



Christopher W. Tague
Assemblyman, 102nd A.D.

Albany, Columbia, Delaware,
Greene, Otsego, Schoharie and
Ulster Counties

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March 28, 2022

The Honorable Eric Adams, Mayor
The City of New York
City Hall
New York, NY 10007

Dear Mayor Adams,

As your administration considers banning flavored milk in New York City schools, we write to express our concerns regarding this misguided approach to promoting childhood nutrition.

Milk is a healthy, nutritious, and essential beverage for the developing bodies of children – so much so, in fact, the American Heart Association recommends that from ages 1-8, children need two cups of milk per day and children ages 9-18 need three cups. What many may not realize is studies over the last decade have shown that children who consume flavored milk drink fewer soft drinks, have better exposure to calcium and other nutrients, and have a lower body mass index than non-milk drinkers. With only a few more grams of sugar than plain milk, but still containing all the same vital nutrients, dieticians have concluded the health benefits of drinking flavored milk far outweigh the minimal sugar increase it contains.

Despite the clear health advantages associated with drinking the beverage, several school districts across the Country continue to consider doing away with flavored milk options during mealtime, citing a desire to reduce children's sugar intake. This approach, while well-intentioned, instead ends up being detrimental to children's health and development as kids often choose to forgo milk altogether when there are no flavored alternatives for them to drink – not all children enjoy plain milk, but many happily consume the flavored beverage.

The effects of restricting milk choices will not just negatively hurt children in our State, but New York's dairy farmers, who take great pride in producing such a nutritious product, will quickly feel the economic impact of less milk being consumed in schools as well. In New York, the agricultural industry is overwhelmingly composed of small, family-owned operations that are fortunate to turn a profit. Our farmers have little to no control over the value of their products, regardless of the actual cost it takes to produce them. In New York particularly, where it is expensive to do business, dairy producers are barely able to recoup their expenses and cannot stand to lose one of their biggest markets should schools drastically reduce their purchasing.

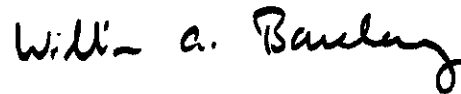
Students in New York City are dependent on the milk offered to them at school to get the essential nutrients they need to learn and grow, and we therefore urge you to continue making flavored milk choices available in all city schools. Beyond that, we recognize the sincerity of your concern for the health and wellbeing of New York City's children and look forward to working with you to incorporate even more fresh and nutritious New York State grown and produced foods in school meals.

Thank you for your consideration of this very important matter.

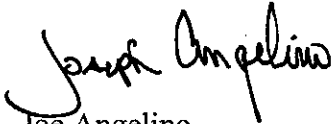
Sincerely,



Christopher W. Tague
Assemblyman, 102nd A.D.



Will Barclay, Minority Leader
Assemblyman, 120th A.D.



Joe Angelino
Assemblyman, 122nd A.D.



Ken Blankenbush
Assemblyman, 117th A.D.



Karl Brabenec
Assemblyman, 98th A.D.



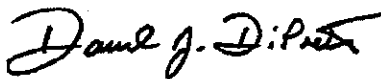
Kevin Byrne
Assemblyman, 94th A.D.



Marjorie Byrnes
Assemblywoman, 133rd A.D.



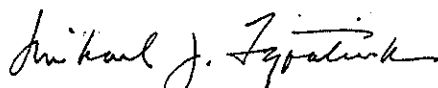
Joe DeStefano
Assemblyman, 3rd A.D.



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Assemblyman, 147th A.D.



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Assemblyman, 9th A.D.



Michael Fitzpatrick
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