manufactured from petroleum and coal-tar products. Many of these chemicals have been incorporated into foods with little research as to their safety. Some have been withdrawn because of studies showing toxicity or carcinogenicity. There are many major concerns with coloured foods, including potential toxicity, allergic reactions, liver stress from metabolizing these chemicals, potential carcinogenicity, and possible behavioural problems in children.

### WHAT CAN BE DONE?

- Avoid coloured foods, including coloured drinks, candies, cereals, cookies and cakes with colourful toppings.
- Look for foods that are coloured naturally with beta-carotene, annatto, powdered beets, saffron, turmeric, paprika, grapes, vegetable and fruit juices.



# ENCOURAGING HEALTHY EATING

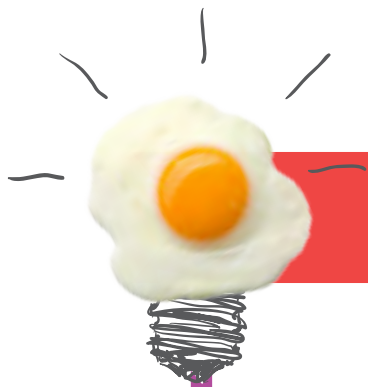
Raising healthy eaters is the responsibility of everyone in the home, school, and community. The breakfast club is an ideal setting for modelling healthy behaviours and educating about food and nutrition. The following tips can help raise healthy eaters at the breakfast club:

The following are creative ways to introduce more fruits and veggies into the breakfast club:



- Establish a routine that children and youth can rely on, including breakfast at the same time every day. Allow ample time for breakfast so that they don't feel rushed;
  - Be patient and consistent when offering new menu items. Students are often skeptical about new foods and may reject the food the first time. Consistently offering a new food without forcing it often leads to a child accepting it;
  - Be a role model for your breakfast program by eating with the students. If you are introducing new foods be the first to try it and encourage the students to follow;
  - Allow students to take part in menu planning and preparation. Find out what healthy foods they would like to eat and work with them to make it happen. Use this as a teaching opportunity to discuss healthy options and the importance of a balanced breakfast;
  - Be creative with the menu and make nutrition fun! Brightly coloured fruits and vegetables, unique shapes, and a variety of textures add interest at breakfast time;
  - Understand that breakfast program staff and volunteers are responsible for what is offered at breakfast, while children are responsible for what they choose from the offerings and how much they eat.
- 
- Offer sliced fruit. Simply cutting up fruit into bite size pieces can make a huge difference;
  - Blend fruit smoothies (don't forget to try adding veggies too!);
  - Serve apple slices with cinnamon sprinkled on top;
  - Make fruit kabobs;
  - Have an "orange smile" day;
  - Prepare fruit parfaits – layer granola, yogurt, and fresh or frozen berries;
  - Create a fruit platter that looks like a smiley face;
  - Freeze 100% fruit juice or smoothies in Popsicle molds;
  - Use cookie cutters to serve melon in different shapes;
  - Offer little baggies of dried fruit: raisins, apricots, dates, cranberries, figs, apples;
  - Make a banana split. Cut a banana lengthwise and top with strawberries, yogurt, dried cereal, raisins and nuts;
  - Try the "dipper". Get the students to dip banana pieces in yogurt, then into coconut or crushed cereal;
  - Make "ants on a log". Fill celery sticks with nut butter and raisins;





## BRIGHT IDEAS

### CHALLENGE STUDENTS TO TRY NEW FRUITS AND VEGETABLES WITH THESE FUN ACTIVITIES:

#### "TRY ME" OR "DARE" PLATES:

Introduce unique fruits and vegetables that students might not typically eat on a regular basis and challenge them to try it for bragging rights! Don't forget that to a child a green apple or strawberry might be unique. Start by introducing students to a wide variety of common fruits and vegetables to broaden their food experiences and build from there. The common "unique" food will be more available both financially and physically and introducing this is bound to have more impact than introducing an exotic fruit. Cut the pieces small (to avoid waste and save money) but showcase the whole fruit for students to see and touch as well. Make it fun! When students try the new fruit or vegetable they could either get a ballot to enter a draw for healthy prizes or a sticker to place beside their name. At the end of the month, the student with the most stickers could win a healthy prize.

#### TASTE TESTING:

Encourage students to taste test new fruits and vegetables using different scenarios and vote on their favorites. For example, sample different varieties of apples, or the same produce grown both locally (or in your school garden) and abroad and comment on the differences. Showcase the results on a graph to the whole school.

#### TRIVIA TUESDAYS:

Every Tuesday challenge students with a new food related trivia question. Ask them to try new fruits and vegetables and correctly identify what it is or where it is from (blindfold them if it is easily recognizable by sight). Bring in a plant, or picture of a plant, and ask students to correctly identify what is growing or introduce a new kitchen utensil and ask students to correctly explain what it's used for.

#### WORLD MAP ACTIVITY:

Introduce new fruits and vegetables grown around the world and locally. Invite students to place stickers or push pins on a map indicating the location of where the fruit and vegetable came from and discuss. What type of fruits and vegetables can be grown locally and when? Where does most of our produce come from and why? Etc.

## CREATE COLOUR THEMED WEEKS:

Each week choose a new colour to focus on, and serve fruits and vegetables that represent that colour. Ask students to colour in a section of the rainbow (either individually or as a whole school project) for each new colour they try. For example:

### GREEN

avocados, apples, grapes, honeydew, kiwi, limes, broccoli, green beans, green pepper, asparagus

### ORANGE & YELLOW

apricot, banana, cantaloupe, grapefruit, mango, peach, pineapple, carrot, yellow pepper, corn, sweet potato

### PURPLE & BLUE

blackberries, blueberries, plums, raisins, purple cabbage, purple fleshed potatoes

### RED

cherries, cranberries, pomegranate, red/pink grapefruit, red grapes, watermelon, beets, red onion, red pepper, rhubarb, tomato

### WHITE, TAN & BROWN:

brown pears, dates, white peaches, cauliflower, mushrooms, onion, potatoes, white corn



# MAD BATTER WHOLE WHEAT OATMEAL PANCAKES



Yield: 7-8 pancakes

## INGREDIENTS :

- 1 cup whole wheat flour
- ½ cup quick oats
- ¼ tsp salt
- 2 tsp baking powder
- 1 tsp ground cinnamon
- 1 large egg (or 2 egg whites)
- 1 cup milk\*
- 2 tbsp brown sugar
- ¼ cup Greek yogurt
- 1 tsp vanilla extract
- ½ cup add-ins like fruit (optional)

## DIRECTIONS :

*\*Can use cow's milk including buttermilk, or almond beverage, soy beverage, or rice beverage.*

*\*\*Can use plain Greek yogurt, plain regular yogurt, or your choice of any flavored yogurt.*

Toss the flour, oats, salt, baking powder, and cinnamon together in a large bowl. Set aside. In a separate medium bowl, whisk the egg and milk together. Whisk in the brown sugar and yogurt until no lumps remain. Whisk in the vanilla until combined.

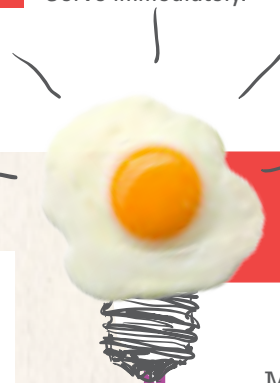
Make a well in the dry ingredients and pour the wet ingredients in. Stir gently until just combined. Do not over-mix the batter or your pancakes will be tough and dense. Add any mix-ins you prefer

Heat a griddle or skillet over medium heat. Coat generously with cooking spray, oil, or butter. Once hot, drop about 1/4 cup of batter on the griddle. Cook until the edges look dry and bubbles begin to form on the center or sides, about 1 minute. Flip and cook on the other side until cooked through, about 2 more minutes. Coat griddle/skillet again with nonstick spray for each pancake or batch of pancakes.

Keep pancakes warm in a preheated 170°F degree oven until all pancakes are cooked. Serve immediately.

## DID YOU KNOW?

Pancakes freeze well, up to 2 months. Just pop them in the oven or toaster in the morning before serving.



## BRIGHT IDEAS

Make pancake mix from scratch! Making homemade pancake mix allows for creativity and provides peace of mind in knowing that the students' pancakes are packed with good quality ingredients and added nutritional value. Making homemade pancake mix is also more cost effective than using store-bought mixes.

# FOOD ALLERGIES

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A food allergy is when the body mistakenly reacts to a certain food or ingredient as if it were harmful. The food or ingredient that causes the reaction is called an allergen.

Symptoms can happen within a few minutes or up to a few hours of the allergen being eaten and can be seen or felt in different parts of the body. Symptoms may include (but are not limited to):

- Skin rash or eczema;
- Swelling of the tongue or throat and difficulty breathing;
- Itching in the mouth and throat, cramps, nausea, diarrhea, and/or vomiting;
- Drop in blood pressure and loss of consciousness;

Anaphylaxis is a serious reaction that happens quickly. Anaphylaxis can involve many different parts of the body. The most severe symptoms can restrict breathing and blood circulation and may cause death.

Allergic reactions should be treated according to the student's food allergy action plan. Antihistamines and other medicines can be used. In severe cases, the medicine epinephrine (epi-pen or similar) should be given as soon as possible. Always call 911.

## The most common foods that cause allergic reactions include:

- **Milk**
- **Tree nuts**
- **Fish**
- **Eggs**
- **Wheat**
- **Shellfish**
- **Peanuts**
- **Soy**
- **Sesame seeds**

The best way to avoid a reaction is to avoid the food that causes the allergy. Develop a system for checking ingredient labels carefully and have a plan to limit the ways in which the child could have contact with allergens, including airborne. If a breakfast food containing a potential allergen is served, strive to avoid cross-contamination. Cross-contamination happens when a food containing an allergen comes in contact with a food or surface that does not contain an allergen.

The breakfast program menu may need to be adapted to include foods that are acceptable for all students. For specific allergy information please consult with your local public health nurse and Breakfast Club of Canada Regional Coordinator.

**IT'S VERY  
IMPORTANT TO  
FOLLOW THE  
SCHOOL'S FOOD  
ALLERGEN  
POLICY  
CLOSELY**



# SAFE FOOD HANDLING



It is imperative that all schools prepare, store, and serve food and beverages using safe food handling practices in accordance with all provincial/territorial regulations to reduce the risk of foodborne illness. Breakfast Club of Canada requires a minimum of one volunteer at every club to have their food safety certification. It is also recommended that one volunteer be designated to fill the role of the food safety ambassador. They can routinely inspect the breakfast club with a critical second set of eyes to ensure a safe food environment is maintained at all times.

## HERE ARE FOUR SIMPLE FOOD SAFETY TIPS THAT SHOULD BE FOLLOWED AT THE BREAKFAST CLUB:

	HOW?	WHY?
WASH HANDS OFTEN	<ul style="list-style-type: none"> <li>• Have supplies: soap and paper towels;</li> <li>• Use warm water and soap;</li> <li>• Lather for 20 seconds, rinse and dry hands.</li> </ul>	<ul style="list-style-type: none"> <li>• Hands are a common source of germs;</li> <li>• Poor hand washing greatly increases the risk of foodborne illness.</li> </ul>
REGULARY USE SANITIZER ON SURFACES	<ul style="list-style-type: none"> <li>• Mix and use sanitizer solution (1/2 tsp bleach per 1 litre of water) or use the solution approved by your local health unit and school board</li> </ul>	<ul style="list-style-type: none"> <li>• Kills germs on surfaces;</li> <li>• Reduces contamination of food.</li> </ul>
SEPARATE	<ul style="list-style-type: none"> <li>• Avoid cross contamination</li> <li>• Use one knife and cutting board for meats and a separate one for fruit, vegetables, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Cross contamination is one main way that harmful bacteria is spread</li> </ul>
CONTROL TEMPERATURES	<ul style="list-style-type: none"> <li>• Keep hot foods hot (60°C or hotter);</li> <li>• Keep cold foods cold (4°C or colder);</li> <li>• Check and record temperatures regularly.</li> </ul>	<ul style="list-style-type: none"> <li>• Prevents bacterial growth in food;</li> <li>• Reduces risk of foodborne illness.</li> </ul>

*\*Please connect with your school administration and the nearest public health agency to ensure compliance with all safe food handling requirements and regulations at your school.*



# CREATING A NOURISHING ENVIRONMENT



# CREATING A NOURISHING ENVIRONMENT



Breakfast Club of Canada makes every effort to ensure that every child and youth receives two essential elements needed to learn: a nutritious breakfast served in a supportive environment. Breakfast clubs should strive to foster an environment in which all students feel safe, supported, welcomed, and respected. A nourishing environment promotes opportunities for students to build self-esteem and develop supportive relationships with adults and their peers. It also reinforces important health messages and contributes to the development of a healthy school community.

A nourishing environment refers to both the physical and the social environment of the school. According to the Joint Consortium for School Health:

## THE SOCIAL ENVIRONMENT IS:

- The quality of relationships among and between staff and students in the school
- The emotional well-being of students
- Influenced by relationships with families and the wider community

## THE PHYSICAL ENVIRONMENT INCLUDES:

- The buildings, grounds, play space, and equipment in and surrounding the school
- Basic amenities such as sanitation and air cleanliness

SOURCE:

<http://www.jcsh-cces.ca/upload/JCSH%20CSH%20Framework%20FINAL%20Nov%2008.pdf>

## A HEALTHY SOCIAL AND PHYSICAL ENVIRONMENT CAN BE STRENGTHENED AT THE BREAKFAST CLUB BY:

PHYSICAL ENVIRONMENT	SOCIAL ENVIRONMENT
<ul style="list-style-type: none"> <li>• Ensuring all foods and beverages offered are healthy, culturally appropriate and comply with school nutrition policies;</li> <li>• Providing sufficient space and time for students to sit and eat;</li> <li>• Providing easy access to proper hand washing facilities;</li> <li>• Ensuring the facilities and equipment are clean, properly sanitized and adhere to all applicable school and health unit safety regulations;</li> <li>• Following all school anaphylaxis and emergency policies;</li> <li>• Ensuring first aid kits are fully stocked and easily accessible;</li> <li>• Training a minimum of one staff member or volunteer in first aid and safe food handling;</li> <li>• Decorating the school and breakfast room with health promoting ideas and messages;</li> <li>• Starting a school garden.</li> </ul>	<ul style="list-style-type: none"> <li>• Smiling;</li> <li>• Ensuring proper adult supervision is in place at all times;</li> <li>• Establishing rules and a code of conduct outlining expectations for behavior;</li> <li>• Inviting parents, staff and volunteers to sit and talk with students while they eat;</li> <li>• Encouraging and modeling healthy eating behaviors and good manners;</li> <li>• Celebrating birthdays, holidays or special events with healthy food;</li> <li>• Providing fun and educational activities for students to engage in together at the club;</li> <li>• Promoting students' self-esteem by praising their achievements and commenting on their unique qualities;</li> <li>• Incorporating student feedback in program and menu planning.</li> </ul>

# INTERACTIONS WITH STUDENTS

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Adults, whether staff or volunteers, hold a position of trust and authority in relationship to students. It is important that all interactions with students at the breakfast club are positive, encouraging and respectful of diversity within the school population.

## A WARM WELCOME

For children who have breakfast at the club, a warm welcome allows them to start their day in a positive way. Either an adult or student volunteer can welcome students with a greeting such as: *How are you? I'm happy to see you!* Call children by their name when possible.

## ESTABLISH A ROUTINE

Starting from the first morning, establish a routine so students know what is expected of them at all times. Consider:

- Where do students enter?
- At what time?
- Where do they put their coats and bags?
- Where is the hand washing station?
- How is breakfast served?
- Is there assigned or open seating?
- Can they move around during breakfast hours?
- What behaviour is expected of them?

Knowing what your expectations are before you begin the program will help you communicate these expectations to the students.

## DEVELOP A CODE OF CONDUCT

With input from students, develop a breakfast club code of conduct, building on the school's code of conduct. Post it in a visible location so all students know what is expected of them at all times.

## BE CLEAR AND CONSISTENT

Setting rules and routines are important, but what's even more important is being consistent.

## INTERVENTION

In the event that a student does not respect the rules as stated in the code of conduct, the adult supervisor should implement a stepped intervention strategy based on the agreed-upon consequences. For any intervention that requires immediate assistance, the school principal or a member of the school staff can be a great source of help.

## ROLE MODEL

Always set a good example for students by following the code of conduct, using proper manners, and encouraging healthy choices.

## RESPECT CONFIDENTIALITY:

Ensure total confidentiality of information regarding children, volunteers, and school staff.



# PROMOTING SELF ESTEEM

Breakfast club volunteers can have a positive influence in students' lives through simple day-to-day interactions. As the first point of contact each morning, volunteers become a friendly face, and a caring role model that students can turn to. Volunteers have the ability to encourage students' self-esteem and help them realize their value.

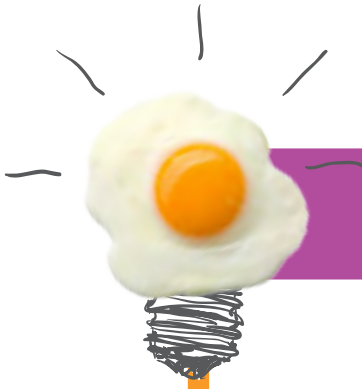


## PROMOTING SELF-ESTEEM INCLUDES:

- Active listening;
- Clear communication;
- Statements using "I feel..." rather than "you";
- Welcoming attitude and friendly SMILE!
- Calm and cooperative conflict resolution;
- Showing an interest in students;
- Keeping promises;
- Calling children by their first names or making a clear effort to learn everyone's names;
- Using humour and positive reinforcement;
- Focusing on strengths and positive attributes;
- Rewarding effort instead of outcome;
- Providing students with opportunities to get involved;
- Encouraging children's goals and dreams!







## BRIGHT IDEAS

Host a Rise and Shine breakfast! Try implementing these fun and simple activities at the breakfast club:


- Too often students are subject to "put downs" at school. Set up a "put up" box at the breakfast club where students can leave positive and encouraging notes for their peers.
- Place sticks in a cup in the middle of each breakfast table. Each stick should have a question or conversation starter written on it. Invite students to take turns picking one stick and reading the question. The rest of the students at the table can respond to the question. For example, "If you could travel anywhere where would you go?", "What is your dream?," etc.
- Offer notes with encouraging messages that students can grab and take with their breakfast.
- Set up activities that encourage cooperation instead of competition. For example, invite older students to support younger students as reading or homework buddies.

For more Rise and Shine breakfast ideas visit the school section on [www.breakfastclubcanada.org](http://www.breakfastclubcanada.org)

“After family nurturing, school connectedness is the most important protective factor there is in a young person’s life.”

*The Psychology Foundation of Canada*





**PROGRAM**  
**EVALUATION**



# PROGRAM EVALUATION



Program evaluation is an important practice for every school in order to help measure the success and impact of the breakfast club and to ensure it is meeting school needs. Evaluation is useful for:

- Guiding program growth and improvement;
- Monitoring if the breakfast club is meeting the intended objectives set out in the action plan;
- Learning from past experiences;
- Reporting impact to donors, parents, and the school community.

Program evaluation doesn't need to be complicated. It can be done at the end of the school year, but should also be integrated into the day-to-day routine at the breakfast club. When thinking about ways to evaluate the club, it's important to identify what information is needed, how it will be collected, and for what purpose. There are many simple ways for schools to evaluate the breakfast club including:

- Listening to student and staff needs;
- Making observations and documenting them;
- Collecting testimonials;
- Completing school surveys;
- Collecting statistics (number of participants, number of days served, attendance rates, etc.);
- Tracking changes in attendance rates, student food choices, number of students eating breakfast regularly, and behavior, etc.

**All schools should take the time to reflect on, evaluate and celebrate the breakfast club's achievements on a regular, ongoing basis.**



# MONTHLY REPORTING



Many program funders, including Breakfast Club of Canada, require that important program data be submitted monthly, including:

- Average number of students who attend the program per day;
- Number of days the breakfast club operates each month;
- Number of volunteers and volunteer hours;
- All revenues and expenses.

In order to ensure compliance to donor needs, schools are required to set up an accurate system for tracking statistics and to maintain all program receipts and accounting records.

For more information on monthly reporting requirements, please contact your Breakfast Club of Canada regional coordinator.



See the "Additional Resources" section for a daily tracking form and the description of expenditures form.



# TRACKING ATTENDANCE

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Collecting and recording the number of students participating in the breakfast club daily is an important practice for all schools. This information can be used to determine the amount of food that needs to be purchased or prepared so nothing is wasted and can also highlight trends in student participation (e.g. do more students attend on certain days of the week, or when a certain menu is being offered? Are students from certain grades/classes more likely to attend and why? etc.) It also allows schools to see if implementing changes, introducing new menus and activities, or promoting the breakfast club in a different way leads to changes in student participation. The following ideas can help schools track attendance at the breakfast club:

- Have a sign-in sheet for the children arriving at the breakfast program;
- Have two cups by the entry to the breakfast room or beside the breakfast bin— one empty and one filled with sticks. When students arrive, they take a stick out of the first cup and place it into the second cup indicating they came to eat breakfast;
- Using a chalkboard, whiteboard, or piece of chart paper, ask students to put a checkmark on the board below different headings such as “I ate breakfast this morning”;
- Ask students to answer a new survey question posted on the board each morning. For example, “I had a fruit with breakfast this morning” and students would put a check mark under “yes” or “no”;
- Assign a student volunteer to keep a tally of students who come for breakfast;
- Use food disappearance to estimate the number of students. For example, if 20 oranges are offered and only 5 are left at the end, it can be estimated that 15 people ate breakfast;
- Count used plates while washing the dishes.

Whatever method is used, make sure to record the number of students participating directly onto a calendar or into your breakfast club binder every morning.

**COLLECTING AND RECORDING THE NUMBER OF STUDENTS PARTICIPATING IN THE BREAKFAST CLUB DAILY IS AN IMPORTANT PRACTICE FOR ALL SCHOOLS.**



# COLLECTING FEEDBACK



Do you ever wonder what students, parents, staff and the school community are really thinking about the breakfast club? Do they like the food offered? Do students feel safe and welcome every morning? What would they change if they were in charge?

Collecting feedback can be an extremely valuable exercise for any breakfast club. Feedback should be collected on an ongoing basis both formally and informally. For best results, ask specific questions to gain relevant input that can improve the program. For example: new foods students are interested in, ideas for activities, why students may not come every morning, etc. The following ideas have proven useful in collecting feedback at the breakfast club:

- **JUST ASK!** Take the time to sit and talk with students while they eat breakfast each morning. Ask how they are, whether they like their breakfast, and any other relevant questions. Talk with parents, staff, and community members whenever possible and document feedback along the way.
- **PLACE A COMMENT BOX** at the breakfast club or school office and invite everyone to share their feedback. Get creative by having student volunteers decorate a special box or mailbox. Make sure to read the comments and provide feedback if necessary.
- **SET UP A "PARKING LOT"** on a bulletin board for people to 'park' their ideas/questions/concerns;
- **#BREAKFAST** – Get students to tweet comments @ you! Post a piece of chart paper on the wall and watch them have fun posting their ideas. Make sure to tweet back @them with answers to their questions;
- **POST PICTURES AND ASK FOR FEEDBACK** on the school's website or Facebook page;
- **SEND OUT A SURVEY** asking specific questions to gather feedback from students, parents, and staff. Make sure to also survey people who don't regularly attend the breakfast club to get their feedback on why they choose not to attend;
- **HOST AN 'OPEN FORUM' BREAKFAST.** Invite interested individuals to a special breakfast, recess or after school meeting to participate in an open question and answer period. Consider putting out a question box leading up to the meeting so questions can be asked anonymously.

DO YOU LIKE THE FOOD OFFERED?

DO YOU FEEL SAFE AND WELCOME EVERY MORNING?

WHAT WOULD YOU CHANGE IF YOU WERE IN CHARGE?

WHAT DO YOU LOVE MOST ABOUT THE BREAKFAST CLUB?

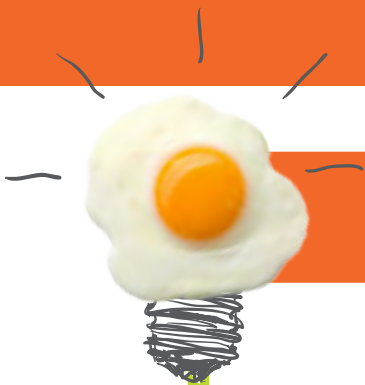
See the "Additional Resources" section for sample comment cards



# SAMPLE EVALUATION CALENDAR



DAILY	<ul style="list-style-type: none"> <li>• Track attendance</li> <li>• Track total volunteer hours</li> <li>• Track foods offered from the daily menu</li> <li>• Talk and listen</li> </ul>
MONTHLY	<ul style="list-style-type: none"> <li>• Complete monthly reports</li> <li>• Organize receipts and update the budget</li> <li>• Review trends in attendance</li> <li>• Refresh comment boxes or boards</li> <li>• Attend meetings when possible</li> <li>• Refer to action plan to check progress towards milestones</li> </ul>
ANNUALLY	<ul style="list-style-type: none"> <li>• Complete a year-end survey with students, staff and parents</li> <li>• Organize all financial information. Report on total revenues and expenses and any money left over.</li> <li>• Re-evaluate the action plan for next year</li> </ul>



## BRIGHT IDEAS

Start a school-wide competition to get more students to eat breakfast every morning! First, send out a survey asking students whether or not they have breakfast every morning to collect baseline data. Organize this information and report the percentage of students who don't eat breakfast to the whole school. Next, challenge students to have breakfast, either at school or at home, with the goal of raising the percentage of students who eat breakfast daily by the end of a certain time period. Throughout the competition, ask students to report if they had breakfast every morning and offer healthy prizes for classrooms with 100% of students participating. Share healthy breakfast ideas over the school announcements or in newsletters and take the opportunity to educate students on the importance of breakfast. Celebrate with a special breakfast at the end of the competition!

# CELEBRATING ACHIEVEMENTS

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Congratulations! It's no small endeavor to run a school-wide breakfast club – it requires a lot of hard work and dedication. Celebrate the breakfast club's successes! At the end of each school year, and on an ongoing basis, reflect upon all the accomplishments and successes the breakfast club has achieved. Be proud of every milestone.

- Share success stories with the rest of the school community at a school assembly or in the school newsletter;
- Plan a year-end celebration to acknowledge the efforts of the committee and volunteers;
- Plan a special breakfast for students. Decorate the room, plan to serve favorite breakfast foods and run fun activities;
- Announce how many breakfasts have been served during the year;
- Congratulate students for investing in their own success by starting each day with a healthy breakfast!



**CELEBRATE THE  
BREAKFAST  
CLUB'S  
SUCCESSSES!  
BE PROUD  
OF EVERY  
MILESTONE.**





**BREAKFAST**™

*makes me*  
**shimmer**



Breakfast  
**CLUB**  
of Canada



**Breakfast Makes Me Shine™** is Breakfast Club of Canada's unique approach which ensures that all breakfast club activities are based on preserving dignity, building self-esteem, developing lifelong healthy living habits, and pursuing dreams. It recognizes that on top of providing students with the physical nourishment they need to succeed each morning, breakfast clubs also provide vital opportunities for children and youth to enhance food literacy, build positive relationships, and develop leadership and life skills.

Through the Club's **Breakfast Makes Me Shine™** programming, schools have access to useful tools, information, and experiences that are designed to enhance school breakfast programming while improving the knowledge, abilities, and confidence of those involved.

We are fostering a social movement that starts with healthy food for children and youth, becomes a vehicle for individual empowerment (for volunteers and young leaders) and grows to the mobilization of communities.

## BEYOND BREAKFAST

- Designate a volunteer to greet students in the morning and to sit and talk with them while they eat;
- Celebrate students' birthdays and other special occasions at the breakfast club;
- Role model healthy eating by encouraging students to choose healthy fruits and vegetables more often;
- Introduce students to new fruits and vegetables through taste testing challenges. Students can vote on their favorite food items and enter into a draw for healthy prizes;
- When introducing students to a new fruit or vegetable have information sheets posted explaining where it comes from and how it's prepared. If serving fruit or vegetables chopped up, let students see and feel the whole fruit or vegetable as well;
- Once a month offer foods from a different culture or geographical location. Ask parents and grandparents to share their favourite family recipes and be sure to share any fun facts about the new foods to students;
- Serve local foods when in season. Explain that in Canada we are lucky to have such rich, diverse, foods to choose from;
- Start a school garden. Sample some of the fresh produce in your club;
- Start a recycling and composting program. Encourage students to monitor their food waste and talk about the implications with the goal of reducing the total amount of wasted food;
- Invite local heroes (athletes, musicians, firefighters, police officers, artists) to serve breakfast. Provide time for them to talk to students about the importance of healthy lifestyles and how they achieved their dreams;
- Promote physical activity by offering fun activities and equipment for students to use after eating their breakfast;
- Offer educational opportunities including a reading buddy program or homework help club. Offer books that celebrate healthy lifestyles;
- Start a cooking club for breakfast club student volunteers. Encourage older students to teach younger students with a buddy system;
- Create a healthy school team with students. Put these students in charge of planning and running different healthy activities for the rest of the school throughout the year;
- Plan a field trip to a local farm or grocery store;
- Invite a farmer or health professional to the school to talk to students.

**For more information or to sign up for any of the *Breakfast Makes Me Shine™* programs below, please visit [www.breakfastclubcanada.org](http://www.breakfastclubcanada.org) or contact [shine@breakfastclubcanada.org](mailto:shine@breakfastclubcanada.org)**



# ADDITIONAL RESOURCES



For more great tools  
and resources, please visit  
[www.breakfastclubcanada.org](http://www.breakfastclubcanada.org)  
or contact your regional  
Breakfast Club of Canada  
coordinator.







# VOLUNTEER INFORMATION

## CONTACT INFORMATION

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_

WORK PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_

## AVAILABILITY Please complete for all days that you are available

DAY	TIME(S)	FREQUENCY (I.E. EVERY WEEK, ONCE A MONTH, ETC.)
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Additional Comments:		

## INTERESTS

Please check all the volunteer roles/responsibilities that interest you.

*\*Refers to roles that require you to be available during program operation from \_\_\_\_\_ to \_\_\_\_\_*

- GROCERY SHOPPER
- MORNING FOOD PREP\*
- SERVING/CLEAN UP\*
- FUNDRAISING
- MENU PLANNING
- COMMITTEE MEMBER
- REPORT WRITER
- OTHER: \_\_\_\_\_
- PREP CHEF
- SPECIAL ACTIVITIES PLANNING TEAM
- SPECIAL ACTIVITIES COORDINATOR\*
- GREETER/SUPERVISOR\*
- FOOD SAFETY AMBASSADOR
- COMMUNICATIONS
- TREASURER
- HEAD VOLUNTEER (RECRUIT/MANAGE)



# VOLUNTEER INFORMATION

## SKILLS AND BACKGROUND

Please tell us more about yourself including any special skills, hobbies or interests

## ALLERGIES OR FOOD SENSITIVITIES

Please tell us about any allergies, medical conditions, and/or food sensitivities or restrictions pertinent to this position

## EMERGENCY CONTACT INFORMATION

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_

WORK PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

## FOR INTERNAL USE ONLY

- RECENT CRIMINAL REFERENCE CHECK COMPLETED AND ON FILE. EXPIRES: \_\_\_\_\_
- VOLUNTEER ORIENTATION COMPLETED. DATE: \_\_\_\_\_
- PRINCIPAL/ADMINISTRATIVE APPROVAL



# STUDENT VOLUNTEER INFORMATION

NAME: \_\_\_\_\_

TEACHER: \_\_\_\_\_ GRADE: \_\_\_\_\_

AGE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_

HOME PHONE NUMBER: \_\_\_\_\_

## I WOULD LIKE TO VOLUNTEER ON THE FOLLOWING DAYS (check all that apply)

- MONDAY       TUESDAY       WEDNESDAY       THURSDAY       FRIDAY

## DURING THIS TIME (check all that apply)

- BEFORE SCHOOL       RECESS       AFTER SCHOOL

## HERE'S WHAT I WOULD LIKE TO HELP WITH (check all that apply)

- FOOD PREPARATION (MAKING TOAST, POURING MILK AND CEREAL, FLIPPING PANCAKES, ETC.)  
 SERVING FOOD (HANDING FOOD TO STUDENTS, DELIVERING FOOD, ETC.)  
 SET UP/CLEAN UP (TABLE SETTING, CLEARING DISHES, WIPING TABLES, ETC.)  
 DECORATING (CREATING POSTERS, BULLETIN BOARDS AND MAKING THE ROOM LOOK NICE)  
 ENTERTAINMENT (RUNNING ACTIVITIES, PLAYING MUSIC, ETC.)  
 BREAKFAST COMMITTEE (MEET WITH ADULTS TO HELP MAKE MENU PLANS, BUDGET, ETC.)  
 OTHER: \_\_\_\_\_

## I'M EXCITED TO HELP AT BREAKFAST CLUB BECAUSE

TEACHER SIGNATURE: \_\_\_\_\_ PARENT SIGNATURE: \_\_\_\_\_

\*Please return your completed form to: \_\_\_\_\_





# BREAKFAST, THE FIRST BITE TO SUCCESS!

We are excited to announce that our school is starting a breakfast club! All students are welcome to enjoy a free healthy breakfast every morning from \_\_\_\_\_ to \_\_\_\_\_ at \_\_\_\_\_.

We need your feedback to help make this program a success at our school!

## 1. DO YOU EAT BREAKFAST IN THE MORNING BEFORE COMING TO SCHOOL? (circle)

YES | NO

If yes, how often?

1-2 TIMES A WEEK

2-3 TIMES A WEEK

EVERY MORNING

OTHER: \_\_\_\_\_

## 2. WHAT ARE THE MAIN REASONS YOU MIGHT NOT EAT BREAKFAST IN THE MORNING?

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## 3. ARE YOU INTERESTED IN ATTENDING THE BREAKFAST CLUB? (circle)

YES | NO

If yes, how often would you attend?

1-2 TIMES A WEEK

2-3 TIMES A WEEK

EVERY MORNING

OTHER: \_\_\_\_\_

## 4. WHAT HEALTHY BREAKFAST FOODS WOULD YOU LIKE TO SEE ON THE MENU?

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# A BREAKFAST CLUB AT OUR SCHOOL!

Dear \_\_\_\_\_

We are very excited about starting a breakfast club at our school. Studies clearly indicate that a healthy breakfast positively influences student health and academic achievement. When students attend school on an empty stomach their energy levels, problem solving skills, creativity, concentration and behavior are negatively impacted. As a school community that does our best to foster a strong and supportive learning environment, we want to offer a healthy breakfast to all of our students to ensure that hunger is not a barrier to their success.

We need your feedback, ideas and insight to help make this program a success at our school!

## BREAKFAST CLUB DETAILS:

DAYS OFFERED: \_\_\_\_\_  
TIME: \_\_\_\_\_  
PLACE: \_\_\_\_\_

**ALL STUDENTS ARE WELCOME!**

YOUR NAME (optional): \_\_\_\_\_

**DO YOU AGREE THAT A BREAKFAST CLUB IS NEEDED AT OUR SCHOOL?** (circle)

**YES | NO**

PLEASE EXPLAIN: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**DO YOU HAVE ANY QUESTIONS, CONCERNS OR SUGGESTIONS ABOUT STARTING A BREAKFAST CLUB AT OUR SCHOOL?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**WOULD YOU OR YOUR CLASS BE INTERESTED IN VOLUNTEERING WITH ANY OF THE FOLLOWING RESPONSIBILITIES?  
IF SO, PLEASE INDICATE THE FREQUENCY, DAY, AND TIME THAT YOU ARE AVAILABLE.**

MEAL PREPARATION: \_\_\_\_\_

SERVING\*: \_\_\_\_\_

CLEAN UP\*: \_\_\_\_\_

SUPERVISING\*: \_\_\_\_\_

COMMITTEE MEMBER: \_\_\_\_\_

GROCERY SHOPPING: \_\_\_\_\_

MENU PLANNING: \_\_\_\_\_

*\*Note: for this job, you must be available during program operation from \_\_\_\_\_ to \_\_\_\_\_*

Thank you for your feedback! Please return this form to: \_\_\_\_\_



# A HEALTHY START!

## PROGRAM DETAILS

WHO: All students

WHAT: The breakfast club offers nutritious foods from 3 of the 4 food groups each morning

WHERE: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

WHEN: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

OTHER: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Dear Parents/Guardians,

At \_\_\_\_\_ we are committed to ensuring all of our students receive the healthy start they need in order to be successful learners. This year, we have partnered with Breakfast Club of Canada to offer a universal breakfast program each morning at our school.

Children can't learn on an empty stomach. Therefore, we encourage all of our students to eat a healthy breakfast each morning, whether at school or at home, to give them the best start to their day. The breakfast club is the perfect solution for busy families on mornings when students are running late, at school early for extracurricular activities, have a long morning commute or just want to socialize and eat with friends. Whatever the reason, all students are welcome at the breakfast club each morning to enjoy a nutritious meal together.

## SAMPLE MENU

MON	TUES	WED	THURS	FRI

## WE NEED YOUR SUPPORT!

Our breakfast club depends on community contributions to be successful. Please consider making a small financial or in-kind donation to the club. Volunteers are always needed to grocery shop, prepare and serve healthy food and help with special events, among other things. We will find a task that interests you and fits your schedule. With your valuable support, our breakfast club can accomplish its mission!



I WANT TO BECOME A VOLUNTEER!

NAME: \_\_\_\_\_

CHILD'S NAME: \_\_\_\_\_

PHONE: (\_\_\_\_) \_\_\_\_\_

E-MAIL: \_\_\_\_\_

AVAILABILITY (check all that apply):

MON  TUES  WED  THURS  FRI

TIME/FREQUENCY: \_\_\_\_\_

I WANT TO MAKE A DONATION!

I HAVE ENCLOSED THE FOLLOWING:

AMOUNT: \$ \_\_\_\_\_

FOOD ITEMS (check all that apply):

CEREAL  MILK  WW BREAD  YOGURT

CHEESE  FRUIT  VEGETABLES  EGGS

OATMEAL  JAM  WW BAGELS  FLOUR

OTHER: \_\_\_\_\_

\*Please return the above completed form to the breakfast club with your child at your earliest convenience



# SAMPLE FUNDRAISING LETTER

DATE

SCHOOL NAME  
SCHOOL ADDRESS

Dear Sir/Madame,

At \_\_\_\_\_ we strive to equip all of our students with the solid foundation they need to be successful in school and in life. Knowing that many of our students come to school without eating breakfast each day, we are now offering a breakfast club serving \_\_\_\_\_ students every morning. As a school community that does our best to foster a strong and supportive learning environment, we want to ensure that hunger is not a barrier to our student's success.

Studies indicate that a healthy breakfast positively influences student health and academic achievement. When students attend school on an empty stomach their energy levels, problem solving skills, creativity, concentration and behavior are negatively impacted. As a result of coming to school hungry, these students may not meet their full potential. Having access to a healthy breakfast at school does more than fulfill a basic need. The breakfast club introduces students to new fruits and vegetables, promotes the development of lifelong healthy living habits, teaches students leadership and life skills and fosters a safe and supportive school environment. The benefits from this vital meal are felt in the classroom, at home, and ultimately, in our communities.

The breakfast club receives partial funding from Breakfast Club of Canada; however we depend on support from the broader school community to ensure the sustainability of this important program. Currently we are in need of \_\_\_\_\_ *amount, equipment, volunteers, food donations etc.* \_\_\_\_\_ to support the program. Any contribution, either financial or in kind, that you can provide would be greatly appreciated.

By working together, we will make a real and lasting difference in students' lives and ensure that every student receives their first bite to success!

Thank you for your consideration. I look forward to hearing from you soon.

Sincerely,

NAME  
TITLE







# DAILY TRACKING FORM

MONTH: \_\_\_\_\_

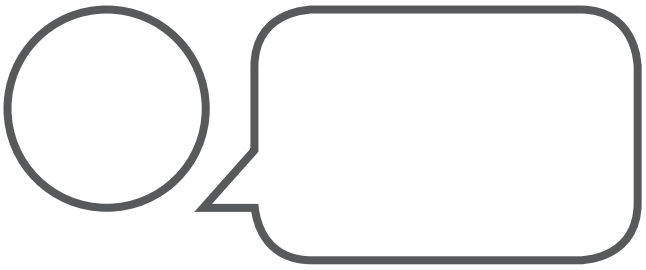
MON		TUES		WED		THURS		FRI	
Date	# students	Date	# students	Date	# students	Date	# students	Date	# students
#Volunteer	# Hours	#Volunteer	# Hours	#Volunteer	# Hours	#Volunteer	# Hours	#Volunteer	# Hours
Menu:		Menu:		Menu:		Menu:		Menu:	
Date	# students	Date	# students	Date	# students	Date	# students	Date	# students
#Volunteer	# Hours	#Volunteer	# Hours	#Volunteer	# Hours	#Volunteer	# Hours	#Volunteer	# Hours
Menu:		Menu:		Menu:		Menu:		Menu:	
Date	# students	Date	# students	Date	# students	Date	# students	Date	# students
#Volunteer	# Hours	#Volunteer	# Hours	#Volunteer	# Hours	#Volunteer	# Hours	#Volunteer	# Hours
Menu:		Menu:		Menu:		Menu:		Menu:	
Date	# students	Date	# students	Date	# students	Date	# students	Date	# students
#Volunteer	# Hours	#Volunteer	# Hours	#Volunteer	# Hours	#Volunteer	# Hours	#Volunteer	# Hours
Menu:		Menu:		Menu:		Menu:		Menu:	

\*\* # Hours should include the total accumulated hours for all volunteers that day

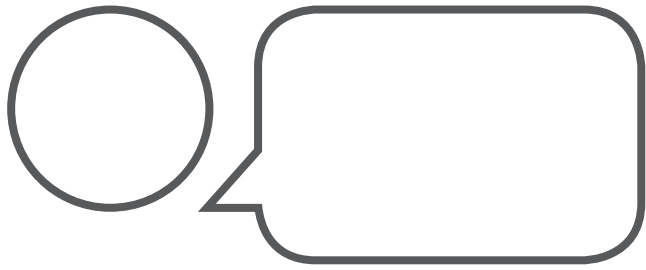
Adapted from Nourish Nova Scotia [www.nourishns.ca](http://www.nourishns.ca)

# SAMPLE STUDENT COMMENT CARDS

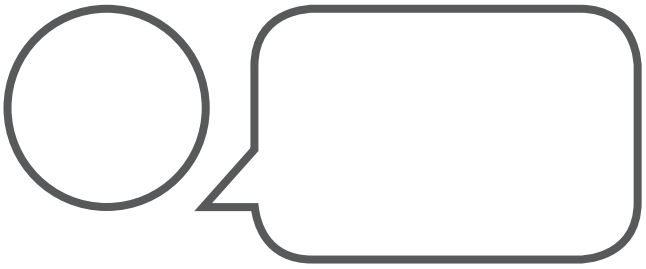
HOW WAS YOUR BREAKFAST?



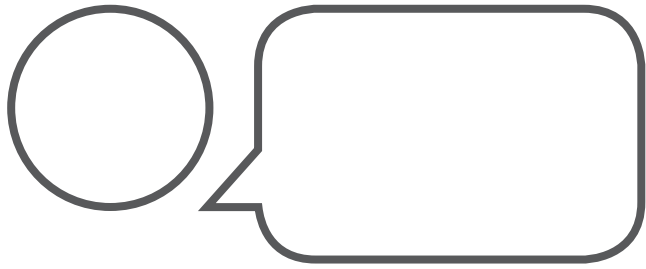
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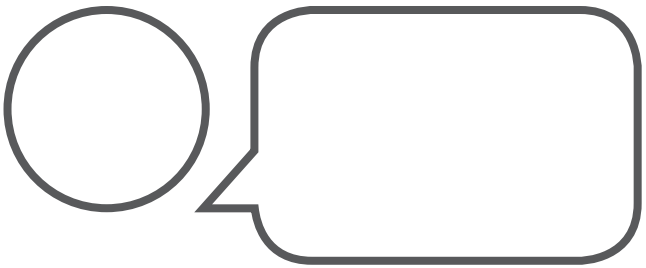
HOW WAS YOUR BREAKFAST?



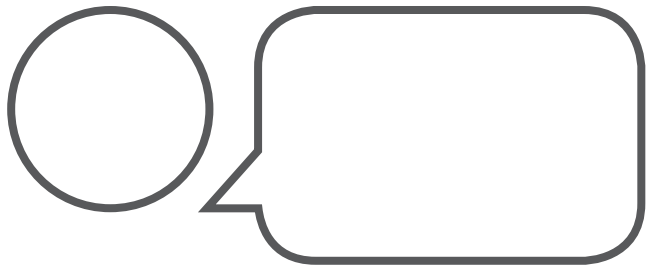
HOW WAS YOUR BREAKFAST?



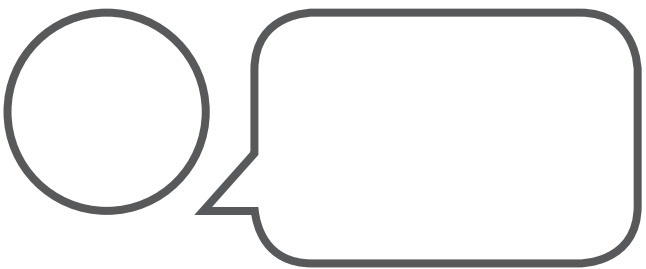
HOW WAS YOUR BREAKFAST?



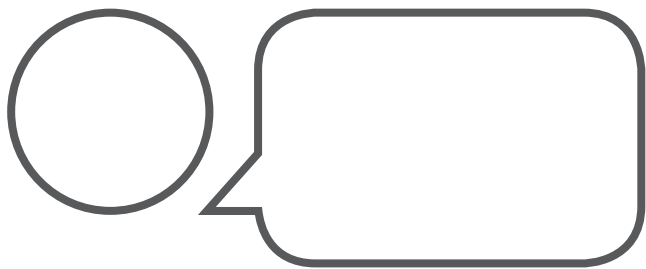
HOW WAS YOUR BREAKFAST?



HOW WAS YOUR BREAKFAST?



HOW WAS YOUR BREAKFAST?



# SAMPLE STUDENT COMMENT CARDS

HOW WAS YOUR BREAKFAST?



**YOUR COMMENTS ARE IMPORTANT TO US!**

Please use the back of this card to let us know what we are doing well, your favorite breakfast foods, or how we can improve.

HOW WAS YOUR BREAKFAST?



**YOUR COMMENTS ARE IMPORTANT TO US!**

Please use the back of this card to let us know what we are doing well, your favorite breakfast foods, or how we can improve.

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