

We've heard of Lunch Ladies, let me introduce you to one Breakfast Lady

One day a week, Julie Rodier changes her morning routine. Instead of getting up and going to work, she makes an important stop on the way.

Julie stops at École élémentaire catholique Montfort to help out with the School Breakfast program.

"I wanted to give something back to my community," says Julie "but I wanted to do it outside of my business hours. This is the perfect solution."

Julie has always had an interest in children's education and the Ottawa Network for Education (ONFE) fit her values perfectly.

"Knowing that I am giving my time and that it's making a difference in children's' lives is very rewarding," says Julie. "I don't work directly with the kids as the breakfasts are delivered to each classroom. But I see the smiling faces that come and pick them up and take them back to the class. There is a box for every class, from kindergarten to Grade 6. It's part of the rhythm of the school."

Julie works with the school's administrative assistant to get cereal and crackers into individual packages for each child to enjoy. And just like in the television commercial, she knows she's helping students begin their day with a nutritious boost so that they can focus on their school work.

"I've been doing this for about six months now," says Julie "and I would love to get even more involved."

Julie's day job is at Social Research and Demonstration Corporation. She works closely with people from across all cultures and societal backgrounds. She understands the need in the community, and for this chose to volunteer and help out.

"There are many ways to give back to our community," says Julie "and ONFE offers several options to make a difference. I never thought it would be so easy to get involved. The breakfast program is just one part of the work ONFE does. They have so many more ways to volunteer and give back. Now is my time to do it."

To find out more about the different programs that ONFE supports and where you can volunteer visit www.onfe-rope.ca.