

# WELCOME TO YOUR SCHOOL'S

## BREAKFAST PROGRAM!



In collaboration with Breakfast Club of Canada, our school is pleased to offer a breakfast program that allows students to start the school day with a complete and nutritious meal in a warm and caring environment. The program **is open to all students**, and registrations are accepted throughout the year.

### What does the breakfast program mean for students?



Access to a nutritionally balanced breakfast, including a variety of foods from all three categories of Canada's Food Guide (vegetables and fruits, whole grains and protein foods).



A wealth of positive impacts such as improved learning skills and greater nutritional awareness.



Breakfast with friends in a friendly, relaxed setting.



A smoother morning routine at home!

Breakfast will be served in \_\_\_\_\_ every day at \_\_\_\_\_ throughout

Location in the School

Time

the school year, starting on \_\_\_\_\_ .

Date

Please, contact the school if you have any questions:

\_\_\_\_\_  
School contact's name

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
Email Address

For more information about Breakfast Club of Canada, please visit their website at [www.breakfastclubcanada.org](http://www.breakfastclubcanada.org)

## THANK YOU!

If you wish to volunteer for the breakfast program,  
please fill out this form and return it to the school.

### Parent volunteers:

Yes No

I would like to volunteer for the breakfast program.

\_\_\_\_\_  
Parent's Name

\_\_\_\_\_  
Phone Number

\_\_\_\_\_  
Email Address