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Christina Riggio, Principal (IA)**

April 23, 2015

Sugar and Snack Policy

Dear MS 177 Families,

Beginning Monday, April 27th, we will be instituting a new policy regarding sugary foods and snacks at our school.

Sugary foods, including candy, soda, and frappes will no longer be allowed during our school breakfast. Students should eat healthful breakfasts each morning so they remain focused and energized throughout the school day. 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 are now instituting a snack time mid-morning. The school will not be providing 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 now consume a healthful snack during class. Instructional time will not be lost as a result of this new 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 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



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MIDDLE SCHOOL

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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
Yogurt
String cheese
Trail Mix
Applesauce
Pretzels

Prepared Snacks

Graham crackers with peanut butter and banana
Crackers and cheese
Veggie pocket: pita pocket with hummus and slice vegetables
Ants on a Log: celery sticks with peanut butter and raisins
Pita chips and hummus