



## WELCOME TO THE BREAKFAST CLUB!

We are pleased to bring you an adapted breakfast program so that all students can have access to healthy food in a nourishing and comforting environment in the wake of the COVID-19 crisis. The program is designed specifically to comply with public health guidelines and will be operated in collaboration with Breakfast Club of Canada.

### What can you expect this year?

- Individually packaged items! (fruits, cheese, yogurt, cereal, granola bar and even more)
- Breakfast delivered to classrooms for students to eat at their desks
- A healthy and delicious breakfast consisting of the 3 food categories (whole grain, protein, fruit/veggie)
- Positive impacts such as helping to improve student's concentration, scholastic performance and behavior

Breakfast will be served to students throughout the school year at 8:25 Monday - Friday.

The program is available to every student and you are free to register at any time throughout the year. Please contact **Kim Miller** at school if you have any questions.

If you would like to help keep our club sustainable, you can donate \$ 30 for the school year for one child or \$ 45 for two or more children.

*(You can include cash or cheque with your registration slip)*



If you wish to register for the Breakfast Program, please clearly print the information below:

My child \_\_\_\_\_ will participate in the breakfast program.  
(Student Name and class number)

### Authorizations

**Media consent:** Breakfast Club of Canada may photograph/video/interview my child for promotional purposes:

☐ YES ☐ NO

**Student volunteers:** I accept that my child may volunteer at his/her school's breakfast program if needed

☐ YES ☐ NO

**Allergies, illnesses and emergencies:** My child's health information can be used for the breakfast program.

☐ YES ☐ NO

\_\_\_\_\_  
Parent's name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

☐

I would love to be a parent volunteer for my school's Breakfast Club! Please contact me to discuss this further!