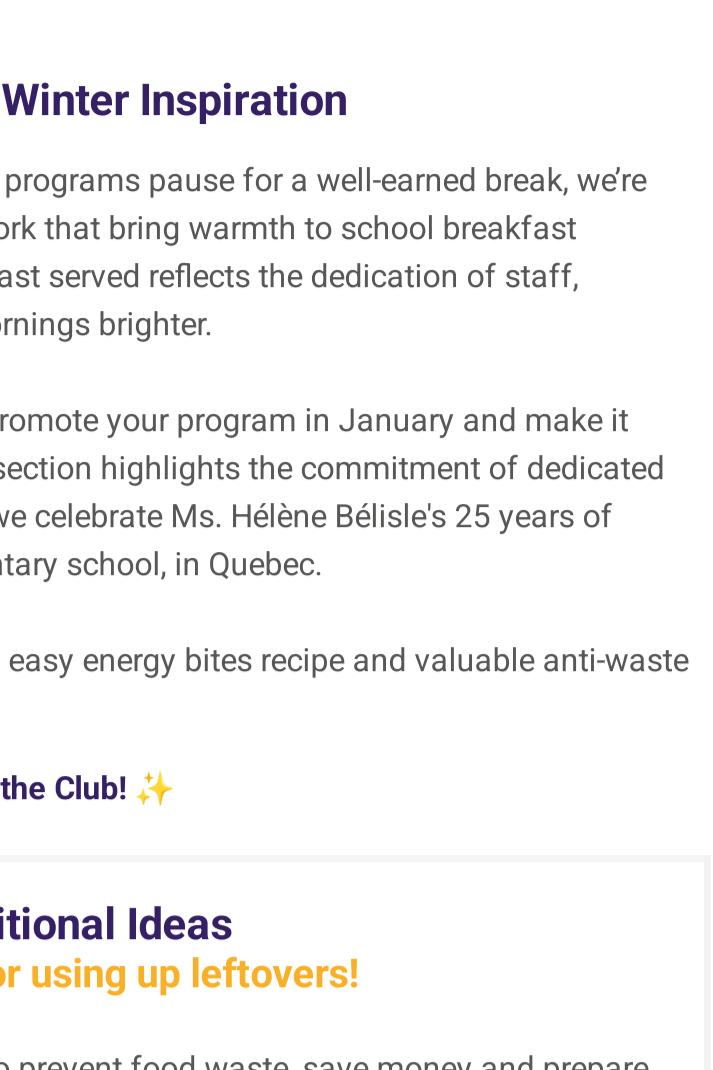


## VitaminC

# Breakfast Program's Newsletter



## A Taste of Winter Inspiration

As the holiday season approaches and programs pause for a well-earned break, we're reminded of the generosity and teamwork that bring warmth to school breakfast programs across Canada. Every breakfast served reflects the dedication of staff, volunteers, and students who make mornings brighter.

In this edition, you'll find tools to help promote your program in January and make it known to every family. The Your Story section highlights the commitment of dedicated cooks in northern Saskatchewan, and we celebrate Ms. Hélène Bélisle's 25 years of volunteer work at the Luskville's elementary school, in Quebec.

Plus, our Nutrition Committee offers an easy energy bites recipe and valuable anti-waste tools for your breakfast program.

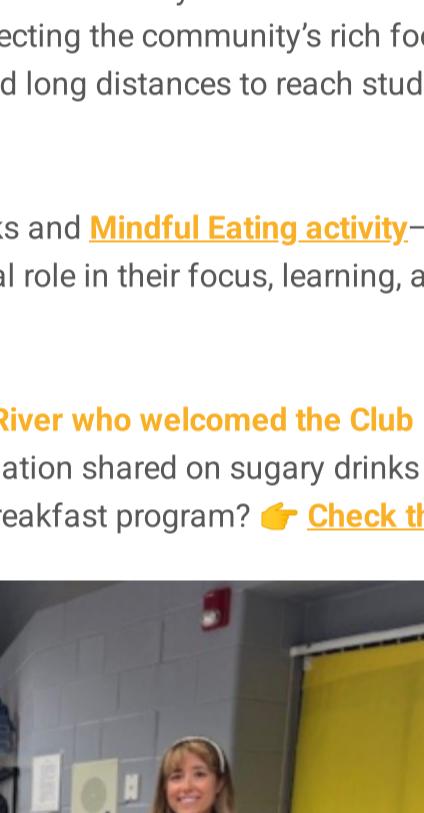
**Warm holiday wishes from all of us at the Club! 🌟**

### Nutritional Ideas New tools for using up leftovers!

Cooking with leftovers is a great way to prevent food waste, save money and prepare your next breakfast quickly.

This tool features a few simple tips and recipes to help you give your leftovers a second life and get creative in the kitchen!

Check out our recipe booklet and anti-waste tips [here!](#) 🌟



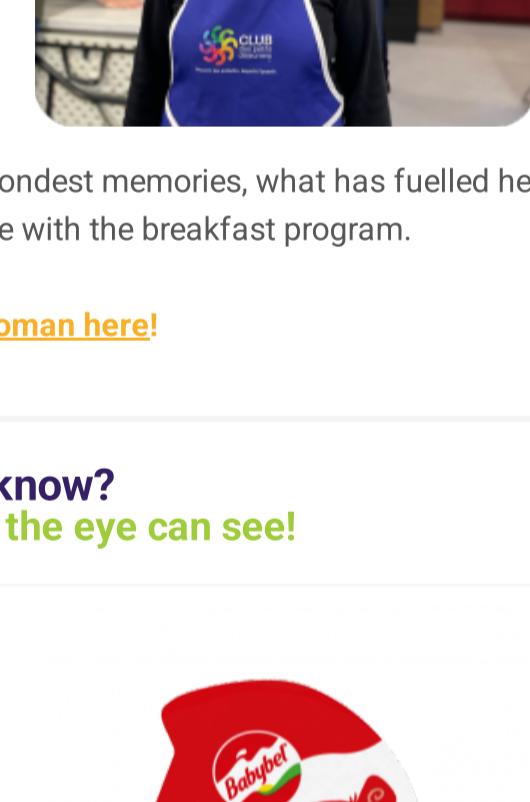
[Tips on using leftovers](#)

[Recipe booklet](#)

### Energy bites inspired by Au pays de Cornemuse daycare centre

These energy bites are favourite at Au pays de cornemuse daycare centre. Enjoyed by young and old alike, they're one of the specialties of Roxanne, who runs the kitchen.

The Breakfast Club of Canada Nutrition Committee appreciates the versatility of this recipe, which can be made into both bites and bars. They're also a great way to introduce puffed quinoa, a less well-known food.



[See the Recipe](#)

### Inspiring Ideas

#### Templates to help you promote your program to parents

A welcoming, universal breakfast program starts with making sure that every family knows that a program is available at their school, and that every student knows that it's for them! To help you promote your program, we've created some templates that you can customize to suit your needs.

Feel free to download and use them!

- [Registration form](#)
- [Information for families](#)
- [Information for families – with voluntary contribution](#)

[See the Recipe](#)

[Your Story](#)

### Saskatchewan breakfast programs that nourish bodies and minds!

In October, Programs team members Dennise, Kirstin, and Jocelyn visited three schools in the La Loche and Clearwater River region of Northern Saskatchewan to participate in breakfast programs and lead nutrition education sessions. These Dene communities are rich in language, culture, and food traditions that are woven into daily school life through elders' teachings and land-based learning.

At Clearwater River Dene Nation School, the team joined cooks Jaren and Laura to prepare and serve breakfast. The monthly menu included hearty dishes like stews, soups, and warm bannock for chilly mornings, reflecting the community's rich food culture. It also featured fresh fruit that had travelled long distances to reach students' plates.

In addition, students joined in a lively Sugary Drinks and [Mindful Eating activity](#)—an engaging reminder that nutritious food plays a vital role in their focus, learning, and overall well-being.

**Thanks to everyone in La Loche and Clearwater River who welcomed the Club team!** Interested in learning more about the information shared on sugary drinks and how to make the best beverage choices for your breakfast program? 🌟 [Check this out!](#)

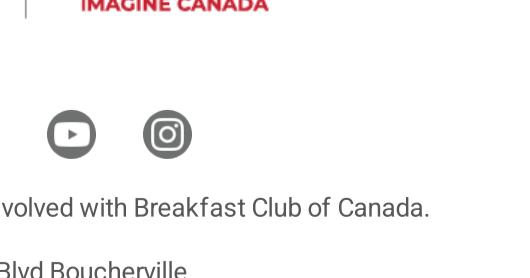


### A quarter century of feeding children: interview with a passionate volunteer

On November 19, our team had the privilege of taking part in a celebration in Luskville marking Hélène Bélisle's 25 years of volunteer service with her program.

She is an inspiring and dedicated figure, who perfectly embodies the spirit of generosity and community involvement.

Her exceptional involvement has earned her the Sovereign's Medal for Volunteers, an award that recognizes the invaluable contribution of citizens to their communities.



We thank him warmly for his inspiring leadership and commitment to children.

His legacy will continue to fuel our mission every day.

[Discover the portrait of this committed woman here!](#)

[Did you know?](#)

### Mini Rolls as far as the eye can see!

Mini Rolls, which are snack-size cheeses, seem to be a hit with young people in breakfast programs!

In 2024-2025, the Club delivered 7,500 cases of 96 Mini Rolls to schools across Quebec. If you lined them up, they'd span nearly 200 km, showing just how far a snack can take you!



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