

VitaminC

Breakfast Program's Newsletter



As the school year winds down, we know it's a busy and reflective time for school breakfast program teams. Whether you're wrapping up activities, celebrating small wins, planning a special year-end meal, or already looking ahead to September, your impact continues to be felt in every meal shared and every student supported.

In this month's edition, we're ending the year with stories and inspiration from across the country. As we celebrate the arrival of warmer days, you'll find a blog article exploring **the benefits of water for staying well hydrated**. We're also featuring a **portrait of chef and culinary educator Todd Cardinal**, whose approach is based on practical, adaptable solutions that can inspire breakfast programs from coast to coast to coast. Last but not least, we shine a spotlight on **our Breakfast Club of Canada ambassadors** and on Phil Wizard's exciting visit to a Vancouver area school!

Read on for these stories and resources to help you plan for a strong end to the school year.

School Food for All Forum:

Three Days to Exchange Ideas and Bring Together Key Stakeholders

From June 2 to 4, 2026, Breakfast Club of Canada had the opportunity to participate in the **School Food for All Forum "Nourishing Futures"**. This event provided an opportunity to strengthen collaboration among stakeholders in the ecosystem and accelerate the sharing of promising solutions for the future of school meals.

Across a full day of on-site visits and three presentations, the Club shared its expertise in local food sourcing, nutrition, and sustainable operating models for school food programs. This was highlighted through the "Better Nutrition for Children at School" project, presented at the Forum that puts children at the heart of its approach to promoting more nutritious, local food.



We would like to thank the organizers and participants for these inspiring days of discussion, which helped us shape a shared vision for the future.



Your Story

Purposeful Changes:

Reshaping a School Breakfast Program

We're excited to see so many school breakfast programs across Canada evolving to do more than simply feed students: they're building trust, sparking curiosity and shaping lifelong relationships with food. At Beaver Lake Cree Nation's Amisk Community School, one chef is transforming what breakfast can look like by focusing on fresh ingredients, student voices, and small, meaningful changes that add up to make a big impact.

This story highlights practical solutions that any program, regardless of size or budget, can try, from reducing processed foods to introducing new flavours in approachable ways. It's a reminder that innovation doesn't require perfection, just persistence.

👉 [Read the full story](#) to discover simple, scalable ideas that can strengthen your own breakfast program.



Nutritious Ideas

Refreshing Ideas to Kick Off the Summer Right

This month, we celebrate the arrival of warmer days with **simple and fun ideas to help keep children well hydrated in the morning!**

Let's explore the benefits of water, along with practical tips to encourage students to drink more throughout the day.



[Explore our practical tips](#)

Did You Know?

Ambassadors to promote the cause

We're so incredibly lucky to have the support of our amazing ambassadors, who care deeply about the well-being of the next generation. They've teamed up with the Club to help spread a really important message: that every child deserves a nutritious breakfast to fuel their day and help them learn. This wonderful group of public figures includes **Dr. Stephanie Liu**, singer-songwriter **Roxane Bruneau**, comedian **Laurent Paquin**, and Olympic athletes **Mikaël Kingsbury** and **Elizabeth Hosking**.

Together, they help put the Club on the map and share a message that truly resonates from coast to coast to coast.

Just last May, Olympic breakdancer and Club ambassador **Phil Wizard** dropped by a school in Coquitlam, B.C. He helped make and serve breakfast to the students, and then treated everyone to an amazing demo and a super fun breakdancing workshop! The kids absolutely loved it, and the visit was a perfect reminder of just how dedicated our ambassadors are to keeping kids healthy, happy, and thriving.



[Meet the Ambassadors](#)

Before You Go

As the school year wraps up, it's the perfect time to reflect on what worked well in your breakfast program and start planning for the year ahead. Small changes and plans made now can set your program up for success in September, especially when it comes to sustainability.

From reducing food waste to limiting single-use packaging and encouraging reusable items, simple shifts can make a meaningful impact on both your program and the environment. [Explore 5 Ways to a Greener Breakfast Program](#) for practical, easy-to-implement ideas that can help you build a more sustainable, efficient breakfast program for the new school year.

Thank you for all the care and dedication you've shown this year! Here's wishing you a restful and well-deserved summer break. ✨