

SUCCESSFUL BREAKFAST CLUBS OVERVIEW

Successful breakfast clubs:

- ✓ Welcome and respect every student within the school;
- ✓ Operate in an easily-accessible location that is stigma-free and welcoming;
- ✓ Offer breakfast 5 days a week;
- ✓ Offer a nutritious menu that includes a variety of healthy foods from 3 of the 4 food groups (consistent with *Eating Well with Canada's Food Guide* and all provincial/territorial nutrition policies) including a serving of fruits and vegetables daily;
- ✓ Offer food and beverages that are culturally-appropriate for all students;
- ✓ Accommodate the individual needs of students with regards to food sensitivities and allergies;
- ✓ Allow adequate time for children and youth to eat;
- ✓ Promote healthy eating through positive role modeling and food and nutrition education;
- ✓ Ensure health and nutrition messages are consistent throughout the whole school environment;
- ✓ Prepare, store, and serve food and beverages using safe food handling practices in accordance with provincial/territorial regulations;
- ✓ Involve leadership from a committed and informed program coordinator and breakfast club committee;
- ✓ Include student voice while actively involving students in program delivery;
- ✓ Foster a whole school approach by supporting partnerships with the broader school community;
- ✓ Ensure a system is in place to provide financial accountability and sustainability;
- ✓ Include ongoing program evaluation on a regular basis.