



Breakfast
CLUB
of Canada
TM

A better start for every child.

Educational Childcare Services TOOLKIT

A Breakfast Program Designed to Meet
Your Specific Needs!



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In Tune With Your Needs!

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

These principles act as a **compass**, indicating where best to concentrate our efforts to move, together, towards the **best possible school breakfast program**. It also embodies the values we aim to apply to our work, enabling us to answer the **needs and realities of each and every community** we support.



Find out more about our Menus and Nutrition Tools

The [product catalog](#) is an invaluable tool for food delivery programs. You'll find the lists of all the ingredients and allergens for the various items in our menus, along with useful nutrition-related information.

We work [with a team of nutrition experts](#) from various fields of practice — including nutritionists and dietitians — who support our work and ensure that programs have access to nutritious food in line with their specific needs. We constantly assess and reassess the items served through our programs so that every plate contains good, nutritious food that children enjoy.

Our [School's Corner](#) also features other tools designed to help you [introduce new foods](#), [foster healthy eating habits](#) and [celebrate special occasions](#), along with a colourful, flavourful [cookbook](#), and much more.

Be sure to have a closer look!



Since 2022, the Club has been proud to have its commitment to local procurement recognized by **Aliments du Québec au menu**. Each year, this recognition reflects our efforts to offer menus featuring local foods in childcare facilities and schools.

Discussing Food with Children

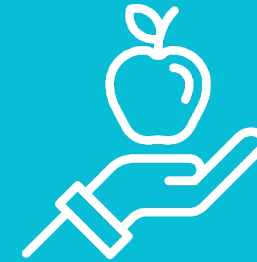
Breakfast programs are a great opportunity to talk to younger ones about food and **develop their food literacy**.

For inspiration on best practices for talking to children 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 kids create their breakfast 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 children at school, 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 secrets 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>

Managing Your Orders and Inventory

Adjusting Your Orders

Two weeks before every scheduled delivery, your coordinator will send you an email in which you are asked to **review food quantities** and adjust downward, as necessary, based on your inventory and your current breakfast program needs.

IMPORTANT!

Please advise your coordinator of any significant increase or decrease in your average attendance to ensure that the calculations are as accurate as possible. This will help avoid an unnecessary build-up of inventory.

Inventory Management



We're counting on you to manage the food in your breakfast program efficiently and optimally to **avoid food waste and the costs associated with food loss.**

Be sure to rotate by expiration date and take a thorough inventory before each quote adjustment. Also make sure that any uneaten food is returned to the breakfast storage room to be offered at the next service. **Mix and Match menus** are a great way to clear your inventory between deliveries.

If needed, refer to the **Manage your Food Inventory** tool in the [Program management](#) section of the **School's Corner**.

Getting ready for Food Deliveries

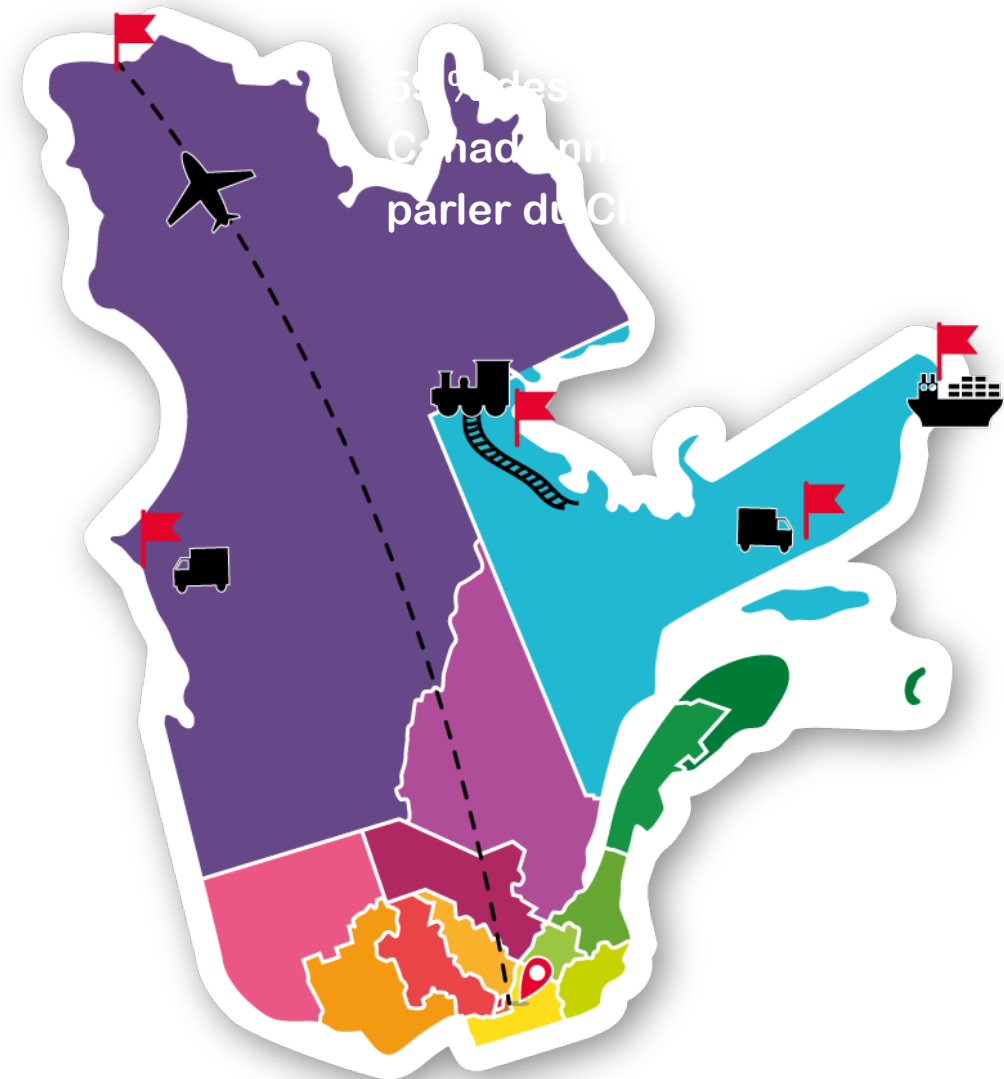
Deliveries are made weekdays, based on a **schedule established by the Club** in conjunction with our transportation partners. The schedule is sent to participating Childcare Centers at the beginning of the school year.

The reception of shipments is the Childcare Center's responsibility.

It is therefore important that we be able to count on your understanding and flexibility to receive and handle orders at any time during the day at the pre-determined door and promptly put them away in the designated storage area.

Early in the year, please make sure a system is put in place to manage incoming orders, no matter the scenario. Please take a moment to read the **Food Delivery to your school** document, in the Program Management section of the School's Corner, for further details.

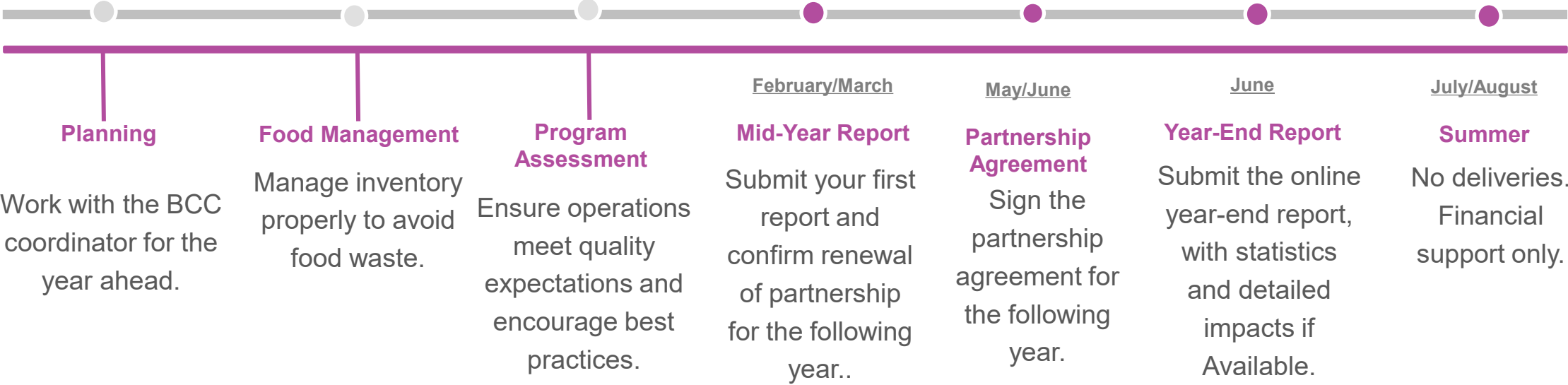
Everyone's cooperation and support is vital in ensuring the success of each breakfast program and achieving our common goal of making sure children start their day hungry to learn, not hungry for food!



Annual Process of a Breakfast Program

Throughout the year, Childcare Center's team will work with Breakfast Club of Canada and follow a **process of accountability, evaluation and renewal**, to ensure their program is running smoothly.

Our collaboration lasts through the year!



MEET ARI CUI CUI

We're very proud to introduce **Ari Cui Cui**, our ambassador for breakfast programs in childcare centres.

Join her and her magical world of wonder, where the love of learning is equalled only by the love of nutritious, delicious food!

[Watch the video](#)
(in french only)



TESTIMONIALS

The Club encourages Childcare Centers to **share their experiences with breakfast programs**, 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, if available at the Daycare Centre, 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**.



Further Reading and Tools

SCHOOL'S CORNER

The [School's Corner](#) is a great place for volunteers and school administrations 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 chalk-full of inspiring and nutrition 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 Medias

[Facebook](#)

[Facebook – Quebec Volunteers Group](#)

[LinkedIn](#)

[X](#)

[Youtube](#)



Here's to a Great Year!

We hope this toolkit helps you in operating a breakfast program that suits your needs and let the kids start their day on a nutritious note.

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

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

