

About the Cover

The Breakfast and Beyond Program: A Trainee's Experience

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About the Author



Rachel is a Registered Dietitian (RD) and a student in the Master of Science in Applied Human Nutrition (MScAHN) program at Mount Saint Vincent University. Her graduate thesis is a mixed-form questionnaire exploring Canadian RDs' experiences, perceptions, and knowledge of weight-related evidence in practice, framed by the Nutrition Care Process. Outside of her studies, Rachel loves to cook, try new foods, spend time with her dog, and visit her family in New Brunswick.

Cover Photo Title: Roasted Root Vegetable Soup

Cover Photo by: Breakfast and Beyond Program

The Breakfast and Beyond Program is a nutrition and foods program housed in the Applied Human Nutrition (AHN) Department at Mount Saint Vincent University (MSVU), with a goal to deliver healthy, accessible, affordable, and community-focused recipes to youth and families across Canada. The recipes are developed in line with Canada's Food Guide, Canadian food labelling regulations, and the Food and Nutrition Policy for Nova Scotia Public Schools. Breakfast and Beyond grew out of a long-standing partnership with the Breakfast Program Association of Fairview, where AHN students and faculty have supported breakfast program delivery (i.e., food preparation and

serving) on a volunteer basis since 2010, and it aims to create education opportunities relating to food knowledge and skills for youth and their families (Breakfast and Beyond Program – About, n.d.). Breakfast and Beyond aligns with several of the social determinants of health by creating and disseminating affordable, accessible, and culturally supportive recipes, while also engaging with community partners (e.g., The Breakfast Program Association of Fairview, Halifax Regional Centre for Education, and many others; Bambra et al., 2010; Esquius et al., 2021; Guptill et al., 2017; Heath, 2019; Sharma et al., 2020; World Health Organization, n.d.).

Figure 1 Rachel Waugh and Lia Chin-Yet



Photo by Antonia Harvey, team manager of Breakfast and Beyond’s knowledge translation/education team.

Breakfast and Beyond provides training opportunities for student and interns in the AHN program at MSVU (Breakfast and Beyond Program – Our Team, n.d.). My first hands-on experience in research was as a research assistant for Breakfast and Beyond. I was able to learn various food and media-based skills including recipe development, food styling, and food photography and videography. I had the opportunity to star or co-star in seven of the cooking demonstrations (Figure 1), including for the Mexican Breakfast Corn Muffins recipe (Figure 2). All recipes and videos are available on the Breakfast and Beyond [website](#) (Beyond Breakfast, n.d.). As Breakfast and Beyond’s target population includes school-aged children, I was able to learn more on health literacy and how to tailor educational materials to be accessible and age-appropriate. As a contributor to the Breakfast and Beyond Program resource library, I was able to co-develop age-appropriate scripts with other trainees and star in a knife safety and skills video for youth learning kitchen safety and cooking skills (Beyond Breakfast, 2021; Breakfast and Beyond Program – Resource library, n.d.).

In addition to these training benefits, being involved with this program exposes trainees like myself to the Knowledge-to-Action framework and integrated knowledge translation (iKT), creating transferable skills

that are applicable to many areas and forms of health science research (Graham et al., 2006). In line with iKT, Breakfast and Beyond involves its community partners and participants at all stages of recipe, education material, and dissemination activities. As knowledge translation/education team supervisor, Dr. Shannan Grant often references in her lab and in the MSVU Medavie Community Kitchen, research is a continuum “from bench to bedside,” or in the Breakfast and Beyond Program’s case, “from bench to bellies” (Mount Saint Vincent University, 2019; Westfall et al., 2007).

Figure 2 Mexican Breakfast Corn Muffins



Photo by Lia Chin-Yet, assistant manager of Breakfast and Beyond’s knowledge translation/education team.

Cover Photo

The Special Issue’s cover image is of Roasted Root Vegetable Soup, a recipe created by Breakfast and Beyond for the Fairview Breakfast Program. The recipe can be found on the Breakfast and Beyond [website](#) (Breakfast and Beyond Program – Original recipes – Hot meals – Roasted root vegetable soup, n.d.).

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