

Breakfast Recipe Series



The Breakfast Club of Canada is... a non-profit organization that provides funding, consultation and education to improve food literacy, health and learning in youth across Canada. They serve nutritious and cost-effective breakfasts for 203,852 students every day in 1598 schools.³



LFS 350 x Breakfast Club of Canada (BCC)

The Issue

- Food insecurity, caused by insufficient income and/or time, affects 12 % of Canadian households¹

In Canada,
1 CHILD IN 5
is at risk of starting the school day on an empty stomach due to a **lack of access to nutritious food.**³



Why It Matters

- Food insecurity is linked to poor health development and lower academic success in children²
- Increasing availability of school breakfast can maintain food security among low income elementary school children²

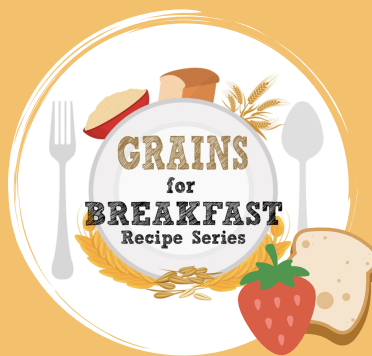
How We Enhanced BCC's Resources

Create 3 videos with recipes that can be made in large batches, and use cost-effective and common ingredients



1. Egg Cups with Spinach and Red Peppers
2. Muffins with Zucchini and Carrots

Vegetables are rich in fiber, vitamins and minerals⁵



1. Rolled Oat Granola bars
2. Berry Overnight French Toast with Whole Grain Bread

Grains are rich in fiber and help regulate the digestive tract⁵



1. Implement food safety practices
2. Identify food waste reduction strategies

1 in 8 Canadians get sick from foodborne illness each year!⁶

Video Feedback

Survey: videos are appealing, well-paced, easy to follow, and perfect in length

"These are the kinds of recipes that we are hoping that more schools will start adopting after watching the videos." - Danelle Kvalheim, BCC Breakfast Program Coordinator

Take Home Message

- Disseminate the videos to school breakfast coordinators
- Evaluate effectiveness of videos by tracking usage on social media platforms
- Touch base with breakfast coordinators about video usefulness and discuss future topics

UBC
Land and Food Systems

References

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- 2) Fought, L., Williams, P., Willows, N., Asbridge, M., & Veugelers, P. (2018). The association between food insecurity and academic achievement in Canadian school-aged children. *Public Health Nutrition*, 20(15), 2778-2785.
- 3) Breakfast Club of Canada (2018). *The Cause*. Retrieved from <http://www.breakfastclubcanada.org/our-needs/>
- 4) Bartfeld, J. & Ahn, Hong-Min (2011). The School Breakfast Program Strengthens Household Food Security among Low-Income Households with Elementary School Children. *Journal of Nutrition*, 141, 470-475.
- 5) Hammond, G. (2018a). UBC FNH 250 Class Notes: Overview and Diet Quality.
- 6) Health Canada (2016, July 05). Infographic: Food-related illnesses, hospitalizations and deaths in Canada. Retrieved Nov 21, 2018, from <https://www.canada.ca/en/public-health/services/publications/food-nutrition/infographic-food-related-illnesses-hospitalizations-deaths-in-canada.html>