



# Recipe Book

## with Breakfast Club of Canada



Who's is the Breakfast Club Of Canada?

A non-profit, nation-wide organization which is devoted to helping children access healthy morning meals. They have served almost 33 million breakfasts per year and have feed around 204,000 students per day in Canada (Breakfast Club of Canada, 2017).



### Why it matters?

Children are the most vulnerable to food insecurity.

Lacking of food has negative impacts on students' academic performance, cognitive achievement, and physical health (Wyon D et al., 1997).

**Issue:**  
1/5 Canadian children is at risk of starting school on an empty stomach.

(Breakfast Club of Canada, 2017)

## Goal+Approach

### Goal:

To develop a recipe book that provides nutritious, and delicious breakfast ideas that will be used in collaboration with the Breakfast Club of Canada within Breakfast School Program.

### Approach:



### Requirements of Recipe Book:

- Cost wise and Nutritious
- Ingredient wise. Using readily available foods such as eggs and avoid ingredients such as meats
- Simple to use by volunteers
- Only 4-5 ingredients per recipe

## What we found



We were able to produce a recipe book that included 44 nutritious and cost wise recipes.

School staff observed older schools children prefer "to-go" meals, which should be included within the recipe book.



There are some food waste implications, which need to be addressed in recipe portion sizes.

## Take-Home Message

- Urge the provincial government to subsidize more food assistance programs.
- Since the recipe book is now finished, it needs to be spread to different schools, and tested by professional stakeholders to determine if this recipe book is sufficient.
- Further partnership with other authorities.
- Improve food waste problem by saving for later or serving smaller portion sizes.