

Project Proposal

Introduction:

Goal:

Create a recipe book that will be available for schools in BC to use to provide healthy, and affordable food ideas.

Background:

Breakfast Club of Canada, is a non-profit, nation-wide organization which is devoted to helping children access healthy morning meals. They have served almost 33 million breakfasts per year and have feed around 204,000 students per day in Canada. They believe “serving students a healthy, balanced breakfast helps them develop better social skills and makes them more inclined to learn” (Breakfast Club of Canada, 2017). According to the data from the Breakfast of Canada, one-fifth of the Canadian children start their day on an empty stomach due to lack of time and access to nutritious food. It is even worse among aboriginal communities, where one in two kids don’t have breakfast before going to school (Breakfast Club of Canada, 2017). The current recipe book was made by a high school educator with no previous nutrition background. Our community partner is hoping that people who study food and nutrition, and have the passion to support the community, can help the Breakfast Club of Canada create a fun, healthy and affordable recipe book for young students.

Significance:

Breakfast is the most important meal of the day serving as “fuel” for the brain. It is especially necessary to kids because it enables them to concentrate better, study wiser, and improves sport performance. In a study done at the University of Pennsylvania School of Nursing, they “found that children who regularly have breakfast on a near-daily basis had significantly higher full scale, verbal, and performance IQ test scores” (Science and Children, 2013). Childhood is a critical time for development as a child's cognitive abilities are constantly developing and evolving (Science and Children, 2013). This critical period requires adequate nutrition to keep up with the demands of growth and development. Breakfast is a key factor that leads to children gaining adequate nutrition. In Canada, 1/5 of the children start the school with empty stomachs because of a lack of access to nutritious food. That means nearly 1 million children are at risk of getting nothing to eat before school (Breakfast Club of Canada, 2017). These numbers are far too high and this risk is what our recipe book hopes to decrease. By providing a recipe book with easy to make and nutritious breakfast ideas, our community partner hopes to increase participation within the Breakfast program and decrease the risk of children not getting enough nutrients especially during breakfast. The book will help promote food literacy to their partners and participants and encourages healthy eating habits at a young age.

Objectives:

- Objective 1. To develop a recipe book with 50 recipes containing 3-5 ingredients and are nutritious while staying within budget and tailored towards easy to prepare meals that can be made for large groups of students.
- Objective 2. To provide varieties of food recipes that apply to kids with dietary restrictions by creating several recipes that are free of the most common foods to promote participation by all students and partners within the program.

- Objective 3. To produce a book that will promote healthy eating habits, food literacy, and increase participation of the Breakfast Club of Canada's partners and students that they serve.

Methods:

- Develop drafts of recipes that will be approved by our community partner to include in the recipe book, with budget in mind. We will come up with recipe ideas with our own knowledge about cooking and nutrition, as well as download recipes from websites and refer to other recipe books.
- We will collect data during our school visit by having casual conversations with the children in the program about what foods they enjoy and what they would like to see added to the program. We will write a brief questionnaire beforehand and get it approved by our community partner.
- We will also discuss with our community partner on what they will like to see added in relation to nutrition and budget.
- After collecting all the data, we will make a spreadsheet to classify and analyze them. So we will be able to develop recipes that adhere to the children's wants and the programs needs from this recipe book.

Outcomes:

The main outcome is to produce a creative recipe book consisting of nutritious, tasty and simple breakfast ideas with operational procedures. We will divide the recipe book into several chapters; for example, we made chapters like "Classics" containing some traditional breakfast foods like pancakes, "Quick Fixes" containing easy meal ideas to eat on the go and "Desserts" providing kids sweet and healthy breakfast options. We want to make sure that various and balanced nutrients are included in the recipes. The recipes are supposed to be delicious, which can increase the appetite of children and attract them to eat breakfast. Since the operators are mainly volunteers with less cooking experience, our recipes are easy to operate with a few steps and simple cooking methods. In the recipe book, we also have considerations for kids with special needs like allergies or vegetarians by making notes in the recipes if any allergens contained and there is a section specifically designed to accommodate their preferences. By November 15, we hand in the draft of the recipe book and the final product will be delivered by the end of November.

Budget:

- Using cost wise ingredients such as eggs, milk, and honey. The program receives eggs for free and milk and honey at a reduced cost
- Using more plant based recipes to decrease costs from animal products/meats
- Average at \$0.45 per student for each meal
- Keeping a reasonable serving size to eliminate the food waste

References:

Breakfast Club of Canada – Home. (2017). *Breakfast Club Canada – Club des petits déjeuners*. Retrieved 22 September 2017, from <http://www.breakfastclubcanada.org>

Can breakfast make kids smarter? (2013). *Science and Children*, 50(7), 18. Retrieved from <http://ezproxy.library.ubc.ca/login?url=https://search.proquest.com/docview/1324444421?accountid=14656>