

VitaminC

Breakfast Program's Newsletter



April 2026 - Volunteer Week

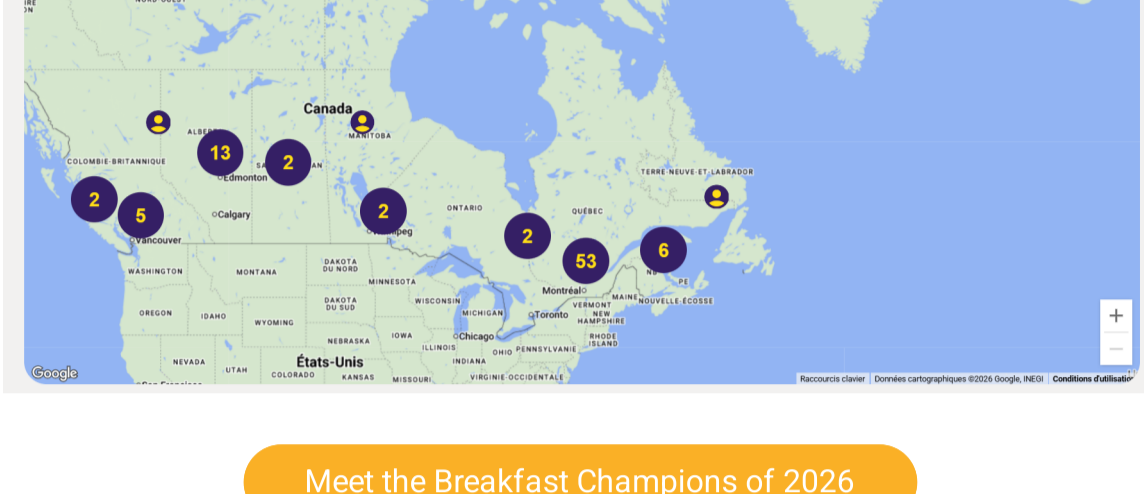
It's National Volunteer Week from April 19–25, and in this issue we're proud to spotlight some of the incredible people who power school breakfast programs each day. Their dedication makes it possible to create welcoming spaces where students can start the day nourished and ready to learn. As well, you'll find helpful nutrition resources to enhance the quality of everyday breakfast menu items, and that highlight how breakfast can reflect the cultures of all students in the community.

Enjoy the read!

Meet the Breakfast Champions Involved Across the Country

National Volunteer Week, which runs from April 19 to 25, is the perfect occasion to highlight the invaluable dedication of those involved in the breakfast programs.

Once again this year, the Club invited schools and community organizations to recognize their contributions, and more than 80 people across Canada were nominated as Breakfast Champions. Let's take this opportunity to extend our heartfelt thanks to everyone who contributes, day after day, to the success of your program.



Meet the Breakfast Champions of 2026

Your Story Meet 3 Breakfast Champions

Erin Williams

John Allison Elementary School, Princeton, British Columbia

Erin Williams' dedication to the well-being of our students at John Allison Elementary School is exceptional. Each morning, Erin arrives early to ensure that every child who walks through our doors has access to a nutritious start to their day. Her commitment ensures that our kiddos are fed, cared for, and ready to learn. As our Strong Start Teacher and the heart of our school's breakfast program, Erin plays a vital role in supporting both preschool and primary students.



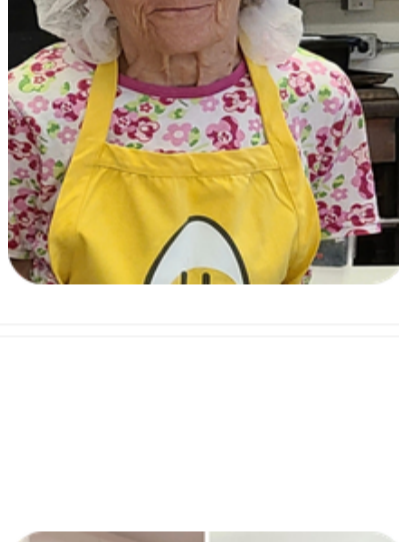
Her consistent presence, warm approach, and genuine care have a profound and positive impact on our school community.

Pauline Sauvage

Heritage Elementary School, Huntingdon, Quebec

Pauline's commitment to our breakfast club program is truly inspiring. For 12 years, she arrives every morning at 6:30 with a smile on her face, ready to get to work.

During the summer, Pauline broke her knee but the minute she got the okay from her doctor, she was back in the kitchen, leg brace and all!



Her consistent presence, warm approach, and genuine care have a profound and positive impact on our school community.

Tammy McKeever

Percy Baxter Middle School, Whitecourt, Alberta

Tammy McKeever has been connected to the breakfast program for many moons and has zero expectation of recognition. She is at school every morning by 7 a.m. to ensure everything is prepared when other volunteers come to help so that breakfast is ready upon the students' arrival. Tammy orders and organizes all the supplies, schedules and trains all the volunteers, ensures compliance for food safety, and handles all the behind-the-scenes details that many of us would not even know to consider.



Tammy's commitment is that every student starts their day with a smile and a healthy meal, no questions asked.

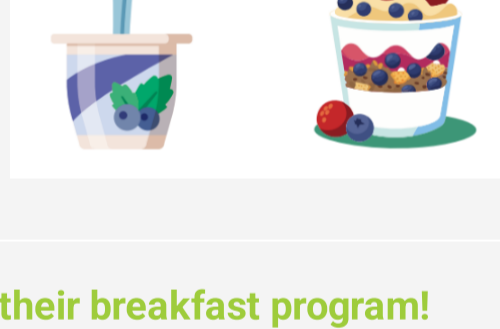
Nutritious Ideas

A few tips for improving the nutritional quality of your breakfasts!

Small, simple changes to recipes or food choices can significantly improve the nutritional quality of a breakfast.

Whether you swap all-purpose flour for whole-wheat flour or choose unsweetened applesauce, these practical tips will help guide your food choices—both at the grocery store and in the kitchen!

👉 [Discover the practical tips](#)



Students prepare Bulgogi for their breakfast program!

Under the direction of head teacher Lindsay Hogan, students from Venture High School in Montréal, Quebec participate in unique cooking classes in which they are 100% involved in choosing the recipes and preparing the dishes... not to mention, of course, the taste-testing! Through this collaborative work, they develop practical cooking skills, learn to choose ingredients and stretch budgets, and make new discoveries about food and flavours.

As part of their breakfast program, they prepared bulgogi, a delicious meal inspired by Asian cuisine. This wonderful initiative brought together several educational and social objectives around a shared and engaging project. It was also a great gateway to cultural diversity, highlighting eating habits different from those they know. The final meal, colourful, balanced, and flavourful, included three major food groups, providing full nutritional value



At the intersection of learning, culture, and fun, this project fits perfectly with the spirit of Asian Heritage Month, in May. It truly captures how cooking together can become a meaningful way to learn, share, and discover!

👉 [The recipe used was inspired from this.](#)

Inspiring Idea

Building Your Breakfast Team and Keeping Them Inspired

Looking to strengthen your breakfast program team?

We've put together a comprehensive guide to help you engage parents, students, staff, and community members in supporting your program.

Inside, you'll find actionable strategies to recruit help, keep volunteers engaged, and build a sustainable team.

👉 [Click here to see the guide](#)



Every Breakfast Tells a Story. Share Yours!

As we look ahead, we're down to just one more issue in this newsletter series and we'd love to feature your school's program. Do you have a success story, volunteer spotlight, student feedback quote, or a creative breakfast solution to share?

Your experiences can inspire schools across the country. Send us your stories, photos, and ideas, and help us close out this series by celebrating the impact you're making in your community. Let's finish the 2025-2026 school year strong by sharing what we've learned with schools from coast-to-coast-to-coast

📩 Write to us at testimonials@Breakfastclubcanada.org or [visit our website here.](#)