



Breakfast
CLUB
of Canada
TM

A better start for every child.

2025-2026 FINANCIAL SUPPORT TOOLKIT

A Breakfast Program Designed to Meet
Your Specific Needs!



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To ensure your students have access to a nutritious breakfast every morning, the Breakfast Club offers menus and service models based on its [Guiding Principles](#).

Choose the menu that best suits the reality of your environment.

This Toolkit presents several essential tools and documents for managing your breakfast program, which you'll find in the [Resources section](#) of the **School's Corner**.





Teamwork: The Key to Success

Choosing a **head volunteer or program leader** and training the team responsible for running the program throughout the year is essential to your success. Some schools work alongside dedicated staff members or rely on enthusiastic volunteers or a combination of both.

The involvement of your **staff members** is vital to the success of your program.

Have them pitch in to help with:

- Managing the school's program;
- Receiving incoming food deliveries;
- Preparing and serving breakfasts;
- Raising awareness of healthy eating habits;
- Aligning Club activities with the school curriculum;
- Mobilize and involve students in youth volunteer work;
- All other relevant tasks!

Visit the **Volunteers and School Community** section of the School's Corner to find volunteer recruitment tools, information on sharing responsibilities, the Student Volunteer Brochure and much more!





Young Volunteers

Volunteering can be a rewarding experience for your students!

Students can fill breakfast bins for each classroom or distributing breakfast items.

Check out the [Student Volunteering brochure](#) to get ideas!



Students Volunteers

Students at nearby high schools and postsecondary institutions can also be a great source for volunteers to help out with your program. Have a closer look at our [recruiting tools](#) for some ideas to get you started!



Corporate Volunteers

Have you been approached by a business looking for ways to help?

Corporate volunteering opportunities are a potential you might want to explore. Watch this video to get inspired:

[Above and Beyond Team Building!](#)



Parent Volunteers

Parents, grandparents, aunts, uncles, neighbors... everyone is welcome!

If your program needs volunteers, spread the word: ask the people you know to help out! *A post on your school's social media platforms* is also a great way to get the word out.



CLASSROOM*



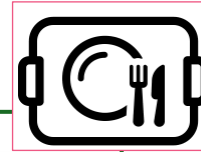
Service Cart: A cart passes from room to room, students raise their hands to choose their food, portions are deposited in a bin.

Service station: The teacher communicates the quantities according to the menu received; a student picks up the food each morning.

Prepared bins: Food is delivered to the classroom in labeled bins; surplus is quickly returned.

Discussions, music, reading, or activities related to nutrition can be incorporated during classroom breakfast service and are an ideal way to start the day

DESIGNATED ROOM



Preparation : Staff members or volunteers help prepare and serve food (size of the team varies depending on the type of menu and number of program attendees).

Serving : Breakfast is served before class in the designated area. Students receive their tray, select their food and sit at a table to eat.

Model that is most conducive to fostering relationships between students from different classes.

GRAB N' GO BAGS



Preparation : Food is handed to students on reusable plates or trays, or by hand, to reduce the need for disposable bags. Use paper bags only if other options are exhausted, to help in waste reduction efforts.

Serving : This model allows for a maximum of flexibility in terms of where breakfast is distributed and eaten (classroom, pick-up area, hallway, etc.).

Popular choice for high schools. This model can be combined with options 1 or 2 to accommodate students who are bussed in.

* Based on a survey of 120 schools running a classroom-based breakfast program, the average time that needs to be set aside for this model is 13 minutes..

Visit the [Program Management section](#) of the **School's Corner** to find our bin label templates and many other tools.



Menu Planners

- Choose the menu planner that best suits your needs
- In your menu planner, repeat the steps described in the following slides for each day of the menu

MONTHLY MENU TRACKER

MAKE WATER THE BEVERAGE OF CHOICE, EVERY DAY OF THE WEEK.

MONTH: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
WEEK 1	DATE: _____ #STUDENTS: _____ MENU: _____	DATE: _____ #STUDENTS: _____ MENU: _____	DATE: _____ #STUDENTS: _____ MENU: _____	DATE: _____ #STUDENTS: _____ MENU: _____
WEEK 2	DATE: _____ #STUDENTS: _____ MENU: _____	DATE: _____ #STUDENTS: _____ MENU: _____	DATE: _____ #STUDENTS: _____ MENU: _____	DATE: _____ #STUDENTS: _____ MENU: _____
WEEK 3	DATE: _____ #STUDENTS: _____ MENU: _____	DATE: _____ #STUDENTS: _____ MENU: _____	DATE: _____ #STUDENTS: _____ MENU: _____	DATE: _____ #STUDENTS: _____ MENU: _____
WEEK 4	DATE: _____ #STUDENTS: _____ MENU: _____	DATE: _____ #STUDENTS: _____ MENU: _____	DATE: _____ #STUDENTS: _____ MENU: _____	DATE: _____ #STUDENTS: _____ MENU: _____

WEEKLY MENU TRACKER

MAKE WATER THE BEVERAGE OF CHOICE, EVERY DAY OF THE WEEK.

WEEK: _____

MON	TUES	WED	THUR	FRI
DATE: _____ #STUDENTS: _____ MENU: _____	DATE: _____ #STUDENTS: _____ MENU: _____	DATE: _____ #STUDENTS: _____ MENU: _____	DATE: _____ #STUDENTS: _____ MENU: _____	DATE: _____ #STUDENTS: _____ MENU: _____
<div>CHECK BOX TO ENSURE FOOD CATEGORY WAS SERVED</div> <div>FRUIT / VEG <input type="checkbox"/></div> <div>PROTEIN <input type="checkbox"/></div> <div>WHOLE GRAINS <input type="checkbox"/></div>	<div>CHECK BOX TO ENSURE FOOD CATEGORY WAS SERVED</div> <div>FRUIT / VEG <input type="checkbox"/></div> <div>PROTEIN <input type="checkbox"/></div> <div>WHOLE GRAINS <input type="checkbox"/></div>	<div>CHECK BOX TO ENSURE FOOD CATEGORY WAS SERVED</div> <div>FRUIT / VEG <input type="checkbox"/></div> <div>PROTEIN <input type="checkbox"/></div> <div>WHOLE GRAINS <input type="checkbox"/></div>	<div>CHECK BOX TO ENSURE FOOD CATEGORY WAS SERVED</div> <div>FRUIT / VEG <input type="checkbox"/></div> <div>PROTEIN <input type="checkbox"/></div> <div>WHOLE GRAINS <input type="checkbox"/></div>	<div>CHECK BOX TO ENSURE FOOD CATEGORY WAS SERVED</div> <div>FRUIT / VEG <input type="checkbox"/></div> <div>PROTEIN <input type="checkbox"/></div> <div>WHOLE GRAINS <input type="checkbox"/></div>

We also have menu planners you can use as inspiration!

Sample Planner – Spring

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Menu</div> <div>Cherry tomatoes & Breakfast tacos</div> <div>Drink Water</div>	<div>Menu</div> <div>Minty fruit salad with yogurt & Whole wheat waffles</div> <div>Drink Water</div>	<div>Menu</div> <div>Sliced veggies & Beet hummus & Whole wheat crackers</div> <div>Drink Water</div>	<div>Menu</div> <div>Berry oatmeal bake & Yogurt</div> <div>Drink Water</div>	<div>Menu</div> <div>Spinach Morning Muffins & Cheese</div> <div>Drink Water</div>

NOTES & SUGGESTIONS
LOCAL and SEASONAL fruits and vegetables: strawberries, radishes, beets, carrots, fresh herbs, lettuce, spinach, asparagus, cucumbers, peppers.
• Use your leftover vegetables (frozen or fresh) and add them to your smoothies.



Specifics



Nutritional criteria

- Aim for < 8 g of sugar per serving, or < 10 g if the product contains fruit
- Limit sodium to <10% DV and saturated fat to 2 g
- If the product is not 100% whole grain or contains white flour → aim for ≥ 2 g of fibre per serving

Key points

- Choose whole-wheat flour or other whole-grain flours in recipes
- Select products with whole grains (oats, brown rice, barley, quinoa, buckwheat, etc.) among the first ingredients
- For your preparations, opt for fruit- or spice-based flavours (e.g. apple, banana, vanilla, cinnamon)

Easy-to-serve food ideas

WHOLE-GRAIN FOODS



Cereals

Serve whole-grain, low-sugar (ideally less than 8 g per serving) cereals like:

- Cheerios (Original or Multi Grain)
- Shredded Wheat Original Spoon Size
- All Bran Flakes, Buds or Original
- Kashi Organic Autumn Wheat Cereal
- Quaker Oatmeal Squares
- Nature's Path Heritage Flakes
- PC Organics Organic Ancient Grains Cereal
- Mini Wheats Low Sugar
- Wheat Chex

Crackers

Serve whole-grain choices like:

- Triscuit Original
- Ryvita Rye Crispbread Multi-Grain
- PC Wheat Square Crackers
- PC Chia & Quinoa Baked Pita Crackers
- Melba Toast Whole Grain
- Make your own oven-baked crackers using pita, naan or tortillas

Bread

Serve whole-grain choices like:

- Whole wheat toast, tortilla, english muffin, raisin bread, pita, etc.
- Multigrain bagels (e.g. POM 12 Grain Bagels)
- Whole grain waffles (e.g. Eggo Plus Fibres)

Granola Bars

Serve whole-grain, low-sugar (ideally less than 8 g per serving) granola bars without chocolate, such as:

- Kashi Honey Oat Flax Crunchy 7 Grain with Quinoa Bars
- PC Blue Menu Berry Blend Chewy Bars
- Go Pure Soft Baked Oatmeal Bars (Carrot Cake, Brown Sugar & Maple, Apple & Cinnamon)
- MadeGood Granola Bars (Strawberry, Mixed Berry)
- MadeGood Mornings Soft Baked Bars (Blueberry, Cinnamon Bun)
- Make your own granola bars. Discover our recipes in the [Nutrition](#) section of the School's Corner.



Specifics



Nutritional criteria

- Minimum 3 to 5 g of protein per serving
- Limit sodium to < 10% DV
- Cheese: < 6 g saturated fat per serving
- Yogurt: go for the plain, 1–2% fat version

Key points

- Avoid processed meats such as ham, sausages, bacon, etc.
- Introduce plant proteins (legumes, tofu, seeds, etc.). One item at a time, if helpful.
- Encourage rotation of different sources

Easy-to-serve food ideas

PROTEIN FOODS

- Low sugar yogurt or drinkable yogurt (e.g. Danino)
- Cheese (e.g. Babybel, Cracker Barrel, Black Diamond Ficello, etc.)
- Hard-boiled eggs
- Milk or fortified soy beverages
- Homemade or store-bought hummus (e.g. Fontaine Santé mini hummus)
- Soy nut butter (e.g. Wowbutter)
- Seeds (pumpkin, sunflower, etc.)
- Homemade or store-bought roasted chickpeas or edamame beans (e.g. Go Beanz, Three Farmers, etc.)





Specifics



Key points

- Don't prepare or choose a product with added salt or sugar
- Avoid fried foods and juices

Sourcing strategies

- Follow the local harvest calendar
- Establish partnerships with local producers
- Use frozen fruit/vegetables when out of season

Easy-to-serve food ideas

FRUITS AND VEGETABLES



- Fruits: apples, grapes, oranges, clementines, kiwis, pineapple, cantaloupe, papaya, bananas, pears, peaches, berries (blueberries, Saskatoon berries, blackberries, raspberries, strawberries, etc.), ground cherries, watermelon, plums, mango, figs, persimmons, etc.
- Vegetables: carrots, celery, cucumber, cherry tomatoes, peppers, mushrooms, broccoli, cauliflower, zucchini, snap peas, etc.
- Applesauce or fruit compote (unsweetened)
- Fruit cups (not in syrup)
- Dried fruits (unsweetened)



Steps After Selection

Step 4

Incorporate water, your beverage of choice



- Avoid fruit juice and offer water with every meal

Step 5

Management of special needs



- Allergies and intolerances

Step 6

Verification and optimization



- Send your recipes and menu to your program coordinator to receive feedback from the nutrition committee

Step 7

Draw up your grocery list



- Calculate the quantities you need
- View your inventory

Step 8

Continuous improvement



- Assess satisfaction
- Assess the level of waste
- Alternate foods for greater variety



Several tools are available on the [School's Corner](#).

[Creative Ideas](#) (apples, soy spread, raisins, eggs, soy beverage, etc.)

[Weekly Menu Planner \(fillable\)](#)

[Monthly Menu Planner \(fillable\)](#)

[Menu Planner Examples](#)

[Seasonal Menu Planner](#)

[Lactose-Free Proteins](#)

[Recipe Book](#)

[Big Batch Recipe Booklet](#)

[How to integrate more vegetables](#)

And more!



Discussing Food with Kids

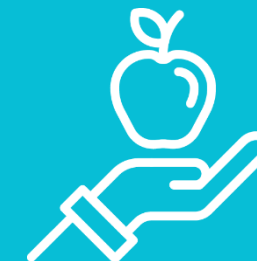
Breakfast programs are a great opportunity to talk to students about food and **develop their food literacy**.

For inspiration on best practices for talking to students about food, watch our [webinar on the importance of choosing right words](#) and consult our complementary tools on [food neutrality](#).

TOOLS on Food Neutrality

- [Food Neutrality Poster](#)
- [Food Neutrality in the Classroom Tool](#)
- [6 Mindful Eating Activities](#)

Help students choose their items and understand the basics of a complete and balanced breakfast with our [Create your Breakfast](#) poster.



To make learning about food fun and spark children's curiosity, **we've created a series of four short videos in partnership with Télé-Québec**. Designed for students, these videos are available on the *Télé-Québec en classe* platform and beyond.

With *Les défis gourmands*, food becomes a true adventure! Through four interactive games, young chefs are invited to playfully discover the surprises on their plate, explore new flavors, and learn to listen to their bodies.

Watch the series here (in French only):
<https://video.telequebec.tv/details/53198>



Children's needs must also be considered on **pedagogical days**, and there are several solutions available to ensure that students have access to breakfast during these days.

Contact your coordinator to find the solution that best suits your needs or consult the **Breakfast on Pedagogical Days** tool in the Program Management section of the **School's Corner**.

No childcare service / only a few children are enrolled?

Prepare the bags the day before and give them to the students at the end of the day, for their breakfast the next day.

Prioritize non-perishable foods.

The head volunteer / program leader is not present?

Adapt the usual logistics of the service and call on your daycare educators to handle the distribution.

Lack of time on that day?

Prepare the bins the day before with easy-to-serve non-perishable foods.

Add refrigerated foods just before distribution.

Is the daycare facility far from the breakfast's preparation space?

Gather excess non-perishable food from the previous week in one or two bins for easy transport and serve them on pedagogical days.

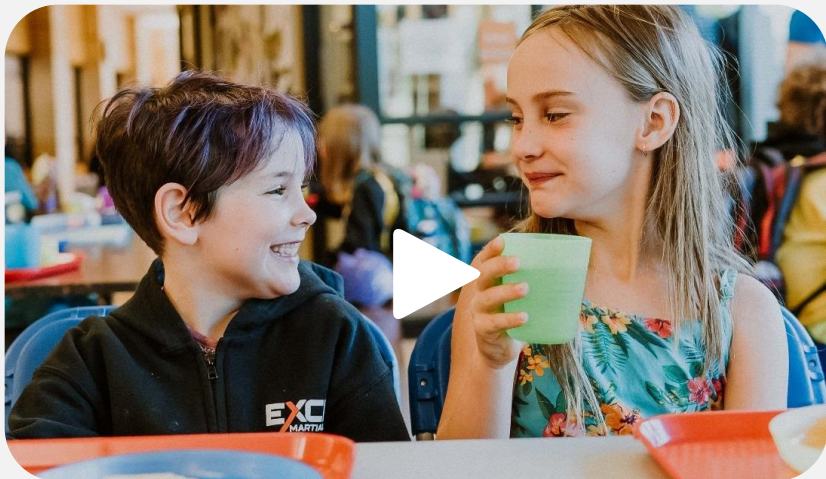


Guidelines from the ministère de l'Agriculture, des Pêcheries et de l'Alimentation du Québec (MAPAQ)

Everybody involved in running your breakfast program must follow MAPAQ requirements, as outlined in our [Hygiene and Sanitation Guidelines](#).

IMPORTANT

Make sure your **MAPAQ permit** and **Annexe 6** are posted at all times in your food preparation area. If you are missing a document, contact your coordinator to request it.



Watch the BCC Health and Hygiene training video.

Food Allergies and Intolerances

For safety purposes, make sure you have a clear and universally known system for **identifying food allergies and intolerances**.

Promptly send your coordinator a list of food allergens that cannot be delivered to your school. Be sure to follow up throughout the year.

You can refer to the following documents

- [Managing Food Allergies and Intolerances](#) (complete allergy management procedures);



PARENTAL CONTRIBUTIONS

The Club encourages **voluntary parental contributions**, whether financial or in the form of volunteer work.

These contributions are directly reinvested in your school's breakfast program, to enhance and/or supplement it.

To find out more, consult these documents in the [Program Management](#) section of the **School's Corner**.

TESTIMONIALS

The Club encourages schools to **share their experience**, and to share stories that highlight the positive impact breakfast programs have on children and the community as a whole.

We look forward to hearing from you at testimonials@breakfastclubcanada.org.

FOCUS ON SUSTAINABILITY

We are doing our part to follow federal government guidelines and work toward **zero plastic waste by 2030**.

We invite you to compost, when possible, and join us by opting for reusable utensils and for a menu with fewer individually packaged products.

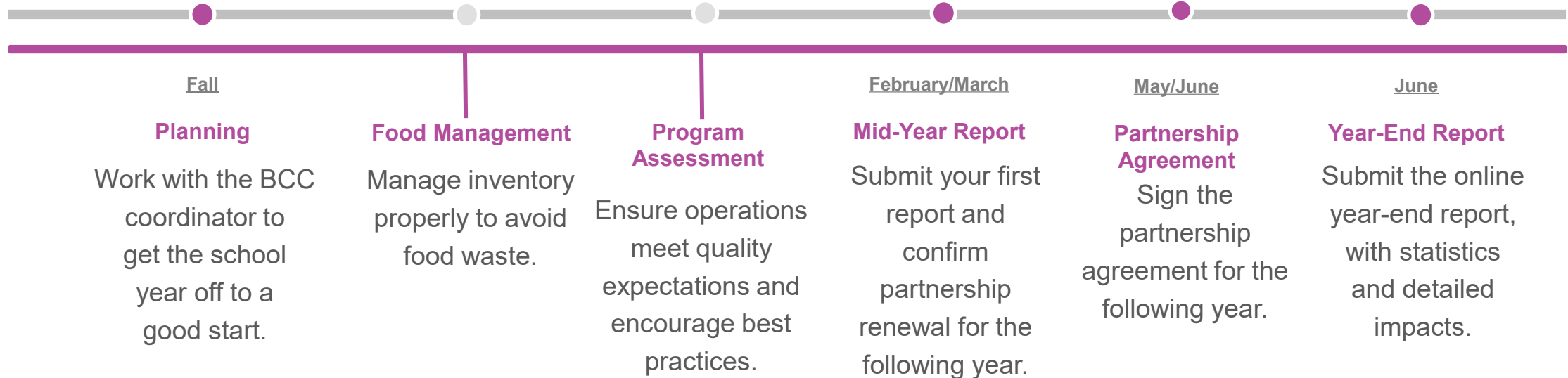
Find out how to make your program greener by consulting the tools in the [Program Management](#) section of the **School's Corner**.



The School Year for a Breakfast Program

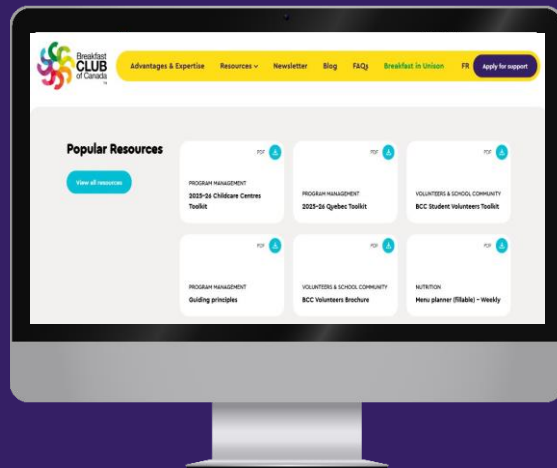
Throughout the year, schools work with Breakfast Club of Canada and follow a **process of reporting, evaluation and renewal**, to ensure their program is running smoothly.

Back to school
means back to
daily breakfasts!





Further Reading and Tools



SCHOOL'S CORNER

The [School's Corner](#) is a great place for volunteers and school administrators to look for extra information they may need. It contains a wide range of resources that will help you operate your breakfast program.

PROGRAMS NEWSLETTER

Vitamin C, BCC's Programs Newsletter, is full of inspiring and ideas, best practices in breakfast programs across the country and the latest news from our team.

To access the latest issues, visit the [Newsletters section](#) of our website.

The Club on Social Media



[Facebook](#)



[Facebook – Quebec Volunteers Group](#)



[LinkedIn](#)



[X](#)



[Youtube](#)



Here's to a Great Year!

We hope this toolkit helps you create and manage a breakfast program that suits your needs and lets your students start their day on a nutritious note.

Your BCC coordinator is available throughout the year to provide support and answer any questions your school may have.

Together, let's give children the chance to reach their full potential each morning!

Thank you for supporting students !