BCPS has enacted stricter nutrition guidelines with their Wellness Policy (5470), with the goal of reducing the amount of calories, sodium, and unhealthy fats that are served to students. These guidelines apply to all foods that are served at BCPS schools, including during classroom parties. There is a Smart Snacks Product Calculator on the Office of Food and Nutrition Services' webpage, but to make it easier for families to make choices at WES, we are providing the following list for use during the 2017-2018 school year. These brands should be available at Giant, Walmart, Target, or on Amazon.

Fruit

- Packaged sliced apples
- Grapes
- "Cutie" mandarin oranges
- Blueberries
- Commercially prepared fruit platter or fruit salad

- Bananas
- Strawberries
- Fuji Apple Fruit Crips
- BARE Apple Chips or Banana Chips

Vegetables

- Sugar snap peas
- Cherry or grape tomatoes
- Commercially prepared veggie tray

- Carrot sticks
- Packaged celery sticks

Whole Grain

- Popcorn – SkinnyPop, Smartfood
- Pretzels – UTZ
- Tortilla Chips – UTZ, Tostitos
- Goldfish – cheddar, whole grain, pretzel, Colors

- Triscuits
- Wheat Thins
- Pirate Booty

Dairy

- Stonyfield Farms YoKids Squeezers
- Danimals YoTubes

- Cheese Sticks – mozzarella, Colby jack, cheddar

Frozen/Cold Treats

- Minute Maid Juice Bars

Drinks

- Rethink Water – Organic Berry, Organic Apple

- Capri Sun – Fruit Refreshers

A note on food safety and allergens – all food should be commercially packaged and prepared, and labels should be provided. Any whole foods (grapes, oranges, etc.) should be washed at school, and should never be cut up/prepared at home. Due to an abundance of nut allergies in the school, all foods should be peanut-free and tree nut-free. Please do not send in items that are labeled with phrases like: "May Contain Peanut or Tree Nuts," "Processed on shared equipment with Peanuts or Tree Nuts," "Manufactured in a plant with Peanut or Tree Nuts," or "Contains Peanut or Tree Nut Ingredients."

Thank you for your cooperation as we make these changes!