Breakfast CLUB of Canada™

A better start for every child.

2026-2027 Childcare Services Financial Support TOOLKIT

A Breakfast Program Designed to Meet Your Specific Needs!



Last Updated: July 2026

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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.**



Nutrition Guidelines



Offer a nutritious breakfast that includes an item from each of these **three food groups**:

1. **Fruits and vegetables** for essential vitamins and minerals, and fibre.
2. **Protein foods** to help maintain, build and repair body tissues.
3. **Whole grains** for energy-boosting carbohydrates and fibre to feel full longer.

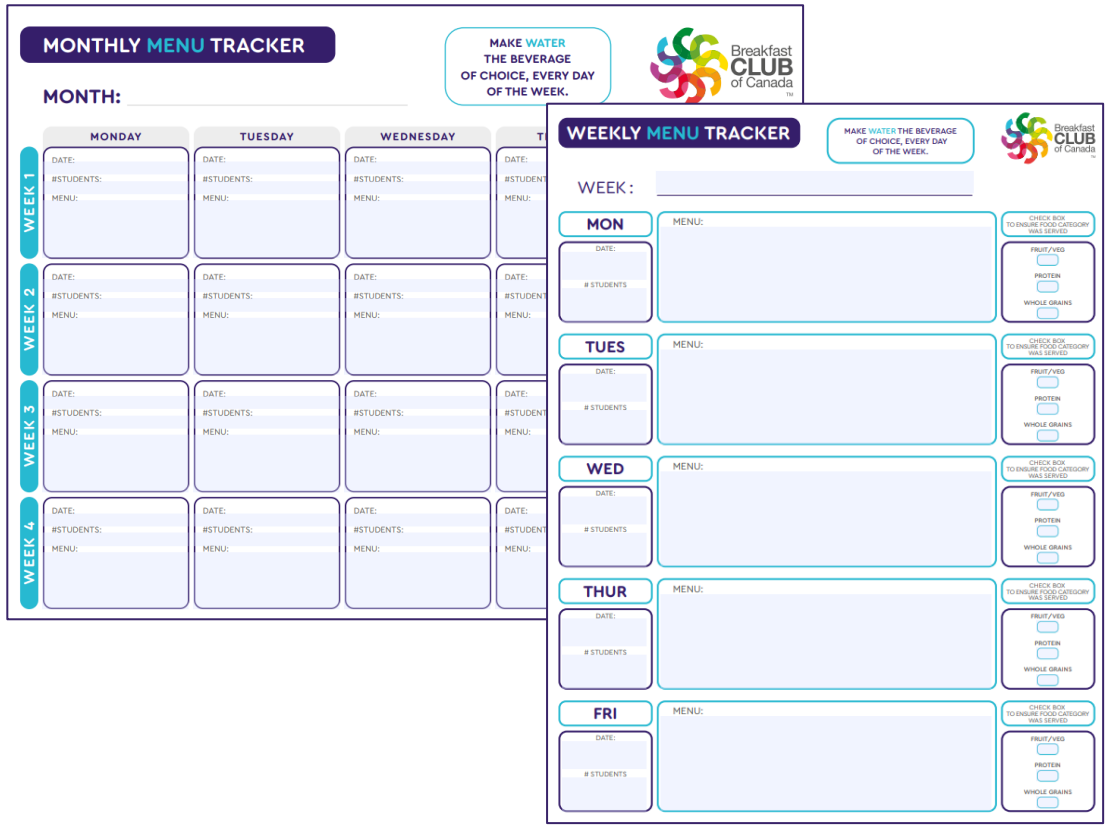
Make **water** your beverage of choice!

Reminder: Milk is a protein. It is therefore not necessary to serve another protein food during that breakfast service.

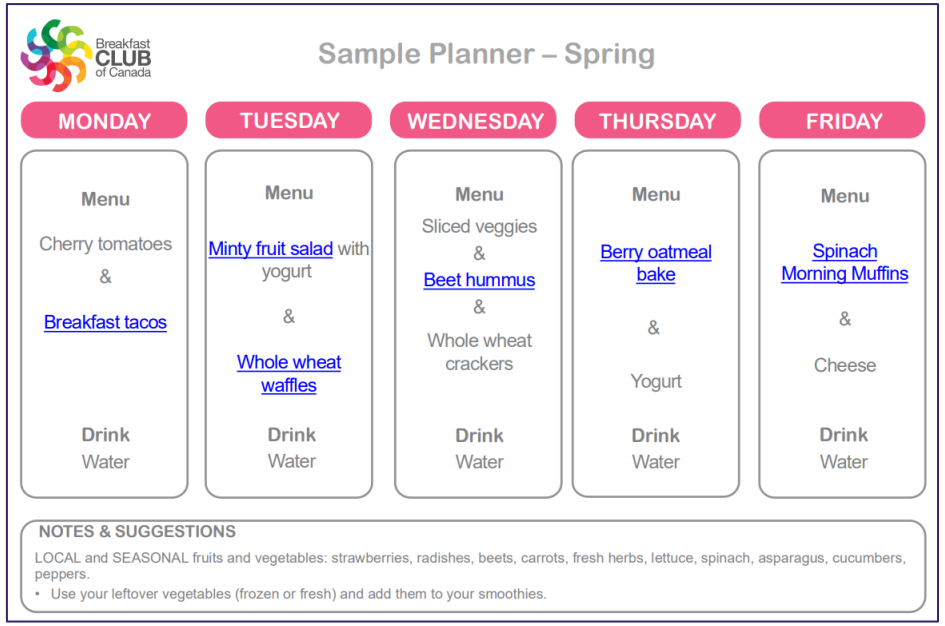
Planning Preparation

Menu Planners

- Choose the menu planner that best suits your needs
- In your menu planner, repeat the steps described in the following slides for each day of the menu



We also have menu planners you can use as inspiration!
Explore the **School's Corner** for multiple menu planner models



Selecting Whole-Grain Foods



Specifics

Nutritional criteria

- Aim for < 8 g of sugar per serving, or < 10 g if the product contains fruit
- Limit sodium to <10% DV and saturated fat to 2 g
- If the product is not 100% whole grain or contains white flour → aim for ≥ 2 g of fibre per serving

Key points

- Choose whole-wheat flour or other whole-grain flours in recipes
- Select products with whole grains (oats, brown rice, barley, quinoa, buckwheat, etc.) among the first ingredients
- For your preparations, opt for fruit- or spice-based flavours (e.g. apple, banana, vanilla, cinnamon)

Easy-to-serve food ideas

WHOLE-GRAIN FOODS



Cereals

Serve whole-grain, low-sugar (ideally less than 8 g per serving) cereals like:

- Cheerios (Original or Multi Grain)
- Shredded Wheat Original Spoon Size
- All Bran Flakes, Buds or Original
- Kashi Organic Autumn Wheat Cereal
- Quaker Oatmeal Squares
- PC Organics Organic Ancient Grains Cereal
- Mini Wheats Low Sugar
- Nature's Path Honey'd Corn Flakes Cereal

Crackers

Serve whole-grain choices like:

- Triscuit Original, Low sodium or minis
- Ryvita Rye Crispbread Multi-Grain
- PC Chia & Quinoa Baked Pita Crackers
- PC Multigrain baked pita crackers
- Breton bites crackers veggies
- Melba Toast Whole Grain
- Make your own oven-baked crackers using pita, naan or tortillas

Bread

Serve whole-grain options aiming for low sodium:

- Whole wheat options: bread, tortilla, english muffin, raisin bread, pita, bagels, etc.

Granola Bars

Serve whole-grain, low-sugar (ideally less than 8 g per serving) granola bars without chocolate, such as:

- Nature valley Lunch box Mixed berries
- PC Blue Menu Berry Blend Chewy Bars
- MadeGood Granola Bars (Strawberry, Mixed Berry)
- MadeGood Mornings Soft Baked Bars (Blueberry, Cinnamon Bun)
- KIND Healthy Grains Bars (Oats & Honey with Toasted Coconut, Vanilla Blueberry)
- Make your own granola bars. Discover our recipes in the Nutrition section of the School's Corner.

Selecting Protein Foods

Specifics

Nutritional criteria

- Minimum of 3 g of protein per serving
- Limit sodium to < 10% DV
- Cheese: < 6 g saturated fat per serving
- Yogurt: go for the plain, 1–2% fat version

Key points

- Avoid processed meats such as ham, sausages, bacon, etc.
- Introduce plant proteins (legumes, tofu, seeds, etc.). One item at a time, if helpful.
- Encourage rotation of different sources



Easy-to-serve food ideas

PROTEIN FOODS



- Low sugar yogurt, greek yogurt or drinkable yogurt (e.g. Danino)
- Cheese (e.g. Babybel, Cracker Barrel, Black Diamond Ficello, etc.)
- Hard-boiled eggs
- Milk or fortified soy beverages
- Homemade or store-bought hummus (e.g. Fontaine Santé mini hummus)
- Soy nut butter (e.g. Wowbutter)
- Seeds (pumpkin, sunflower, etc.)
- Homemade or store-bought roasted chickpeas or edamame beans (e.g. Go Beanz, Three Farmers, etc.)
- Cottage Cheese
- Edamame, steamed or dry-roasted

Selecting Fruits and Vegetables

Specifics

Key points

- Don’t prepare or choose a product with added salt or sugar
- Avoid fried foods and juices

Sourcing strategies

- Follow the local harvest calendar
- Establish partnerships with local producers
- Use frozen fruit/vegetables when out of season



Easy-to-serve food ideas

FRUITS AND VEGETABLES



- Fruits: apples, grapes, oranges, clementines, kiwis, pineapple, cantaloupe, papaya, bananas, pears, peaches, berries (blueberries, Saskatoon berries, blackberries, raspberries, strawberries, etc.), ground cherries, watermelon, plums, mango, figs, persimmons, honeydew melon, lychee, etc.
- Vegetables: carrots, celery, mini cucumber, cherry tomatoes, peppers, mushrooms, broccoli, cauliflower, zucchini, snap peas, baby corn, snow peas, etc.
- Applesauce or fruit compote (unsweetened)
- Fruit cups (not in syrup)
- Dried fruits (unsweetened)

Steps After Selection

WATER

Incorporate water, your beverage of choice



- Avoid fruit juice and offer water with every meal.

SPECIAL NEEDS

Management of special needs



- Food allergies
- Food intolerances

MANAGING

Verification and optimization



- Send your recipes and menu to your program coordinator to receive feedback from the nutrition committee.

GROCERY LIST

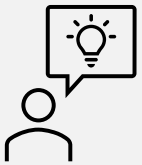
Draw up your grocery list



- Calculate the quantities you need.
- View your inventory.

ASSESSMENT

Continuous improvement



- Assess satisfaction.
- Assess the level of waste.
- Alternate foods for greater variety.

Nutrition Tools



Several tools are available on the School's Corner.

- **Creative Ideas** (apples, soy spread, raisins, eggs, soy beverage, etc.)
- **Weekly Menu Planner (fillable)**
- **Monthly Menu Planner (fillable)**
- **Menu Planner Examples**
- **Seasonal Menu Planner**
- **Lactose-Free Proteins**
- **Recipe Book**
- **Big Batch Recipe Booklet**
- **How to integrate more vegetables**

And more!

Discussing Food with Kids

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

Annual Process for 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.

Additionnal 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

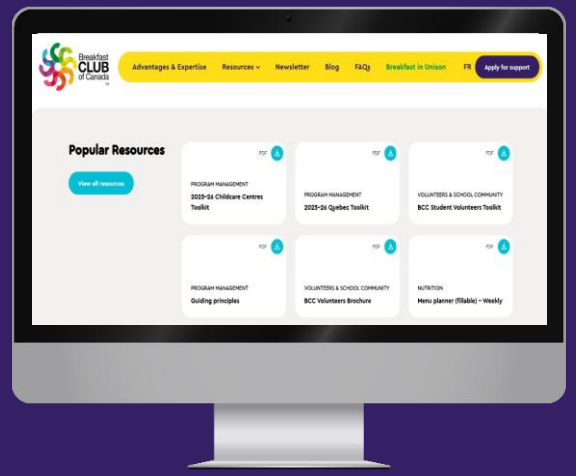
FOCUS ON SUSTANABILITY

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 for volunteers and school administrators 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 full of inspiring and 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!