

BREAKFAST FOR LEARNING's **Guiding Principles for School Affiliated Child Nutrition Programs**

BREAKFAST FOR LEARNING (BFL) is a national charity that educates and empowers communities to deliver school based nutrition programs, helping children and youth realize their full potential in life.

The vision of BFL is to ensure all kids in Canada attend school well nourished, improving their ability to learn, giving them the best chance of success in life.

In order to achieve its mission and vision, BFL is committed to supporting community-centred School Affiliated Child Nutrition Programs that work within a set of guiding principles:

- Nutritious and safe food regardless of family income;
- Non-stigmatizing and universally accessible programs;
- Locally developed programs reflecting the individuality of the community;
- Cultural appropriateness, sensitive to and respectful of individual and community diversity;
- Parental and family involvement, recognizing that child nutrition is a shared responsibility;
- A nurturing environment in which children and volunteers can interact;
- An educational component to learning about nutrition and healthy eating habits for lifelong healthy development; and
- Self-sustaining programs with community and family support to maximize program stability.

School Affiliated Child Nutrition Program Support

BFL provides grants, nutrition education materials, access to our team of registered dietitians, equipment funding, assistance with the recruitment and placement of volunteers and access to our award winning best practices (Keys to Success) and other tools to groups who operate breakfast/morning meal, and/or lunch, and/or snack programs for children and youth enrolled in a school (as defined by federal, provincial/territorial legislation and curriculum) for K-12 (pre-K if associated with school). We encourage you to visit our website (www.breakfastforlearning.ca) and join our online club that has many resources to help you deliver your student nutrition program.

Grant Guidelines

BFL provides grants to support school nutrition programs. Grants may be used to provide partial funding for food, equipment, supplies, insurance, food safety training, and honorariums. BFL grants are not intended to be the primary financial source for School Affiliated Child Nutrition Programs; they are intended to supplement funding.

Grant applications are accepted from schools and community-based groups operating school nutrition programs on behalf of a school (with the school Principal's approval). To be eligible for funding, School Affiliated Child Nutrition Programs must fall within the BFL mandate and must:

- 1) Operate a breakfast/morning meal, lunch or snack program in a school for children and/or youth between junior kindergarten and the last year of high school. The program may be run by the school or be part of a community-based group affiliated with a school.
- 2) Operate at least 3 times per week. This standard is in accordance with BFL's Keys to Success quality standards; however BFL strongly encourages programs to operate 5 days per week.
- 3) Deliver a universal program. All children are encouraged to participate regardless of ability to pay. No child should be excluded. This ensures that the program is not stigmatizing and that children can feel welcome, safe and comfortable.
- 4) Serve nutritious food. Breakfast/morning meal, lunch and snack menus should be planned using a current version of Canada's Food Guide (www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php) and meet your school nutrition policy (if relevant). Breakfast/morning meal and lunch must include at least 3 of the 4 food groups; snack menus must offer a minimum of 2 food groups. BFL can provide many useful recipe examples to assist you when preparing your menus. Please visit www.breakfastforlearning.ca or contact BFL for additional information.
- 5) Comply with local food safety and preparation regulations. All School Affiliated Child Nutrition Programs must be in compliance with local regulations regarding food safety and preparation.
- 6) Have a Local Coordinating Program Committee. A local program committee must be established to plan and administer the program. The committee is encouraged to include a variety of stakeholders such as: parents or caregivers of children using the program, teachers and other school staff, students, Elders and other interested community members.

Nutrition programs not considered for BFL funding are:

- a) Child Care/Day Care Programs
- b) Community Kitchens
- c) Parent/Child & Pre-school Programs
- d) College or universities
- e) Adult education

Grant Conditions:

BFL's grant recipients are required to:

- 1) Complete and submit an annual report accounting for the program's activity and financial expenditures. A report template will be provided by BFL.
- 2) Keep BFL informed of matters of mutual interest and anything that may impact upon the operations of the programs.

BFL's grant recipients are encouraged to:

- 1) Participate in and/or volunteer for any BFL initiatives designed to help support or promote BFL.
- 2) Support BFL with donor and other visits to their school nutrition program.
- 3) Supply photographs, stories or volunteers for speaking or media events as required.

Grant Recommendations:

BFL takes the following criteria into consideration when allocating its funding:

- 1) Program Data: type of program, number of children served and frequency of the program
- 2) Established Level of Need. Recognizing the fact that all communities across Canada have unique needs and that access to resources varies from community to community, BFL will factor into its decision making a program's established level of need. To this end, School Affiliated Child Nutrition Programs will be asked to provide BFL with any relevant information that may help to establish the program's level of need (such as poverty rates, cost of food, prioritization factors/ratings utilized by your school board to assess level of community need, standardized test scores, etc.).
- 3) Revenue: BFL is committed to supporting student nutrition programs. However BFL is not able to provide 100% of a program's financial needs. As such, BFL supports programs that have diversified funding sources which enables their sustainability. It important that programs list all other sources of revenue sources.
- 4) Inclusion of Nutrition Education: BFL believes that eating and learning about nutritious food at an early age is one of the best ways to foster healthy eating habits, contributing to the prevention of both childhood health problems and chronic illness in adulthood. As such, BFL believes nutrition education should be a vital component of student nutrition programs. Programs who undertake nutrition education initiatives will be more favourably considered for funding. BFL has many useful resources to assist with nutrition education. Please visit www.breakfastforlearning.ca or contact BFL.
- 5) Program quality: BFL has developed a quality framework called Keys to Success to assist student nutrition programs to improve their program quality. Programs that have joined our online club and demonstrated use of Keys to Success are viewed favourably when considered for funding.

BFL encourages the following in its funded programs:

- 1) Family Involvement: All family members and caregivers should be informed about the program needs and be provided with the opportunity to support the program in which their children participate, based on their ability through financial support, in-kind donations and volunteering.
- 2) Diversified Sources of Funds: BFL believes in a community development model for nutrition programming and provides partial funding for School Affiliated Child Nutrition Programs. Programs should establish and maintain partnerships within the school, with parents, and the community (e.g. provincial/municipal funding (where available), businesses, service clubs and faith groups), to ensure program and financial sustainability.
- 3) Volunteer engagement: Effective programs utilize a variety of volunteers to complete tasks including, but not limited to, developing the program, gathering resources, purchasing supplies, preparing and serving food, maintaining records. BFL is a great source for volunteers. Please advise BFL of any of your volunteer needs.