



1458 York Avenue, New York, NY 10075
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Christina Riggio, Principal

Sugar and Snack Policy

Healthy, well-rounded diets help support healthy, focused students in our school. To promote healthy habits, sustained energy and greater focus, Yorkville East has instituted a Sugar and Snack Policy. Studies have shown a low-sugar diet results in fewer peer conflicts for students.

Sugary foods, including candy, soda, and frappes are not allowed during school breakfast or during snack. Students consuming these types of foods before school or during snack will be asked to dispose of the item(s).

To support our students in remaining focused and energized throughout the day, we have instituted a snack time mid-morning. The school does not provide these snacks, and it is the student's choice to bring one. At the beginning of 3rd period (4th period if students have Physical Education during 3rd period), students may consume a healthful snack during class. Instructional time is not lost as a result of this policy, and students are expected to bring and consume snacks that are not disruptive to the learning process. Guidelines for snack time are below.

- Snacks must be healthful. Water is the only beverage that may be consumed during this time. Only **clear** water bottles are permitted.
- Snacks should not contain nuts. Many of our students have nut allergies. We ask all families to be conscious of this and refrain from sending a nut-based snack to school with their child.
- Snacks must not disrupt the learning process or instructional time. Students are expected to complete all classroom/instructional tasks while eating their snacks.
- Students must dispose of all wrappers and containers properly. Classrooms must remain free of garbage.
- Students may not share snacks

Attached, please find a list of suggested snacks for students.



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Healthful Snack Options

Grab-and-Go Snacks

Fresh Fruits (apples, pears, bananas, grapes, etc.)
Dried Fruit
Fruit Leathers
Vegetables (carrots, celery sticks, peppers, snap peas, etc.)
Whole grain muffin
Popcorn
Granola Bars (nut-free)
Yogurt
String cheese
Applesauce
Pretzels

Prepared Snacks

Crackers and cheese
Veggie pocket: pita pocket with hummus and slice vegetables
Pita chips and hummus

NOT PERMISSABLE FOR BREAKFAST OR SNACK

Chips
Cookies
Candy Bars
Sugary drinks including Gatorade, Powerade, soda etc.
Frappuccinos, smoothies, bubble tea, etc.

Students attending out-lunch may not bring snacks and open containers into the building.

I understand the regulations and expectations of the YEMS Snack Policy and will adhere to follow the guidelines for the 2018-2019 school year.

Student Signature

Parent Signature