

Packable Snack List

Dairy-Free & Nut-Free

Travel, day trips, backyard fun, backpacks, parties, and school activities are covered with this dairy-free, tree nut-free, and peanut-free snack list! It is created and updated by GoDairyFree.org, where you can also find homemade options!

Shelf Stable Single-Serve Snacks

These products are sold in single-serve packages or in multi-serve packages with individually-wrapped portions. They are shelf stable before opening.

- 88 Acres Seed Butter Pouches
- 88 Acres Snack & Protein Bars
- Abe's Big Muffins
- Better Bites Do Bites Snack Pack
- Blake's Crispy Treats
- Blake's Granola Bars
- Blake's Snack Bars
- Blake's Sunflower Seed Packs
- Brothers All Natural Fruit Crisps
- Cooper Street Granola Bakes
- Divvies Cookie Packs
- Enjoy Life Breakfast Ovals
- Enjoy Life Chewy Bars
- Enjoy Life Chocolate Bars & Minis
- Flax4Life Single Serve Brownies
- Flax4Life Single Serve Muffins
- Free2B Crunchsters Mung Bean Snack Packs
- Free2B Sun Cups
- FreeYumm Cookies
- FreeYumm Soft Baked Bars
- Gimme Grab & Go Seaweed Snacks
- Go Raw Sprouted Bars
- Go Raw Sprouted Pumpkin Seeds
- GoGo Squeez Applesauce Pouches
- Hippeas Chickpea Puffs
- Jennie's Coconut Bars
- Jennie's Macaroons
- JJ's Bakery Hand Pies
- Ka-Pop Chips
- Ka-Pop Puffs
- Katz Toaster Pastries
- Kedem Tea Biscuits
- Kinnikinnick Bagels & English Muffins
- Lotus Biscoff & Go Snack Pack
- Lotus Biscoff Cookies
- Made Good Crispy Treats
- Made Good Granola Bars
- Made Good Granola Minis
- Mott's Applesauce Cups & Squeeze Packs
- Nature's Bakery Fig Bars
- No Whey Foods Candy Bars
- No Whey Foods Chocolate Lollipops
- Owyn Nutrition Shakes
- Owyn Protein Shakes
- Partake Cookies Snack Packs
- Partake Mini Cookies
- Pearl Olives to Go
- Piller's Pepperoni Sticks & Snack Cups
- Pure Organic Fruit Bars
- Raaka Mini Chocolate Bars
- Raaka Waffle Cone Bars
- Ripple Plant Based Milk Singles
- Ripple Plant Based Protein Shakes
- Rule Breaker Blondies & Brownies
- Safely Delicious Snack Bites
- School Safe Cookies & Bars
- Silk Soymilk Singles
- Soylent High Protein Shakes
- Soylent Meal Replacement Shakes
- SunButter Seed Butter On the Go Packs
- That's It Coffee Energy Bars
- That's It Crunchables
- That's It Fruit Bars
- That's It Probiotic Bars
- Three Farmers Roasted Bean Pouches
- Three Farmers Roasted Lentil Pouches
- Vermont Smoke & Cure Meat Sticks
- YumEarth Organic Fruit Snacks
- Zee Zee's Applesauce Cups
- Zee Zee's Dried Fruit Packs
- Zee Zee's Hummus & Bean Dipz Cups
- Zee Zee's Roasted Chickpea Snack Packs
- Zee Zee's Sunflower Kernel Snack Packs
- Zee Zee's Trail Mix Snack Packs
- Zego Fruit & Veggie Bars

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Chilled Single-Serve Snacks

These products are sold in single-serve packages or in multi-serve packages with individually-wrapped portions. But they are sold refrigerated **(r)** or frozen **(f)**. Some of these products will keep at room temperature for a certain amount of time. See the manufacturer's recommendations.

- Babybel Plant Based (r)
- Better Bites Cupcakes (r)
- Good Planet Plant-Based Cheese Wedges (r)
- GoodPop Freezer Pops (f)
- Katz Crème Filled Cakes
- Katz Crème Filled Cupcakes (f)
- Katz Mini Pies (f)
- Katz Muffin Snack Packs (f)
- Katz Sweet Buns (f)
- Kinnikinnick Muffins (f)
- Once Upon a Farm Dairy-Free Smoothie Pouches (r)
- Sabra Guacamole Singles (r)
- Sabra Hummus Singles (r)
- So Delicious Coconut Milk Yogurt (r)
- Stonyfield Organic Dairy-Free Smoothie Pouches (r)
- Wayfare Pudding Cups (r)
- Wayfare Dairy Free Yogurt (r)
- Welch's Protein Smoothie Pouches (f)

Shelf Stable Multi-Serve Snacks (easy to portion into single-serve bags)

These products are sold in multi-serve packages and are not individually packaged. But they can be easily portioned into snack bags or cups. All items are shelf-stable before opening.

- 88 Acres Seednola
- Abe's Brownies
- Abe's Mini Muffins
- Awesome Granola
- Bare Fruit Chips
- Bare Toasted Coconut Chips
- Beanfields Bean & Rice Chips
- Cybele's Free-to-Eat Cookies
- Divvies Mini Cookies
- Divvies Mini Cupcakes
- Ener-G Brownies
- Ener-G Crackers
- Ener-G Doughnuts & Holes
- Enjoy Life Brownie Bites
- Enjoy Life Cookies
- Enjoy Life Lentil Chips
- Flax4Life Granola
- Free2B Sun Cup Minis
- FreeYumm Smile Crackers
- Gerbs Granola
- Gerbs Snack Mixes
- Go Raw Organic Snacking Seeds
- Go Raw Organic Sprouted Clusters
- Go Raw Sprouted Granola
- Homefree Mini Cookies
- Jennie's Organic Coconut Bites
- Kinnikinnick K-Toos and other Cookies
- Kinnikinnick S'moreables Graham-Style Crackers
- KinniKritters Animal Cookies
- KinniToos Sandwich Crème Cookies
- Lucy's Cookies
- Lundberg Rice Cakes
- Made Good Cookies
- Made Good Star Puffed Crackers
- Mary's Gone Cheezee Crackers
- Mary's Gone Crackers
- Mary's Gone Kookies
- My Dad's Cookies
- No Whey Chocolatey Covered Pretzels
- Partake Cookies Grahams
- Pretzilla Bites & Mini Buns
- Prevail Jerky
- Rudi's Organic Bagels
- Rudi's Organic English Muffins
- Rule Breaker Bites

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- Safe + Fair Drizzled Popcorn
- Safe + Fair Granola
- Safe + Fair Pea Protein Chips
- School Safe Cupcakes
- Silver Hills Sprouted Bagels
- Superseedz Pumpkin Seeds
- That's It Date Truffles
- Zego Muesli
- NoNuts Golden Peabutter
- Biscoff Spread
- Finally Chickpea Spreads
- WowButter Soy Butter

Chilled Multi-Serve Snacks

These products are sold in multi-serve packages and are not individually packaged. But they can be easily portioned. However, they are sold refrigerated **(r)** or frozen **(f)**. Some of these products will keep at room temperature for a certain amount of time. See the manufacturer's recommendations.

- Better Bites Cake Bites (r)
- Canyon Bakehouse Bagels (f)
- Daiya Cheeze Sticks (r)
- Dr. Praeger's Littles (f)
- Dr. Praeger's Puffs (f)
- Dr. Praeger's Veggie Fries (f)
- Katz Donuts & Donut Holes (f)
- Katz Soft Pretzel Nuggets (f)
- Tribe Hummus (r)

Important Notes

Many of the snacks listed here are also top **allergen-free**, **gluten-free**, and / or **vegan**-friendly. Be sure to check the ingredients and labeling to see if they meet your needs. Always contact the manufacturer to discuss their allergen protocols if you are dealing with a highly sensitive or severe allergy.

Some of the products listed above contain **coconut**. Although the FDA labels coconut as a tree nut, coconut is a fruit, not a tree nut, as confirmed by the Food Allergy Research & Education (FARE) and the American College of Allergy, Asthma & Immunology. Research has shown no correlation between tree nut allergies and coconut allergies. But coconut allergies are real, and can occur in people with or without tree nut allergies. Speak with your physician to verify what foods would be avoided.

If purchasing snacks for someone else, be sure to verify "safe" foods with them or their guardian before purchasing or serving. This list is for informational purposes only. Some items might not be suitable for your needs.

These Lists were created by GoDairyFree.org.
Visit our website for more great recipes & products!

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