

VitaminC

Breakfast Program's Newsletter



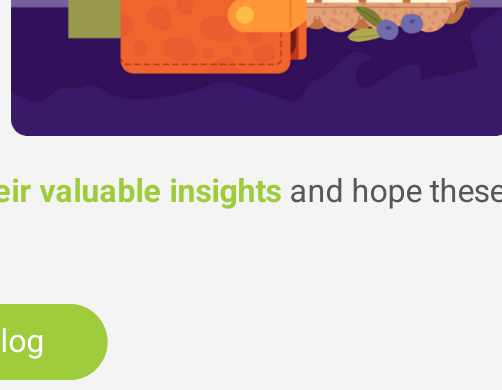
A Taste of Fall

What does fall taste like or sound like? For us, it's crunchy apples, creative recipes, and bustling school breakfast programs across the country. In this edition, we'll take you along a **Northern Vancouver Island school visit trip**, share smart strategies to **stretch budgets in times of inflation**, and serve up **inspiration to keep your program strong, nourishing and student-centered**.

Read on for these stories and more!

INSPIRING IDEAS Innovative Practices in Schools: How to Navigate Rising Food Costs

To address this, schools have developed innovative ways to offer nutritious and varied breakfasts to students while reducing grocery bills. These strategies, collected through last year's midyear survey, reflect the creativity and dedication of school teams and volunteers.



We sincerely thank every school for sharing their valuable insights and hope these tips can inspire some of you!

[Read the blog](#)

NUTRITIOUS IDEAS Guide to Beverage Offerings in Programs

Breakfast is an opportunity to provide positive food experiences while fostering healthy habits. Discover our tool designed to guide beverage offerings in programs! [Consult the Guide here](#)

Invitation to Virtual Open House Sessions

The Club's Nutrition Committee invites you to attend this fall's virtual open house on How to Optimize Your Menu and Budget Without Compromising Nutritional Quality.

Here are the dates available:

REGISTER NOW!

English Open Session

November 4th 3pm (EST)

November 6th 12pm (EST)

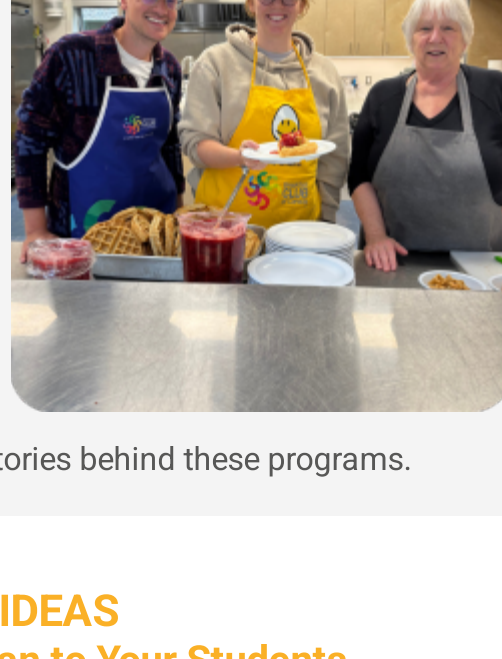
French Open Session

November 3rd 12pm (EST)

November 6th 2:30 pm (EST)

YOUR STORY Our coordinators on the road: a journey across the Sunshine Coast

Before the end of last school year, our program coordinators journeyed across British Columbia's Sunshine Coast, Northern Vancouver Island, and the Comox Valley to see breakfast programs in action. From homemade Monster Muffins to breakfast pizzas and traditional meals prepared with elders, they discovered that **these programs are about much more than food—they're about community, culture, and care**.



[Read more](#) about the inspiring people and stories behind these programs.

INSPIRING IDEAS What Does Breakfast Mean to Your Students

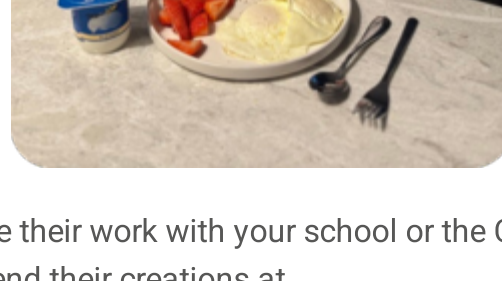
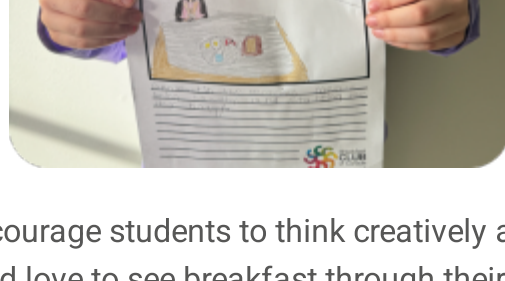
Invite students to explore the question: "What does breakfast mean to you?" through photos, drawings, or short stories. This creative activity encourages personal reflection and can spark conversations about food, routines, and well-being.

Use prompts like:

- Who do you eat breakfast with?
- How does breakfast help you start the day?
- What is your favourite breakfast?

The [Story Bites](#) activity connects to learning in:

- **Health & Wellness:** nutrition, well-being
- **Art:** drawing, photography, creativity
- **English Language Arts:** storytelling, vocabulary
- **Social Studies:** food security, accessibility

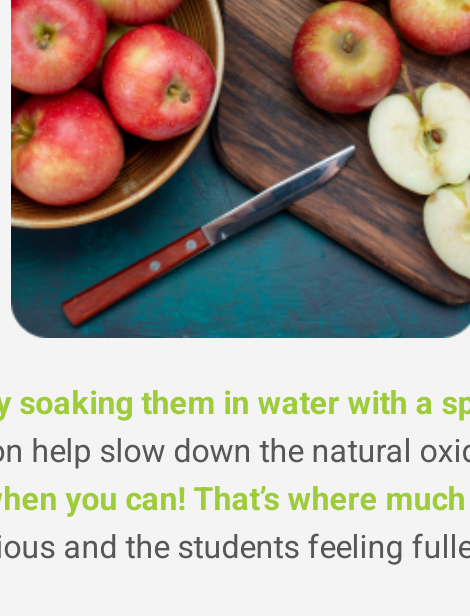


Encourage students to think creatively and share their work with your school or the Club. We'd love to see breakfast through their eyes! Send their creations at

testimonials@breakfastclubcanada.org

DID YOU KNOW? It's Apple Season! 🍏

It's apple season and you know what they say: An apple a day keeps the doctor away! **Storing apples in the fridge can help them stay crisp and flavourful much longer than at room temperature**—sometimes even several weeks! Their natural wax coating plays an important role in slowing down water loss and spoilage, so it's best to wash your apples only right before serving.



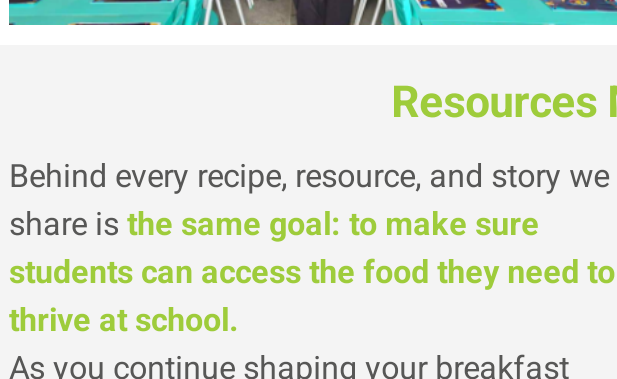
If you're serving them sliced, **prevent browning by soaking them in water with a splash of lemon juice**. The acidity and vitamin C in lemon help slow down the natural oxidation process. Baking with apples? **Keep the peel on when you can! That's where much of the fibre is concentrated**, making your dish delicious and the students feeling fuller longer.

[Check out our apple informative tool](#) for serving and preparation ideas, and try our Breakfast bread pudding with apples recipe

INFO-CLUB Your stories shine on the International Stage

With heart, energy, and a spirit of community, Breakfast Club of Canada took part in the **2nd Global Summit of the School Meals Coalition held in Brazil**. Thanks to the generosity of a corporate partner, we were able to showcase on the international stage your commitment and the inspiring stories you bring to life every morning through your breakfast programs.

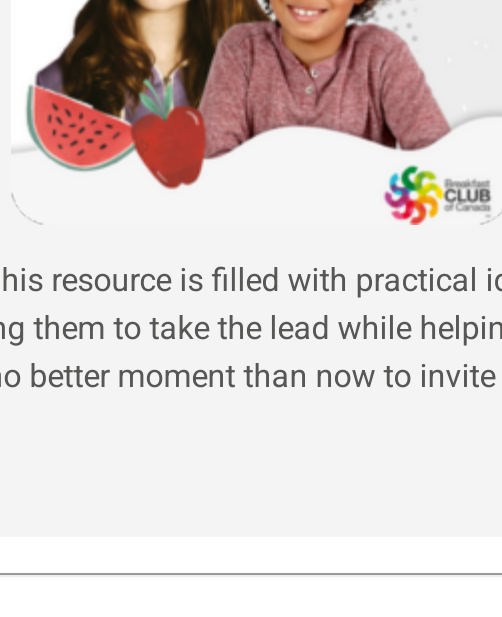
This gathering was a unique opportunity **to learn, be inspired, and share the strengths of our great movement of solidarity**. We return more motivated than ever, eager to put all the knowledge gained into practice to strengthen and sustain breakfast program support, ensuring the health and success of every child.



Resources Made for You

Behind every recipe, resource, and story we share is **the same goal: to make sure students can access the food they need to thrive at school**.

As you continue shaping your breakfast program this fall, we invite you to explore the [Schools' Corner](#) section of the Breakfast Club of Canada website. You'll find a library of ideas and resources to help keep your breakfast program thriving.



One of those is the [Student Volunteer Toolkit](#). This resource is filled with practical ideas to involve students in your program—empowering them to take the lead while helping build long-term program sustainability. There's no better moment than now to invite students to take the lead in your program.

[Check it out!](#)