

Why volunteer for a Breakfast Program?

Give back to your community

Learn new food skills

Meet new people

It's fun!



Helping others is great for your health!

Volunteering decreases stress and increases our feelings of happiness. It is a great way to socialize and be physically active!



The Students get a chance to have a sit down nutritional breakfast but also a chance to socialize with their friends in the morning. They love coming to chat with the long-standing volunteers and have a good meal!

- Volunteer Breakfast Coordinator



Want to get involved?
Contact your local school administration!

