## Accidently vegan snacks

Sliced fruit alone or apple slices/banana with peanut butter (there are 'on the go' pb and almond butter)
Orange slices or small oranges/tangelos
Fresh berries (strawberries, blue or red or black berries)
Grapes
Baby carrots
hummus with sliced carrots/bell pepper/broccoli and crackers
Applesauce or fruit cups
Raw nuts
Dried fruit (raisins, dried cherries etc)
Daiya vegan cheese sticks
Babybel vegan cheese wheels
Guacamole and/or salsa and plain tortilla chips
Edamame
These brands of lose granola: Safe \& Fair, Wildway, Back to Nature, Made Good

## Chips and cracker type:

Chex Mix ORIGINAL
Ritz Bits Peanut Butter
Wheat Thins, Keebler Club crackers, Ritz Crackers, Triscuits (almost all of their generics are, too)
Town House crackers, saltines
Nabisco original graham crackers (ONLY vegan graham cracker)
Fritos corn chips and BBQ corn chips
MOST not all rice cakes/mini rice cakes
Munchos
Bugles
Corn Nuts
DORITOS Spicy Sweet Chili Flavored Tortilla Chips (ONLY vegan flavor)
Safe \& Fair brand popped popcorn

## Snack bars:

Bobo's
Larabars
VERB caffeinated bars
Cliff Bars-ALMOST all are vegan
Nature Valley Trail Mix Chewy Granola Bars (Cranberry \& Pomegranate, Dark Chocolate Cherry, Dark
Chocolate \& Nut, and Fruit \& Nut varieties)
Nature Valley Crunchy Granola Bars (Apple Crisp, Cinnamon, Peanut Butter, Pecan Crunch, and Roasted Almond varieties)
Kashi Chewy Granola Bars: Cherry Dark Chocolate, Chocolate Almond Sea Salt, Chocolate Peanut Butter, Dark Mocha Almond, Peanut-Peanut Butter, and Trail Mix.
Kashi Chewy Nut Butter Bars: Salted Chocolate Chunk, Coconut Cashew Macaroon, Almond
Snickerdoodle, and Chocolate Trail Mix.

## Dessert like items:

Cracker Jacks
Oreos (and their generics)

Nutter Butter cookies
Biscoff cookies
Nabisco ginger snaps
Animal crackers

Look at the label, but most of these TYPES of snacks contain no animal products;

## Pretzels

Tortilla chips and MOST potato chips OTHER THAN ones like Sour Cream
Hummus to go packages
Most roasted nuts (some dry roasted nuts contain milk because cows live in trees) Bags of trail mix WITHOUT the milk chocolate chips

## Definitions

## Vegan

People who do not eat meat, poultry, fish, shellfish, dairy, eggs, insects, or by-products of slaughter or insects such as gelatin or honey and do not use animal products such as leather or animal tested skin care products.

## Vegan snacks to make:

Bumps on a log (celery, peanut butter and raisins or other dried fruit)
Homemade chex mix
Frozen grapes
Vegan yogurt parfaits with a mix of fruit/nuts/granola/cacao nibs/etc
hummus pinwheels ( https://godairyfree.org/recipes/healthy-hummus-pinwheels
homemade trail mix with seeds, nuts, vegan chocolate chips
baked chickpeas (also available in some stores)
mini bagels with vegan chez spread or vegan cream chez
crackers with chez spread-Laughing cow, Miyoko's and Boursin have a vegan cheese spread.

## Specialty orders:

Mushroom jerky
Seaweed crisps

