

## Newsletter to parents

January 2026

### Vegetables for breakfast!

Vegetables for breakfast? Yes, why not? They're delicious! As winter sets in, we crave hearty comfort food. So, now's the perfect time to add extra veggies to our meals, even at breakfast, to keep kids (and grownups!) energized and thriving during the cold season.

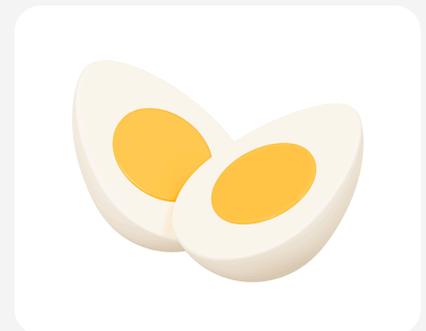
Did you know that the **Breakfast Club of Canada's Nutrition Committee** advocates for eating a wider variety of vegetables, no matter what time of day? Vegetables are rich in vitamins, minerals, and fibre and deliver a real nutritional boost for getting through the winter days.

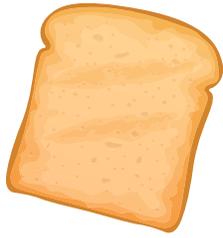
**Here are some simple and inspiring ideas to try at daycare or at home:**

#### Eggs with winter vegetables

Add peppers, mushrooms or spinach to your scrambled eggs, omelettes or mini quiches. Why not try Shakshouka, a hearty dish of poached eggs in a tomato sauce with vegetables?

[Discover our recipe on page 9 of our booklet.](#)





## Comforting toast

Swap out bananas for avocado, [hummus](#), sliced tomatoes or roasted vegetables. A simple way to add a dash of colour to winter mornings!

## Hot breakfast sandwiches

A grilled cheese sandwich with peppers or a breakfast wrap filled with grilled vegetables are great options for a hot, nutritious and different start to the day.



## Vitamin-rich winter smoothies

Add spinach, kale, or carrots to your fruit smoothies for a refreshing kick!

## Vegetables in homemade baked goods

Carrot muffins, zucchini scones, or [spinach muffins](#): are perfect for quick winter breakfasts. Kids love them!



Discover loads of tasty recipes in the Nutrition section of our [School's Corner](#).

## Key takeaway

Adding vegetables to breakfast in winter gives your child:

- more energy to face cold days
- more variety
- and more fun at meal time!

Get creative in the kitchen and give your family mornings a boost!

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Source

[How to incorporate more vegetables into your morning routine | The Breakfast Club](#)

Do you have questions about the breakfast program?  
Feel free to talk to your Daycare Service supervisor or  
email us at [programs@clubdejeuners.org](mailto:programs@clubdejeuners.org).

