

Clean & Healthy Snack Guide

Absolutely Clean Ingredients • No Artificial Additives • Nontoxic & Family-Friendly

This comprehensive guide features snacks with completely clean, nontoxic ingredients - no artificial colors, flavors, preservatives, or sweeteners. All products are organized by category to help you make informed choices for your family's health. Each snack includes product benefits and direct purchase links.

HIGH PROTEIN SNACKS

ALOHA Organic Plant-Based Protein Bars

Why We Love It: 14g clean plant-based protein from organic pumpkin seeds and brown rice • Only 5g natural sugar • 10g fiber • USDA Organic, Non-GMO Project Verified, vegan, gluten-free, soy-free, dairy-free, and stevia-free • No sugar alcohols or artificial ingredients • Employee-owned B Corp committed to sustainability.

Benefits: Provides steady energy without sugar crashes • Supports muscle health • High fiber aids digestion • Clean ingredients you can trust • Perfect for on-the-go breakfast or snacks

Flavors: Peanut Butter Chocolate Chip, Chocolate Fudge Brownie, Coconut Chocolate Almond, Chocolate Chip Cookie Dough, Vanilla Almond Crunch, Oatmeal Chocolate Chip, Raspberry White Chocolate (limited edition)

[Shop ALOHA Protein Bars](#)

ALOHA Protein Bar Minis (Kid-Friendly Size)

Why We Love It: Perfect smaller size (24g bars) with 6g protein • 100-110 calories • Same clean organic ingredients as full-size bars • School-safe option • Great for lunch boxes

Benefits: Portion-controlled for kids • Still delivers protein and fiber • Easy to pack and store • Less sugar per serving

[Shop ALOHA Protein Minis](#)

Taylor Dukes Wellness Chocolate Bone Broth Protein

Why We Love It: High-quality bone broth protein powder • Completely dairy-free • No unnecessary or artificial ingredients • Rich source of collagen for hair, skin, and nail health • Clean coconut milk flavor

Benefits: Supports joint and gut health • Provides collagen for skin elasticity • Can be used as hot chocolate or protein shake • Great for post-workout recovery • Helps with satiety

[Shop Bone Broth Protein](#)

CLEAN MEAT SNACKS - Nitrate & Celery Powder Free

Na*Kyrsie Meats - Nitrate-Free Kabanosy Beef Snack Sticks

Why We Love It: Made without ANY nitrates, nitrites, celery powder, or preservatives • Uses longer fermentation time instead of chemical preservatives • Truly uncured • Fermented, fully cooked semi-dry Polish snack stick • Spiced with nutmeg and caraway

Benefits: No harmful preservatives • Safe for those avoiding nitrates/nitrites • High protein portable snack • Natural fermentation provides probiotics • Authentic flavor without chemicals

Ingredients: Beef, salt, seasoning (salt, natural flavors), dextrose, spices, starter culture, collagen casing

[Shop Na*Kyrsie Beef Sticks](#)

McLean Meats - Organic Mild Beef Sticks

Why We Love It: Canada's first truly preservative-free deli meats • USDA Certified Organic • No sodium nitrite AND no nitrites from celery extracts • Perfect grab-and-go protein snack

Benefits: Truly clean meat with no hidden nitrates • Organic grass-fed beef • Perfectly seasoned • Shelf-stable for convenience • Family-owned company committed to clean ingredients

Ingredients: Organic beef, water, sea salt, organic sugars (organic honey), fruit and spice extracts, organic spices, organic garlic powder, lactic acid starter culture, natural smoke

[Shop McLean Beef Sticks](#)

Olli Salumeria - Preservative-Free Salami

Why We Love It: North America's FIRST preservative-free salami • Revolutionary curing process • No added nitrates or nitrites • No celery powder • Clean-label with authentic Italian flavors

Benefits: Breakthrough in healthy meat processing • High-quality protein • Free of antibiotics and hormones • Authentic flavor without preservatives • Great for charcuterie boards

[Learn About Olli Salami](#)

HIGH FIBER SNACKS

Orgain Kids Super Snacks + Fiber Gummies

Why We Love It: 6g of fiber per serving (Excellent Source per FDA) • Made with chicory root fiber • Sweetened with cane sugar and orange juice concentrate • No artificial sweeteners, colors, or flavors • Free from top 9 allergens

Benefits: Supports healthy digestion • Helps kids feel fuller longer • No high fructose corn syrup • No Red No. 3 • Tasty fruit flavors kids love • Great for lunchboxes

[Shop Orgain Fiber Gummies](#)

CLIF Kid Zbar

Why We Love It: Made with organic oats • 10-12g whole grains per bar • 2-3g fiber • Good source of fiber • Delicious flavors like Blueberry Muffin and Chocolate Brownie

Benefits: Sustained energy from whole grains • Supports digestive health • Perfect for sports and activities • Convenient on-the-go snack • Kid-approved taste

[Learn About CLIF Kid Zbars](#)

88 Acres Seed-Based Snack Bars

Why We Love It: Made in dedicated nut-free facility • High in fiber from seeds • Certified gluten-free • Made with organic seeds (sunflower, pumpkin) • Clean whole food ingredients

Benefits: Excellent source of plant-based fiber • Supports digestive health • School-safe and allergen-friendly • Rich in healthy fats and protein • Delicious flavors

[Shop 88 Acres Bars](#)

SCHOOL-SAFE NUT-FREE SNACKS

No Nuts! Protein Bars

Why We Love It: Made in 100% nut-free facility • 12g plant-based protein • 9-10g fiber • USDA Organic • Vegan, dairy-free, gluten-free • Kosher • No sugar alcohols

Benefits: Completely safe for nut allergies • High protein keeps kids full • Excellent fiber for digestion • Tastes like a treat but nutritious • Multiple delicious flavors

Flavors: Chocolate Chip, Cinnamon Roll, Caramel Mocha, Blueberry & Vanilla

[Shop No Nuts! Bars](#)

Amrita Nut-Free Protein Bars

Why We Love It: 11-15g plant-based protein • Peanut-free, gluten-free, dairy-free • Low sugar • High fiber • Made in dedicated nut-free facility • School-safe

Benefits: Safe for school lunch boxes • Multiple allergen-friendly • Provides sustained energy • Clean ingredients • Great for growing kids

Flavors: Sunflower Butter & Jelly, Chocolate Brownie, variety packs available

[Shop Amrita Bars on Amazon](#)

Made Good Granola Bars & Snacks

Why We Love It: Free from top 9 allergens • Made in nut-free facility • Organic ingredients • Includes vegetable extracts for added nutrition • Granola bars, minis, crackers available

Benefits: Multiple allergen-free • Safe for schools with strict policies • Convenient single-serve packaging • Kid-friendly flavors • Vegetables hidden in treats

[Shop Made Good Products](#)

Don't Go Nuts Seed Butters & Spreads

Why We Love It: Made in dedicated nut-free facility by a family with nut-allergic daughter • All spreads vegan, plant-based, non-GMO, organic • No peanuts, tree nuts, wheat, eggs, sesame, coconut, or artificial ingredients

Benefits: Perfect substitute for nut butters • Safe for severe allergies • Can be used in recipes calling for nut butter • Great for sandwiches and snacks • Family-created for families

[Learn About Don't Go Nuts](#)

LOW SUGAR SNACKS

Taylor Dukes Wellness Organic Hot Chocolate

Why We Love It: Zero refined sugar • Sweetened with organic stevia leaf and monk fruit • No dairy, natural flavors, or artificial anything • Organic ingredients only • No sugar crash

Benefits: Can enjoy chocolate without sugar spike • Stable energy levels • Clean comfort beverage • Kid-approved taste • Perfect for cold days

Ingredients: Organic cocoa, organic stevia leaf extract, organic monk fruit extract

[Shop TDW Hot Chocolate](#)

Meggo Sweets Gummy Candy

Why We Love It: Low sugar content • No sugar alcohols • No artificial sweeteners • Gluten-free, vegan • No artificial dyes • Uses organic ingredients • Made with real fruit juice

Benefits: Satisfies sweet cravings without excessive sugar • No digestive discomfort from sugar alcohols • Natural colors from vegetables • Kid-friendly flavors • Lunchbox-friendly

Flavors: Peach, Honeydew, Sour Strawberry

[Shop Meggo Sweets on Amazon](#)

SIMPLE Bars

Why We Love It: No added cane sugar • No artificial sweeteners • No sugar alcohols • Made with nuts, seeds, clean syrup, and superfoods • All natural ingredients

Benefits: Steady energy without sugar crash • High-quality whole food ingredients • Great for blood sugar management • Satisfying and delicious • Perfect for diabetes management

[Shop SIMPLE Bars](#)

Amara Organic Smoothie Melts (No Added Sugar)

Why We Love It: Absolutely NO added sugar • Made with only organic fruit and coconut milk • Melt-in-mouth texture • No tapioca starch or mystery ingredients • Perfect finger food for toddlers

Benefits: Only natural fruit sugars • Helps develop pincer grasp • Vegetables and fruits combined • No artificial ingredients • Parent-approved snack

Flavors: Mango Carrots, Carrot Raspberry

[Shop Amara Melts](#)

KID-FRIENDLY CLEAN SNACKS

Skout Organic Soft-Baked Cookies

Why We Love It: Made with organic date syrup, coconut sugar, and oat flour • Certified organic, vegan, gluten-free • Nut-free options available • Simple ingredients from your pantry • Soft-baked texture kids love

Benefits: Natural sweetness from dates • No refined sugars • Clean energy for active kids • Multiple allergen-friendly options • Feels like a treat

Flavors: Oatmeal Chocolate Chip, Peanut Butter (nut-friendly), Gingerbread Spice

[Shop Skout Cookies](#)

Skout Organic Kids Snack Bars

Why We Love It: Kid-sized portions • Made with organic dates, oats, and real ingredients • 2-4g protein, 2g fiber • Many nut-free flavors • No artificial anything

Benefits: Perfect for school lunches and activities • Provides sustained energy • Easy to digest • Great for picky eaters • Travel-friendly

[Shop Skout Kids Bars](#)

Once Upon a Farm Refrigerated Oat Bars

Why We Love It: USDA Organic and Non-GMO • No added sugar • Nothing artificial • Packed with farm-fresh fruit and vegetables • Variety of colors and flavors

Benefits: Great for lunch boxes and daycare • Real whole food ingredients • Vegetables hidden in delicious flavors • Convenient single-serve • From toddlers to big kids

[Shop Once Upon a Farm](#)

Happy Baby Organic Yogis

Why We Love It: Freeze-dried fruit and yogurt snacks • Greek yogurt adds protein • No artificial flavors • Very few added sugars • High in calcium and potassium • Melt-in-mouth texture

Benefits: Great for developing fine motor skills • Portable and mess-free • Organic ingredients • Multiple fruit flavors • Vegetables included in some varieties

Flavors: Mixed Berry, Blueberry & Purple Carrot

[Learn About Happy Baby Yogis](#)

OCCASIONAL CLEAN TREATS

YumEarth Organic Candies

Why We Love It: Certified organic • Allergy-friendly (Top 9 Free) • No artificial dyes or colors • Non-GMO • Vegan-friendly • Sweetened with organic fruit juice and cane sugar

Benefits: Clean candy option for special occasions • Natural fruit flavors • No synthetic dyes that affect behavior • Safe for multiple allergies • Great for party treats

Varieties: Organic lollipops, gummy bears, sour candies, fruit snacks

[Shop YumEarth Candies](#)

Unreal Dark Chocolate

Why We Love It: Made with fair trade cacao • No artificial ingredients • Clean simple ingredients • Lower sugar than conventional chocolate • Dye-free

Benefits: Better chocolate alternative for treats • Rich in antioxidants • Fair trade supports farmers • No weird additives • Satisfying portion sizes

Products: Dark Chocolate Coconut Bars, Peanut Butter Cups, Chocolate Gems

[Shop Unreal Chocolate](#)

MOO Organic Chocolates

Why We Love It: USDA Organic and Non-GMO • No chemical fertilizers or pesticides • Real wholesome ingredients • Sustainably sourced • Family-created with kids in mind

Benefits: Clean treat for special occasions • Simple pronounceable ingredients • Environmentally responsible • Better than conventional chocolate bars • Multiple flavor options

[Shop MOO Chocolates](#)

Hu Kitchen Chocolate

Why We Love It: Paleo-friendly • No refined sugars • Made with organic coconut sugar • Vegan options • Simple clean ingredients • Fair trade cacao

Benefits: Lower glycemic sweetener • Rich chocolate flavor • No soy lecithin or emulsifiers • Clean ingredient list • Portion-controlled pieces

[Shop Hu Kitchen](#)

SMART SHOPPING TIPS

What to Look For: • USDA Organic Certification • Non-GMO Project Verified • Short, recognizable ingredient lists • No artificial colors (Red 40, Yellow 5, Blue 1, etc.) • No artificial flavors or preservatives • No high fructose corn syrup • "Free from" certifications for allergens if needed **Red Flags to Avoid:** • Natural flavors (can hide many ingredients) • Artificial sweeteners (aspartame, sucralose, acesulfame potassium) • Artificial colors and dyes • Preservatives (BHT, BHA, TBHQ) • Partially hydrogenated oils • Excessive added sugars (check grams on label) **For Meat Products Specifically:** • AVOID "uncured" labels that use celery powder/juice • Look for "No nitrates or nitrites added from any source" • Check for truly preservative-free options • Choose grass-fed and organic when possible • Beware of "natural" claims - read full ingredient list **Storage & Portioning Tips:** • Pre-portion snacks into reusable containers • Keep variety on hand to prevent boredom • Store bars in cool, dry place • Refrigerate meat snacks after opening • Rotate stock to ensure freshness **Cost-Saving Strategies:** • Buy in bulk or multi-packs online • Subscribe & save options (ALOHA, Thrive Market) • Join warehouse clubs (Costco carries some clean brands) • Stock up during sales • Make homemade versions when possible

ADDITIONAL RESOURCES

Online Retailers for Clean Snacks: • Thrive Market - Members-only organic retailer with excellent filters • Amazon - Wide selection, read reviews carefully • Vitacost - Good deals on health foods • iHerb - International shipping available • Direct from brand websites - Often best selection and subscriptions **Store Availability:** Many of these products are available at: • Whole Foods Market • Sprouts Farmers Market • Natural Grocers • Local health food stores • Target (expanding organic section) • Walmart (increasingly carrying clean brands) **Important Notes:** • Always check labels as formulations can change • Contact manufacturers about facility allergen information • Some products have "may contain" warnings even if free from allergens • When in doubt, email the company directly • Save favorite products in online carts for easy reordering

Your Family's Health Matters

Making the switch to clean snacks is one of the best investments you can make in your family's health. While it may seem overwhelming at first, remember that every small change adds up. Start by replacing one or two conventional snacks with cleaner options, and gradually build from there. The brands featured in this guide have been carefully researched to ensure they meet the highest standards for clean ingredients. However, always remain vigilant about reading labels, as formulations can change. Remember: The goal isn't perfection - it's progress. Even choosing cleaner options 80% of the time can make a significant difference in reducing exposure to artificial additives and supporting your family's wellbeing. Here's to happy, healthy snacking!

Disclaimer: This guide is for informational purposes only. Always consult ingredient labels and manufacturers for the most current information, especially regarding allergens. Individual dietary needs may vary.

Guide compiled: February 2026