Sugar and Snack Policy

Dear MS 177 Families,

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.

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.
* 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.

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

Thank you for your support in creating a healthful community of students at Yorkville East!

Warm regards,

Yorkville East SLT

**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