Baltimore County Public Schools has adopted a Wellness Policy, BCPS Superintendent’s Rule 5470, which has updated guidelines for snacks in schools. The food and beverages need to meet or exceed federal and state nutrition standards. For example, a serving must be 200 calories or less, have less than 200 mg sodium, calories from fat need to be less than 35%, first ingredient must be whole wheat or grain, fruit, dairy, or protein, and cannot start with sugar or white flour.

Some snack suggestions that are nut free include:

**Fruit and Vegetables:**
- Grapes
- Apple slices (Pre-cut and packaged)
- Carrots (Pre-cut and packaged)
- Celery (Pre-cut and packaged)
- Snap peas (Pre-cut and packaged)
- Prepackaged individual applesauce
- Oranges and clementine
- Boxed raisins
- Fruit cups in juice

**Sweet Snacks:**
- Keebler Vienna Fingers
- Nabisco Teddy Grahams
- Animal Crackers (Austin, Nabisco, Barnum)
- Betty Crocker Fruit Snacks
- Fig Newtons
- Chips Ahoy

**Dairy:**
- Cheese sticks
- Pudding cups

**Salty Snacks:**
- Cheese nips (sodium slightly over)
- Utz regular chips, honey wheat pretzels, cheese curls
- Cheetos reduced fat puffs
- Ruffles regular and reduced fat chips
- Pringles regular chips
- Wise regular potato chips, light salted, ridges sour cream and onion, Ruffles chips cheddar and sour cream, sour cream and onion chips, Fritos original, classic ranch, honey BBQ twists
- Herrs regular potato chips
- Skinny pop popcorn plain
- Doritos nacho cheese (slightly over in sodium)
- Doritos cool ranch
- Lays regular, honey BBQ, BBQ, sour cream and onion, cheddar and sour cream, kettle cooked, wavy cheddar, wavy BBQ, wavy ranch.
- Baked Lays regular, sour cream and onion, BBQ
- Baked Ruffles
- Baked Tostitos
- All Sun Chips
- Tostitos regular chips
- Wheat thins
- Smart food delight popcorn
- Ritz crackers
- Goldfish crackers and pretzels (slightly over in sodium)

❖ It is important to note that if foods are brand specific, no substitutions are permitted.