Breakfast CLUB of Canada™

A better start for every child.

# 2026-2027

# Educational Childcare Services TOOLKIT

## A Breakfast Program Designed to Meet Your Specific Needs!



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# In Tune with your Needs!



To ensure children have access to a nutritious breakfast every morning, the Breakfast Club offers menus and service models based on its **Guiding Principles.**

These principles act as a compass, indicating where best to concentrate our efforts to move, together, towards the best possible school breakfast program. It also embodies the values we aim to apply to our work, enabling us to answer the needs and realities of each and every community we support.

This Toolkit presents several essential tools and documents for managing your breakfast program, which you'll find in the **Resources section** of the **School's Corner.**



# New Adapted Menus for Daycares



Our menus all contain at least one item from each of the three food categories as recommended in Canada's Food Guide, i.e., vegetables and fruits, whole-grain foods and protein foods.




This year**, the Club has thoroughly revised its menus and standards to continue improving the quality of the food served to children.**

In addition to its rigorous nutritional standards, the menu was designed to offer a nutritious breakfast that's a treat for children's taste buds and good for the planet!

These quality menus are:

- **Filling, nutritious and varied,** to meet the nutritional needs of growing children and help them discover new foods;
- **Sustainable**, to reduce the environmental footprint of the food served.

**NEW:** Two menus designed specifically for Childcare Centers! Check them out on the next page. To learn more about the quality improvement initiative, read the **New Menus presentation document**.

The **Food catalogue** contains information on all the foods offered by the Club.

Visit the **Nutrition** section of the **School's Corner** to consult our menus, nutrition tools, recipe ideas and menu planners.

# New Adapted Menus for Daycares

We have revised the textures and nutritional values of the foods, based on your various comments, to better meet the needs of young children.

**Explore the new Daycare menus** to determine which one best meets the needs and capabilities of your establishment.

## COOKING
### BREAKFAST MENU FOR DAYCARES

- This menu is intended for daycares that have the **ability, time, and desire to cook in the morning**.
- It offers a **variety of recipes using versatile ingredients**, allowing for **flexibility and creativity** in their use.

## EASY-TO-PREPARE
### BREAKFAST MENU FOR DAYCARES

- This menu features foods that are easy to prepare and serve. Daycares that wish to do so may use the toaster once or twice a week to serve a few hot items to children.
- **The recipes involve a few quick steps and don’t require any special cooking skills.**
- This is an accessible option that enhances the morning offering while making practical use of available resources.

# Find out more about our Menus and Nutrition Tools

The **Food Catalogue** is an invaluable tool for food delivery programs. You'll find the lists of all the ingredients and allergens for the various items in our menus, along with useful nutrition-related information.

We work **with a team of nutrition experts** from various fields of practice — including nutritionists and dietitians — who support our work and ensure that programs have access to nutritious food in line with their specific needs. We constantly assess and reassess the items served through our programs so that every plate contains good, nutritious food that children enjoy.

Our **School's Corner** also features other tools designed to help you introduce new foods, foster healthy eating habits and celebrate special occasions, along with a colourful, flavourful cookbook, and much more.

Be sure to have a closer look!




ALIMENTS DU QUÉBEC
INSTITUTION AU MENU

Since 2022, the Club has been proud to have its commitment to local procurement recognized by **Aliments du Québec au menu**. Each year, this recognition reflects our efforts to offer menus featuring local foods in childcare facilities and schools.

# Discussing Food with Students

Breakfast programs are a great opportunity to talk to younger ones about food and **develop their food literacy**.

For inspiration on best practices for talking to children about food, watch our webinar on the importance of choosing right words and consult our complementary tools on food neutrality.

## TOOLS on Food Neutrality

- Food Neutrality Poster
- Food Neutrality in the Classroom Tool
- 6 Mindful Eating Activities

Help kids choose their items and understand the basics of a complete and balanced breakfast with our **Create your Breakfast** poster.



To make learning about food fun and spark children's curiosity, **we've created a series of four short videos in partnership with Télé-Québec**. Designed for students, these videos are available on the *Télé-Québec en classe* platform and beyond.

With *Les défis gourmands*, food becomes a true adventure! Through four interactive games, young chefs are invited to playfully discover the secrets on their plate, explore new flavors, and learn to listen to their bodies.

Watch to series here (in French only):
https://video.telequebec.tv/details/53198

# Managing your Orders and Inventories

## Adjusting Your Orders

Two weeks before every scheduled delivery, your coordinator will send you an email in which you are asked to **review food quantities** and reduce, as necessary, based on your inventory and your current breakfast program needs.

**IMPORTANT!**

Please advise your coordinator of any significant increase or decrease in your average attendance to ensure that the calculations are as accurate as possible. This will help avoid an unnecessary build-up of inventory.

## Inventory Management




We're counting on you to manage the food in your breakfast program efficiently and optimally to **avoid food waste and the costs associated with food loss**.

Be sure to rotate by expiration date and take a thorough inventory before each order adjustment. Also make sure that any uneaten food is returned to the breakfast storage room to be offered at the next service. **Mix and Match menus** are a great way to clear your inventory between deliveries.

If needed, refer to the **Manage your Food Inventory** tool in the **Program management** section of the **School's Corner.**

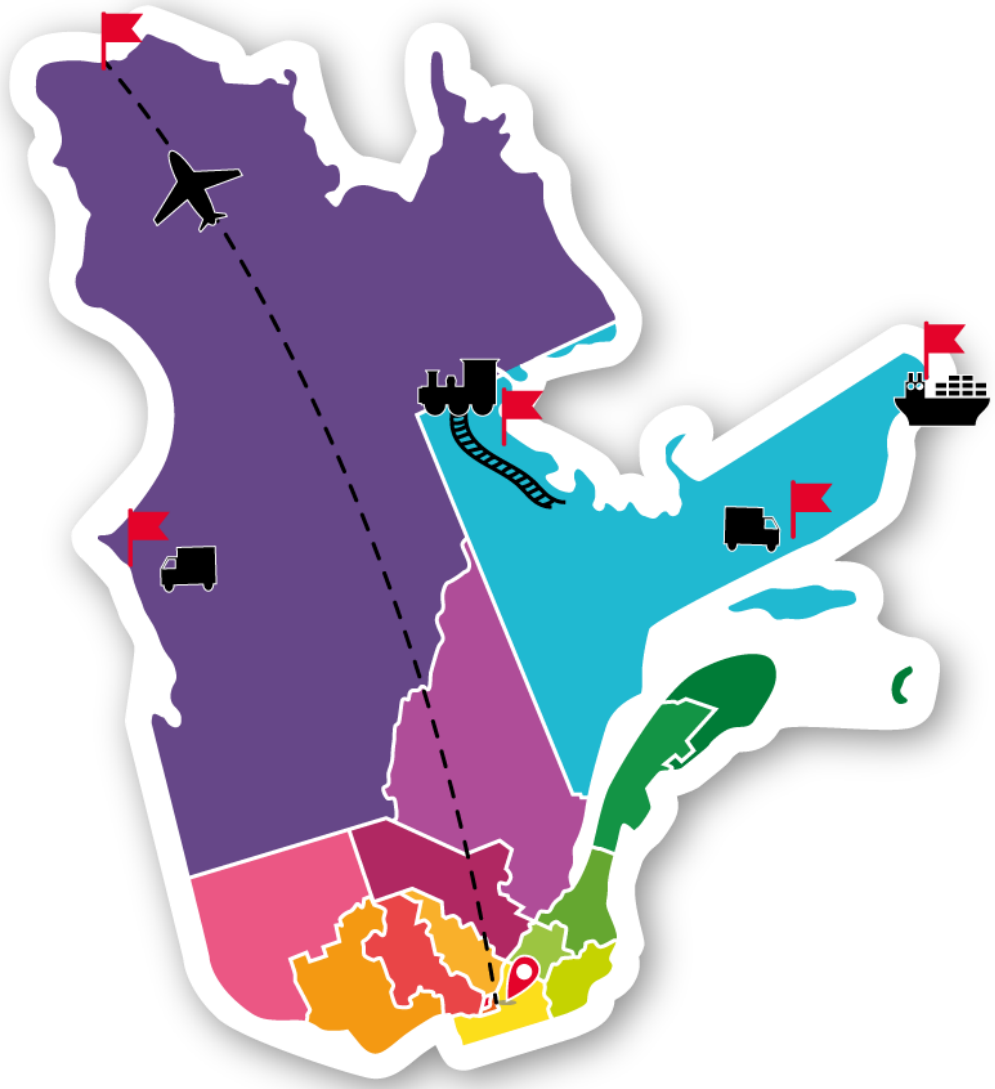
# Getting Ready for Food Deliveries



Deliveries are made weekdays, based on a **schedule established by the Club** in conjunction with our transportation partners. The schedule is sent to participating Childcare Centers at the beginning of the school year.

**The reception of deliveries is the Childcare Center's responsibility.**

**It is therefore important that we be able to count on your understanding and flexibility to receive and handle orders at any time during the day** at the pre-determined door and promptly put them away in the designated storage area.



Early in the year, please make sure a system is put in place to manage incoming orders, no matter the scenario. Please take a moment to read the **Food Delivery to your school** document, in the **Program Management** section of the School's Corner, for further details.

Everyone's cooperation and support is vital in ensuring the success of each breakfast program and achieving our common goal goal of ensuring a better start for every student so they can reach their full potential!

# Annual Process of a Breakfast Program

Throughout the year, Childcare Center's team will work with Breakfast Club of Canada and follow a **process of reporting, evaluation and renewal,** to ensure their program is running smoothly.

**Our collaboration lasts through the year!**



### Planning

Work with the BCC coordinator for the year ahead.

### Food Management

Manage inventory properly to avoid food waste.

### Program Assessment

Ensure operations meet quality expectations and encourage best practices.

### February/March

### Mid-Year Report

Submit your first report and confirm partnership renewal for the following year.

### May/June

### Partnership Agreement

Sign the partnership agreement for the following year.

### June

### Year-End Report

Submit the online year-end report, with statistics and detailed impacts.

### July/August

### Summer

No deliveries. Financial support only.

# Additional Information

## MEET ARI CUI CUI

We're very proud to introduce **Ari Cui Cui**, our ambassador for breakfast programs in childcare centres.

Join her and her magical world of wonder, where the love of learning is equalled only by the love of nutritious, delicious food!

**Watch the video**
(in french only)



## TESTIMONIALS

The Club encourages Childcare Centers to **share their experiences with breakfast programs,** and to share stories that highlight the positive impact breakfast programs have on children and the community as a whole.

We look forward to hearing from you at testimonials@breakfastclubcanada.org

## FOCUS ON SUSTANABILITY

We are doing our part to follow federal government guidelines and work toward **zero plastic waste by 2030.**

We invite you to compost, when available, and join us by opting for reusable utensils and for a menu with fewer individually packaged products.

Find out how to make your program greener by consulting the tools in the Program Management section of the **School's Corner**.

# Further Reading and Tools

## SCHOOL'S CORNER

The **School's Corner** is a great place to look for extra information they may need. It contains a wide range of resources that will help you operate your breakfast program.

## PROGRAMS NEWSLETTER

**Vitamin C**, BCC's Programs Newsletter, is chalk-full of inspiring and nutrition ideas, best practices in breakfast programs across the country and the latest news from our team.

To access the latest issues, visit the **Newsletters section** of our website.

## The Club on Social Media

- Facebook
- Facebook – Quebec Volunteers Group
- LinkedIn
- X
- Youtube



## Here’s to a Great Year!

We hope this toolkit helps you in operating a breakfast program that suits your needs and let the kids start their day on a nutritious note.

Your BCC coordinator is available throughout the year to provide support and answer any questions your Childcare Centre may have.

Together, let’s give children the chance to reach their full potential each and every morning!