

Behind every breakfast, a team that makes a difference!

As we settle into the school year, we're excited to share stories, resources and updates that highlight the incredible work happening in breakfast programs across Canada.

This edition will present Émilie, a mother who shares **how the program has supported her child's integration** while transforming her own experience as a parent and volunteer at the school.

You'll also discover, in a video, **how a new breakfast program is launched** and the multiple impacts it has on students and the school. Plus, you'll find our **portion chart** to help you plan your menu, a new tool for student engagement, and more!

Behind every breakfast program is a team of people making thoughtful decisions, finding solutions and showing up for students each day.

Thank you for being part of this important work.

INSPIRING IDEA
A Recipe for Success: Students at the Centre of Your Breakfast Program

Students are at the heart of every school's breakfast program, and creating opportunities for them to be involved can help build a stronger sense of belonging, leadership and connection within your school community.

We heard that youth engagement is an increasingly important focus for many schools, so the Club has developed new resources to help you explore ways to involve students in every step. Youth Engagement: A Recipe for Success provides a quick overview of why youth engagement matters and how to get started.

Whether you are just beginning to explore how to get started or looking for new ways to expand student participation, this document can help you create meaningful opportunities for students to share their voices, build skills and contribute to a program they are part of.

👉 See the resource here: A Recipe for Student Engagement

NUTRITIOUS IDEAS
Planning Portions with Confidence

Wondering how much food to prepare? Our Portion Chart offers general serving estimates to help you plan your menu, reduce food waste and make sure you have enough food on hand, while recognizing that every child's appetite is unique.

👉 Visit our website to download the Portion Chart and add it to your breakfast planning toolkit.

Recipe Spotlight: Apple Oatmeal Bars

Fall is the perfect time to make the most of fresh, seasonal apples! These Apple Oatmeal Bars are a simple, nutritious and student-friendly option that can be prepared ahead of time, making busy breakfast mornings a little easier.

We hope they become a new favourite in your program!



Download the recipe

PROGRAM HIGHLIGHT
Behind the scenes of a breakfast program launch!

Launching a new breakfast program isn't a one-person job: not only are the Club Coordinators there to provide support every step of the way during implementation, but there's an entire school team pitching in, volunteers stepping up and people who, each morning, see firsthand the difference it makes in children's lives.

In this new video, we hear from those who experienced the recent introduction of a breakfast program at École Notre-Dame-de-l'Assomption in Châteauguay, Quebec. Through their stories, discover the steps that led to this initiative, the collaboration that made the project possible and, above all, the initial impact that it's already having on students.

Learn about their story and how it all came together here (in French only)👇



When breakfast impacts more than just a morning!

Behind every breakfast program are human stories that show its impact on daily life. We're talking parents, volunteers, and community members who get involved to help children start each morning on a more level playing field.

That's the case for Émilie, a dedicated volunteer who gives her time to her son Philippe's breakfast program.

👉 **Discover Émilie's perspective!**

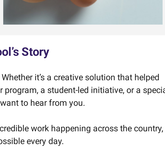


DID YOU KNOW?
Eggs for everyone!

October 9th was World Egg Day, and every year, the Club distributes egg coupons, fresh eggs and hard-boiled eggs to hundreds of schools and partner organizations across the country.

In 2024–2025, more than **500,000 hard-boiled eggs and 240,000 fresh eggs were delivered to schools in Quebec.** More than 250,000 hard-boiled eggs have also been distributed to partner organizations in other Canadian provinces, and that number continues to grow.

Across Canada, 100,000 coupons are also handed out each year. Schools and school partners can redeem these coupons for a dozen eggs, free of charge, giving them access to a protein-rich food for their breakfast program—much to the students' delight!



Share Your School's Story

Every school breakfast program has a story worth sharing. Whether it's a creative solution that helped overcome a challenge, a partnership that strengthened your program, a student-led initiative, or a special moment that brought your school community together, we want to hear from you.

Your experiences can inspire other schools, highlight the incredible work happening across the country, and help celebrate the people who make breakfast programs possible every day.

If you have a story, idea or success you'd like to share, reach out to our team by writing to **testimonials@breakfastclubcanada.org**. Your program may be featured in a future newsletter and help showcase the many ways schools are supporting students every day.

You received this email because you are involved with Breakfast Club of Canada.

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