



# Nutrition VIDEOS

for school meal program coordinators  
+ everyone else



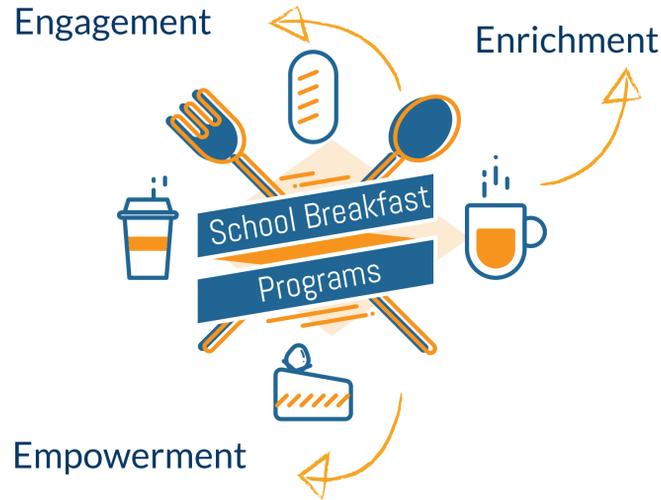
a place of mind  
THE UNIVERSITY OF BRITISH COLUMBIA

Land and Food Systems



## Breakfast Club of Canada (BCC)

The Breakfast Club of Canada is a **nation-wide** non-profit organization that provides children with access to **in-school breakfast programs**, to educate and improve food literacy in aims of increasing the health of youth (1)



## The Issue

In Canada **1 IN 6** households experience food insecurity, affecting nearly **17%** of children (3)

In Canada **1 IN 5** children are at risk of starting school on an empty stomach (1)

## Methods

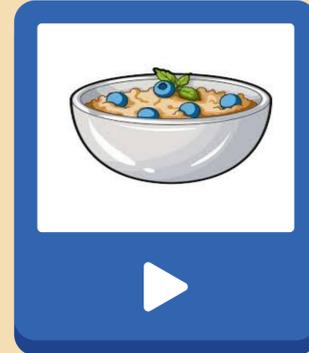
1. Choose 3 nutrition/breakfast video topics from a list given from BCC
2. Create and edit, revise videos
3. Final Videos are shared with school breakfast program coordinators & on the BCC newsletters
4. Survey Feedback from BCC programs coordinators collected

## Why it Matters?

Breakfast is important for the wellbeing of children in addition to its positive correlation with cognition and school performance (2).

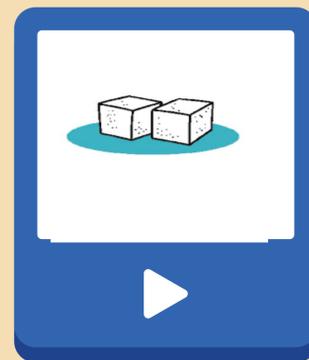
If breakfast coordinators are provided nutrition knowledge, this would increase the capacity for breakfast coordinators to bring healthy, low-cost, and exciting food into the breakfast program.

## Videos



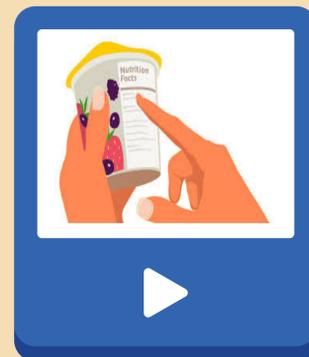
### 1. Fun and Flavourful Oatmeal Toppers

- WOW, Pears and Oatmeal
- Banana Cocoa Oatmeal
- Pumpkin Pie Oatmeal



### 2. What's the Deal With Sugar?

- What is sugar?
- Simple and Complex Carbohydrates
- Added Sugars



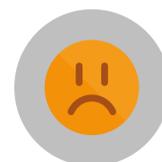
### 3. The Facts on Nutrition Facts

- Serving Size
- List of Nutrition and their Percent Daily Values
- Ingredients List



Video 1

Great Job! Minor adjustment to the speed and ingredient



Video 2

Needs Improvement Suggested a more professional looking style



Video 3

Great Start! Minor changes to the wording and style of the video

## Key Takeaways

- Making adjustments of different types of meals can make them nutritious and exciting and still be cost-efficient
- By continuing to improve and create new videos, this will increase the ease for individuals working at BCC and in school breakfast programs to have resources to make healthier, more exciting meals for students
- Future video topics could be: the importance of drinking water, the benefits of eating a healthy egg breakfast, and top brain foods for brain function