

Breakfast Clubs of Canada and NWC team up for students

BY TYLER ESQUIVEL

Nutritionists say that breakfast is the most important meal because it's the best way to kick start your day.

According to MayoClinic.com people who eat breakfast tend to have better concentration and are more productive during the morning hours than people who skip out on the morning munch.

Although breakfast is important for everyone, young students benefit from breakfast more than others because they need to fuel to stay alert in the classroom. Unfortunately not every student has the opportunity to eat a wholesome breakfast before they go to school.

However, that is where the Breakfast Clubs of Canada (BCC) steps in. Established in 2005, BCC is a national not-for-profit organization dedicated to providing services and funding to school breakfast programs. BCC partners with local food suppliers that help provide healthy breakfast food such as cereal, bagels and fruit to participating schools.

In remote northern Manitoba communities like Poplar River, St. Theresa Point, Garden Hill, Wasagamack and Red Sucker

Lake, BCC has recently established breakfast programs in the communities in partnership with the local Northern store.

Freddie Wood, BCC First Nations advisor for Ontario and Manitoba understands the impact that BCC has on students.

"The program is so important in many communities because of the high rate of diabetes and it promotes nutrition awareness," said Wood.

The breakfast club program not only fills a student's stomach but it fills the gap in their relationships with one another at school, Wood says.

"There is something about sharing a meal that promotes better unity and friendship," said Wood.

The BCC program would not be possible without corporate partners like the local Northern store who have stepped up to the plate to help make the breakfast programs in Manitoba's northern communities possible.

"Northern is doing its part to support our cause and we encourage other organizations and individuals to do the same because we are hearing so many wonderful stories from the schools," said Wood.

Paul Dalby, district manager for the Northern stores in the five communities where BCC operates is a big supporter of the breakfast programs. Dalby estimates over a half million pounds of freight is sent up per year for the breakfast programs across the five communities.

When asked about the reason why Northern partnered with BCC, Dalby didn't hesitate to glow about the program.

"We do this because it's what's best for our communities and the children. After all, this is where we live and work," said Dalby.

It's been proven that a full stomach helps the brain function and Charles Monias, director of education of St. Theresa Point schools sees a positive turn around in the students since the breakfast program was put into action.

"The kids have been attending classes more because they have something to look forward to in the mornings," said Monias glowingly.

"Their attention span is better than it was before and they (the students) are much more active. The marks have improved because of the breakfast program," said Monias.



Manitoba's Grand Chiefs applaud the Assembly of First Nations' resolution on missing and murdered Indigenous women



Kids will love this nutritious and energy-packed snack!
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INGREDIENTS

- 8 celery sticks
- 8 peeled carrots
- 8 apples
- 1 cup BV Essentials Light Peanut Butter
- 1 cup raisins

1 Serving (1/8 of recipe):
384 calories,
15 g protein,
27 g fat,
47 g carbohydrate

EASY DIRECTIONS

1. Cut apples into quarters, remove core
2. Cut carrots and celery into sticks
3. Spread peanut butter on apples, celery and carrots
4. Sprinkle with raisins

Serves 8

SNACK SWITCH-UP

Turn your snack into a healthy breakfast by spreading peanut butter on whole wheat toast and topping with bananas and raisins.

