

## VitaminC

# Breakfast Program's Newsletter



### A Season of Nourishing Discoveries

In celebration of Nutrition Month in March, explore our special edition focused on discovering new foods and flavors. Inside, you'll find a delicious lentil muffin recipe contributed by one of our schools, along with helpful updates and resources to support your daily work—like creating food discoveries and using food neutral language!

As Nutrition Month approaches, whether you're seeking inspiration, practical resources, or a moment of reflection, we hope this month's stories energize you and give you new food for thought.

**Enjoy the read!**

#### News

### A Message from Our New President and CEO

I am thrilled to join the amazing team at Breakfast Club of Canada. I am proud to contribute to such an essential mission, made possible every day by your dedication and care for children.

I look forward to witnessing our programs in action, learning more about your work, and acknowledging the concrete impact you create every day. Together, we continue to create environments where children can start their day nourished, confident, and ready to learn and grow.

I am eager to work with you and to carry this mission forward together.



**Julie Desharnais,**  
President and Chief Executive Officer

#### Nutritious Ideas

### Exploring New Foods... One Step at a Time!

Introducing new foods is an opportunity to spark curiosity and build positive food experiences.

We're excited to share a practical tool and a short video filled with simple, supportive strategies to make food exploration something kids look forward to and enjoy. Discover how to pair new foods with familiar favourites, encourage curiosity, and help children explore with confidence.

[Introducing new food tool](#)



### A recipe for banana and lentil muffins that will fill you up!

When discovering new foods, familiarity is one of the most effective strategies, as it allows for a gentle introduction to new flavours and textures.

This is the approach proposed by Candace Gabriel from W. P. Bate Community School with this banana and lentil bread recipe.



[Discover the recipe here](#)

#### Your Story

### Around the world in three breakfasts with Albert School

Albert School in Regina has been taking students around the world through a series of themed breakfasts. Kids have been introduced to breakfasts from the UK, France, and the Philippines, giving them a chance to taste something new.

[Read on for the full story and discover these special breakfasts](#)



#### Inspiring Idea

### Food neutral language - Give it a try

Food neutrality is all about shifting the way we talk about food so students feel safe, confident, and curious about what's on their plate or offered to them. By avoiding labelling foods as "good" or "bad," we can help students build positive relationships with what they eat. This supports emotional well-being and encourages kids to explore food at their own pace.

Small changes in language can make a big difference: celebrating variety, welcoming cultural foods, discovering flavours, and focusing on how food fuels bodies go a long way towards promoting food neutrality. If you're interested in incorporating food-neutral language into your breakfast program, you'll find two helpful tools on the Club's website:

- [A colourful Food Neutrality poster](#)
- [A practical step-by-step Food Neutrality Classroom guide](#)

Together, these resources can spark meaningful conversation and help create a more inclusive food culture in your breakfast program and school community.

#### Did you know?

### When Picky Eaters Meet New Foods

Trying new foods can feel like an unwelcome adventure for kids, and it's sometimes a challenging one for adults too! Picky eating is a normal part of childhood, and learning to enjoy new foods takes time, patience, and positive experiences.

Read our blog article to discover interesting facts that highlight how children learn about food and why gentle encouragement (not pressure!) makes all the difference!

[Read the Blog Article](#)



#### Info-Club

### 30 Years of Shared Commitment: Activity Report 2024-2025

We are excited to share our [2024-2025 activity report](#), which highlights the progress made and the key moments of the school year.



Inside, you will discover the tangible impact of our work on the ground and the achievements made possible through everyone's dedication.

A heartfelt thank-you to all school teams for their commitment and passion: your work is at the heart of these successes and continues to make a real difference in the lives of children.

Together, let's keep giving every child the best possible start—because feeding children is feeding the future.

[Read the Report](#)

### Next Up: National Volunteer Week

Before we sign off, a quick reminder: National Volunteer Week in Canada is coming in April! It's a special time to celebrate and shine the spotlight on the incredible people who support your breakfast program. You can learn more about this celebration and find ideas for getting involved at [Volunteer Canada's National Volunteer Week page](#).

For the occasion, we'll be sharing resources and ideas related to volunteering, and we will introduce you to some Breakfast Champions involved in your programs!