

Breakfast Club of Canada

[Nutrition Resources]

WHO:
The Breakfast Club of Canada (BCC) is a non-profit charity that strives to improve food insecurity and child development through their healthy breakfast programs across thousands of schools in Canada. (2)

33 million Meals served daily (2)

1600 Canadian schools (2)

Lack of healthy food choices (2)

Lack of access to adequate food (2)

WHAT & WHERE:

200 000 Children (2)

17 500 Volunteers (2)

Food Insecurity

Leads to:

Increase energy levels & activity (6)

WHY MEAL PROGRAMS?

1/4 Children go to school hungry
Due to:

- Long transit time (2)
- Economic hardship (2)

WHY IT MATTERS?
Breakfast can:

- Increase cognitive development (5)
- Increase test scores (5)
- Increase nutrition (1)

HOW?

MAIN GOAL: ALLEVIATE COMMUNITY FOOD INSECURITY (2)

Community food security exists when all individuals have access to affordable, safe, culturally appropriate, environmentally sustainable, and nutritionally adequate food at all times (4).

2ND GOAL: ESTABLISH FOOD JUSTICE (2)

Food justice is defined as eliminating the inequities that limit an individual's food choices and access to food (3)

OUR PROJECT:

We can support BCC staff by creating nutrition resources that can help improve nutrition, affordability, and sustainability- all of which can help mitigate food insecurity and reduce food justice related inequities.

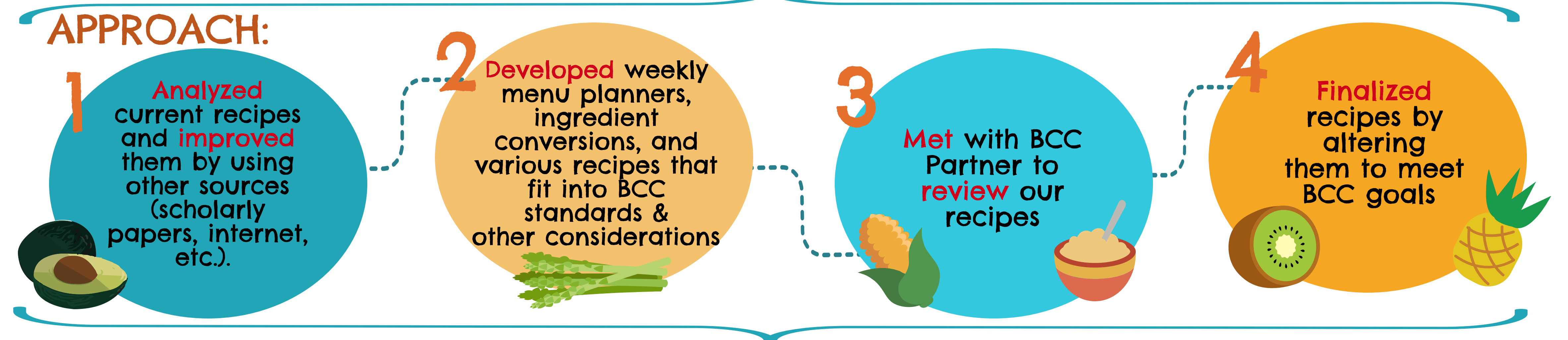
ISSUE:
Current recipes are opportunities to bring together new ideas to create new recipes with shorter preparation time and less expensive ingredients, all of which will increase the nutritional value of meal programs.

GOALS:

- Weekly menu planners that encompass a main ingredient of the week
- Ingredient conversions: Replacing expensive or unhealthy ingredients for better alternatives
- "Grab & Go" recipes that can be easily and quickly distributed to students
- "Large-Scale sit down" recipes that can feed a large group and satisfy nutrition, convenience, and low budget costs

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- Increase convenience for volunteers
- Reduce time in grocery shopping, preparation, and cooking
- Consider common allergies & cultural foods
- Simple recipes that requires little cooking skills
- Limited funding
- Increase nutrition



RESULTS:

- 3 weekly menu planners
- 8 ingredient conversions
- 5 Grab & Go Recipes
- 5 Large-Scale sit down Recipes

- Satisfies all goals & requirements of the BCC
- Incorporated feedback from partners
 - Liked: convenience, simplicity, easy/feasible/cost-effective recipes & ingredients
 - Disliked: expensive ingredients (Chia seeds, etc.), long/difficult preparation

WHAT WE FOUND:

- Since BCC workers are volunteers, we made simple recipes that minimized time required for preparation, grocery shopping, cooking, and also requires little skill and effort.
- Due to a limited budget:
 - avoid expensive ingredients, despite high nutritional value
 - buying bulk ingredients so they can be used throughout the week (as seen in weekly menu planners)
 - readily available ingredients across Canada
- Students find food delicious enough to reduce food waste.

NEXT STEPS:

- Implementing recipes/conversions into existing programs
- Continue to work with the BCC by improving recipes
- Opportunities to visit active school programs
- Collect feedback from students and volunteers

ACKNOWLEDGEMENT:

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SOURCES:

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