



Eggs or Eggos?



Issue: The efficiency of spending patterns of Northern British Columbia (BC) schools on breakfast food ingredients and the development of breakfast programs.



WHO? Food security



WHAT? Spending Efficiency



WHERE? Marginalized Communities

Food Security

Food Security is when people have physical and economic access to sufficient, safe, nutrient rich food, at all times, that suits preferences and meets the dietary needs of a healthy active lifestyle.



In Canada, 1 out of 5 children lack access to a nutritious breakfast

Who is the Breakfast Club of Canada?

Mission: "We nurture potential and grow healthy students giving an equal chance of all success to all kids, one breakfast at a time."

The Breakfast club of Canada works to empower children, and their communities to be drivers of social change. Through monetary assistance, supplies, and food donations, the organisation collaborates with schools across Canada to create sustainable breakfast program for students.

Core Values: Enrichment, Empowerment, and Engagement



Our Approach

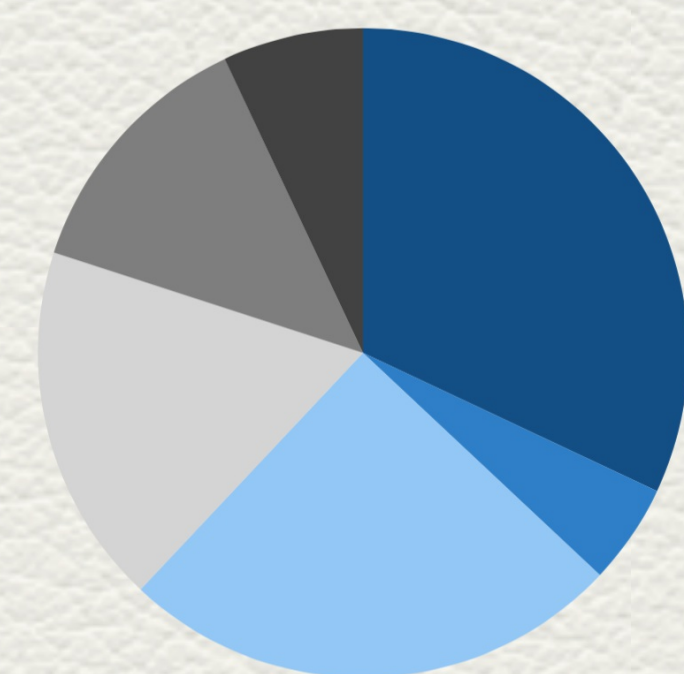
Receipt analysis was done on 15 schools within Northern British Columbia. Spending patterns of where food was purchased, quantities, and what was purchased were logged into a database for comparison among communities and to the Lower Mainland.



What We Found

Through new **community partnerships**, schools will be able to purchase food at a lower cost and thereby their primary focus can be food quality not quantity. Purchases of grains dominated in many of the schools receipt logs. As well, items that frequently occurred were pancake syrups and jams; two foods very high in sugar that the Breakfast Club is trying to limit. With access to cheaper food, schools will be able to avoid these sugary processed foods, and create meals around whole foods. Providing students with breakfast has shown enhanced academic success, improved nutritional status, and decreases the risk of obesity.

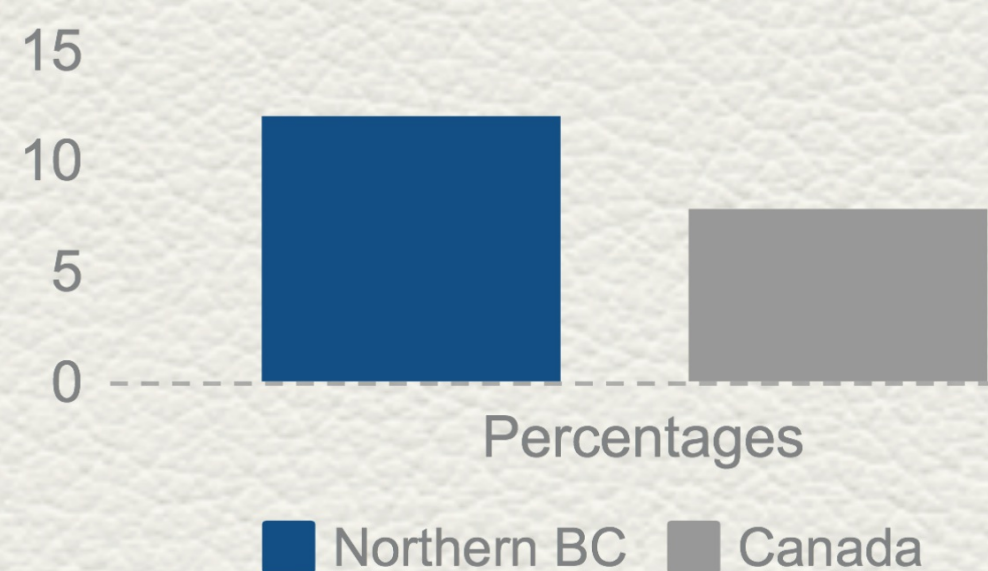
Spending Patterns of Nusdeh Yoh Elementary



Grains (32%) Dairy (5%) Fruit/Veg (25%)
Beverages (18%) Condiments (13%)
Meat and alternatives (7%)
Located in Prince George

Factors of Food Security in Northern BC

1. Unemployment - Rates in Northern BC vs. Canada

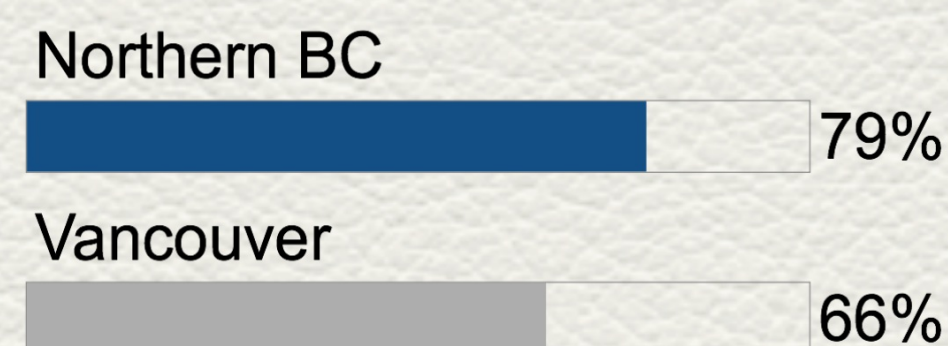


3. Education - Percentage of Residents with a High School Diploma



High School Diploma (73.90%)
Non High School Diploma (26.10%)

2. Income - Food Assistance as a Main Source of Income for Food Insecure Households



Note: Social Assistance Rates have not increased in BC since 2007

What's Next?

Time to ditch the Eggos and get the eggs crackin'. With new food partnerships, and guidance from the Breakfast Club, schools have the support they need to make exciting, healthy breakfasts for their students. Being able to focus on quality, the shift from processed foods to breakfasts formed around whole foods can happen. Programs have involved staff and community volunteers, and we see a huge benefit of getting students more involved in the program. Whether it is learning about what they are eating or helping with food prep, the hands on experience will have them more engaged in their food, and more passionate about eating healthy.

Link to project blog - <https://blogs.ubc.ca/thebreakfastclub/>

Acknowledgements

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References

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